



NR584 Week 7: Applying Quality Improvement (QI) to Clinical Practice

Name: [REDACTED]

Assigned Topic: Falls with injury

General Instructions

Carefully read the assignment guidelines and rubric and complete each section of the assignment below using your assigned topic. Assume the role of a member of a QI team in charge of reviewing facility policies and procedures related to your assigned topic. Using the topic assigned to you, answer the following questions to explore and apply the QI process to improve client safety and care outcomes.

Section 1: Identify

- Describe your assigned topic and why it is a concern in healthcare.
 - a. Client safety topic to be discussed is falls with injury. This is a concern in healthcare because patients can be more vulnerable due to age, illness, medications, or impaired mobility. Falls can lead to increased morbidity, prolonged hospital stays, increased in costs of care, and even death, especially in older adults. Furthermore, falls with injury can negatively impact a patient's quality of life, lead to legal or regulatory consequences for healthcare facilities, and damage institutional reputations.
- Summarize a current policy or procedure at your facility related to this issue. How is this issue currently addressed?
 - a. A current policy at my facility requires yellow armbands for patients identified as moderate or high risk for falls. Upon arrival on the floor, these patients are assessed for their fall risk. If they are determined to be at moderate or high risk, they are placed on fall precautions and given a yellow armband. This visual cue allows staff to quickly and easily identify patients who require additional safety measures to prevent falls.
 - b. This issue is being actively managed through ongoing recognition, monitoring, and targeted interventions. The facility provides staff training and utilizes established assessment scales to evaluate fall risk in both adult and pediatric patients. For every identified risk level, specific interventions are implemented. Additionally, there are clear guidelines tailored for special populations, including infants under 12 months, adults over 65, high-risk children, patients receiving sedation, and those being transported or discharged.

- What inconsistencies exist between your facility's current policies, actual nursing practice, and best evidence related to your assigned topic? What evidence (data, observation, incident reports) suggests a need for improvement?
 - a. There are currently no inconsistencies between my facilities' policies and actual nursing practices or best practices. Hospitals can implement a wide array of fall-prevention practices, including monitoring tools, bed modifications, identification practices, safety practices, and patient and family education (Turner et al., 2022). All these practices are currently in use at my facility. Specifically, our facility has implemented bed alarms and non-slip socks to reduce the risk of patient falls. Nurses receive regular training on fall-prevention protocols and are required to conduct routine risk assessments for every patient. Visual identifiers, such as colored wristbands, are used to alert staff to patients at higher risk for falls. Patients and their families are actively involved in fall-prevention education to ensure they understand the importance of following safety guidelines. Regular audits and staff feedback sessions are conducted to review and improve existing practices, maintaining a proactive approach to patient safety.
 - b. The ongoing incidence of reported falls demonstrates the need for improvement. Five falls have been documented from September 2025 to the present. The occurrence of even one fall is regarded as unacceptable.

Section 2: Analyze

- Review national safety resources related to your topic. Name at least two national organizations or initiatives (e.g., Centers for Medicare & Medicaid Services (CMS), Agency for Healthcare Research and Quality (AHRQ), Centers for Disease Control and Prevention (CDC), Institute for Health (IHI), National Patient Safety Goals (NPSG)) and summarize the guidance they provide related to your topic.
 - The Centers for Disease Control and Prevention (CDC) uses an evidence-based approach to hospital fall prevention centered on the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) initiative. STEADI provides tools to screen, assess, and intervene to reduce fall risks in older adults. The initiative is designed to help healthcare providers implement effective strategies to prevent falls among older adults (Centers for Disease Control and Prevention, 2025). STEADI coordinates fall-risk screenings, risk-factor assessments, and evidence-based interventions. These interventions include medication review, strength and balance exercises, and home safety modifications. The program offers healthcare teams resources to integrate fall prevention into routine care. Its goal is to improve patient outcomes, maintain independence, and reduce falls-related injuries and deaths among the elderly.
 - The Agency for Healthcare Research and Quality (AHRQ) offers a variety of tools, training programs, and research initiatives aimed at preventing falls in hospital settings. AHRQ emphasizes the significant health risks associated with falls, particularly