

patient_safety#
patients fall

Edit by: Dr Ahmed Khalafalla

patients falling (falling, slipping) is considered one of the most important risks related to the patients safety in health institutions (hospitals, health centers ... etc.) in particular and in general in the activities of daily life in homes, shopping places....ect and for the elderly and is considered one of the most important issues Which the departments of patient safety and risk management work on, and here I call for a transformation of the culture of avoiding falls from a culture of health safety that focuses on it in health facilities to a societal mass culture that must be adhered to by all members of society to prevent the risks of falling for the elderly and some other groups most at risk of falling for various reasons Including (specific diseases, disabilities due to congenital causes, accidents ... other) due to the high health, social and economic costs as a result of exposure to falls may reach the stage of causing death and loss of loved ones

In this article, we will learn together about what we mean by patients falling, what are its consequences, and what we should do to prevent

.the risks of falling

: What is the patients falking

In a simple way, the patients falling is defined as the patients falling to the ground, whether from a bed or chair or while walking for any reason or another. This definition can .be generalized to all cases of falls

?What are the causes of falls

Falls have many causes, including what is common and is considered one of the frequent .causes of falls, which increase the risk of falling, worse in health facilities or outside them

First: reasons related to the person or the patient, such as some health conditions, dizziness, poor vision, general weakness, the elderly and many other pathological injuries .are considered one of the reasons that increase the risk of the patient falling

Second: Reasons related to the environment surrounding the patient or the person at risk ▪ of falling. These reasons are many, including those related to the nature of the floor on which the patient walks, as some surfaces that help to slide, the absence of lighting or low lighting, the presence of movement obstacles, whether furniture or others, the absence of Supports for installation such as handles on doors and others

Third, general reasons related to natural factors, climate and disasters that can be included as one of the causes of falls

:Fall risk

Fall injuries are considered one of the highest risks and the most costly in health facilities or in the community, where the effects of falls can be monitored in the following, according

to the severity and severity of the fall, where some simple falls may not produce injuries, but they pose a risk to the patient

Falling is one of the threats to the safety of patients inside health facilities and safety • threats in the community for people at risk of falling, as it increases the burden of disease and adds other sickness burdens to the patient as a result of serious injuries as a result of falls, such as head injuries, bone fractures and wounds. The severity of the injury varies and is affected by other factors such as age and the nature of the fall itself. Its loneliness causes an increase in the length of stay or hospitalization in hospitals and may extend the risk of permanent disability with the high economic costs on individuals and families and public .budgets for spending on the effects of the fall

:Fall prevention

prevention of patient fall and avoidance have become a priority in health facilities as a requirement of health care quality and patient safety, as most health systems have tended to develop policies and implement procedures and evaluation tools to reduce the patients fall in hospitals and health centers and to adapt health facilities in search of conformity with the requirements of preventing falls as one of the service programs Safe health, such as designing systems to assess the risk of falling through several tools, the most famous of which is the Morse tool, which is a performance that depends on several factors to assess the risk of falling and gives the patient degrees on the basis of which the risk of falling is classified as weak, medium or high, and thus taking measures or interventions according to the patient's condition from the necessary interventions for prevention One of the risks of falling is what is known as safety technology, which is many and varied, including making sure of the position of the floors so that they are designed to prevent slipping or placing anti-slip tools in bathrooms and rooms as well as non-slip carpets if they do not hinder movement. Such as sticks, placing alarm devices and emergency bells to call for help and ensure its effectiveness. Pay attention to lighting from It provides and is efficient to review the health status of the person at high risk to falls and monitor them periodically, especially the eyes and visual acuity disorders and review the condition of lenses or glasses, in addition to paying attention to cases of chronic diseases and other pathological conditions such as .permanent disability, whether congenital or acquired

Conclusion

Although the fall of patients focuses on it as one of the international patient safety goals in health facilities, in this article I present a general call for community attention to the problem of falls as one of the general safety risks that endanger the safety of millions of people in homes, roads, workplaces, markets and transportation. As a public culture and taking care of it in order to avoid its short and long-term effects and complications and its high health, social and economic costs, it is also an early warning bell for health authorities .to take care of patient safety issues in relation to the fall of patients