

Using Teach Back to Redesign Patient Teaching: Fall Prevention and Injury Protection

First 24 hours of Admission:

Use Teach Back with patients to improve understanding of for Cognitively alert patients

1. The top 3 reasons you are at risk for falling and/or injury

(Based on your fall risk assessment and history of injury risk)

2. The 3 main reasons fall prevention is important

- a. Falls for the most part are preventable
- b. Falls can result in injury
- c. Falls can make your hospital stay longer

3. Three actions you can take to stay safe

- a. Learn about your fall risk factors
- b. Call first for help (using the call light)
- c. Wait for help before you get out of bed or up from a chair

4. Two important safety reasons why you need to ask for help when needing to go to the bathroom

- a. The hospital bathroom is not like yours at home, and unfamiliar places can increase your risk of falling.
- b. Bathrooms are unsafe areas because they are small and it is easy to lose your balance or become dizzy.

5. The main purpose for you to use the call light

- a. To call the nursing staff for help.
- b. Let's find where your call light is – at your bedside and in the bathroom
- c. Demonstrate use of the call light at both the bedside and the bathroom

6. The main reason we want you to wear your non-slip footwear?

- a. To prevent feet from slipping on the floor, which can increase your fall risk.

Other content areas:

7. Choosing Not to Call for Help

- a. What happens if you experience an accident and that accident is a fall?
 - i. You could get injured
 - ii. Your length of stay may be increased
 - iii. You may not be able to go home when you planned

Knowledge Test After and Return Demonstration Checklist:

Total Score: 15 points

Question 1

1. What are the top 3 reasons you are at risk for falling and/or injury?
(Based on your fall risk assessment and history of injury risk)

- a. _____
- b. _____
- c. _____

Answer: 3/3

2. What are the 3 main safety reasons fall prevention is important?

Answers:

- Falls for the most part are preventable
- Falls can result in injury
- Falls can make your hospital stay longer

- a. _____
- b. _____
- c. _____

Answer: 3/3

What are 3 actions can you take to stay safe?

Answers:

- Learn about your fall risk factors
- Call first for help (using the call light)
- Wait for help before you get out of bed or up from a chair

- a. _____
- b. _____
- c. _____

Answer: 3/3

What are 2 important safety reasons you should ask for help when going to the bathroom?

Answers:

- The hospital bathroom is not like yours at home, and unfamiliar places can increase your risk of falling.
- Bathrooms are unsafe areas because of the small room size and it is not easy to move around. It is easy to lose your balance or become dizzy.

- a. _____
b. _____

Answer: 2/2

What is the main purpose for you to use the call light?

Answers:

- To call the nursing staff for help.
- Let's find where your call light is – at your bedside and in the bathroom
- Demonstrate use of the call light at both the bedside and the bathroom

- a. _____
b. _____
c. _____

Answer: 3/3

What is the main reason we want you to wear your non-slip footwear?

Answer:

- To prevent feet from slipping on the floor, which can increase your fall risk.

- a. _____

Answer: 1/1

Ask for Return Demonstration: Points: 5 possible

Show me:

1. Location of call light – bedside
2. Use of call light - bedside
3. Location of call light – bathroom
4. Use of call light – bathroom
5. Non-skid slippers correctly on feet
6. Others?

At least 5 action items.

Points awarded: _____ / 5 possible

Be sure to cover:

1. What is my main problem?
2. What do I need to do (for that problem)?
3. Why is that important?