



Naas General Hospital
Naas, Co. Kildare



Falls Prevention Socks: A Quality Initiative

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Background & Aim



Falls account for 24% of incident cases in acute services (HSE 2018).

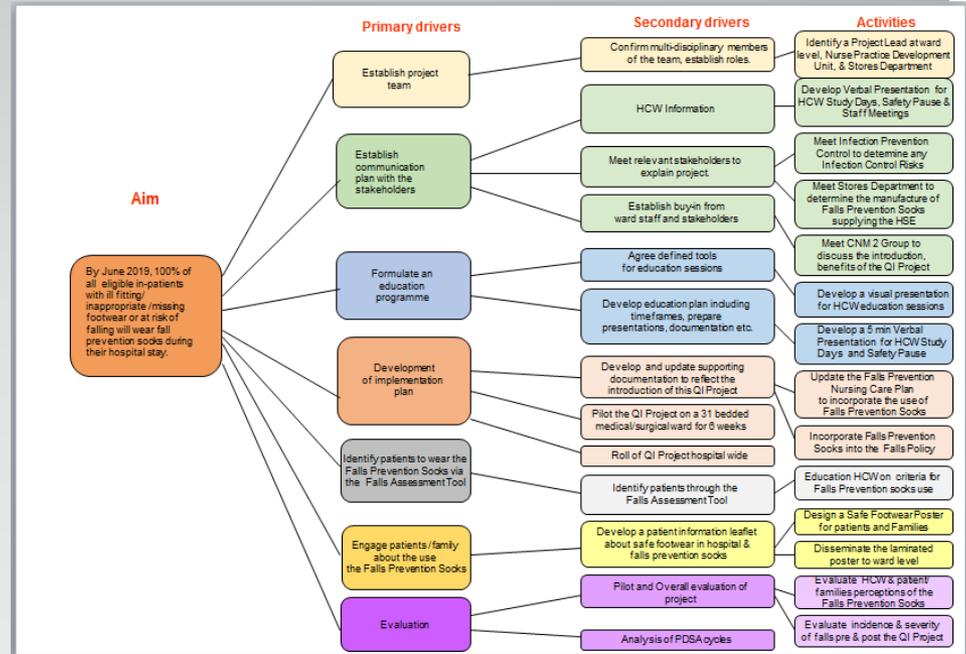
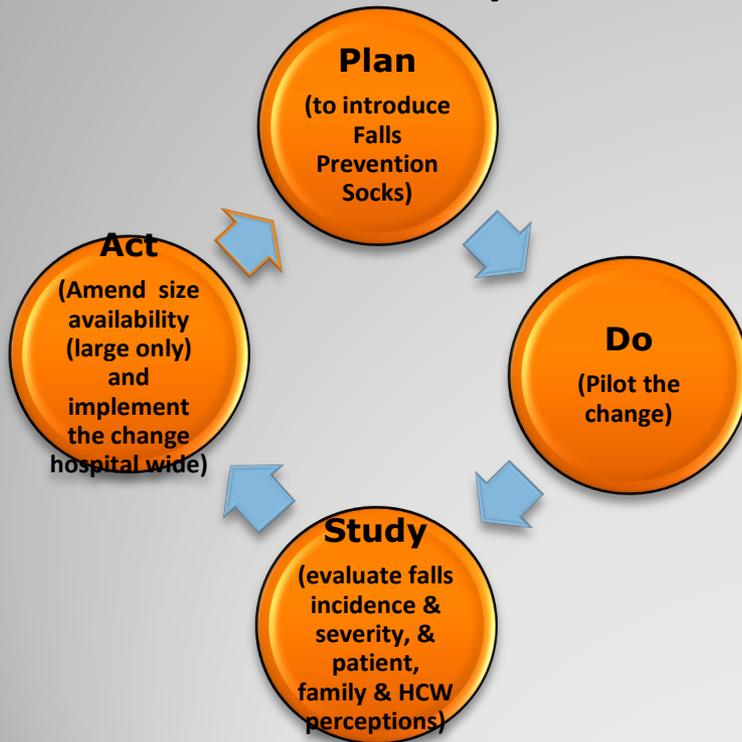
Due to the unpredictable nature of acute hospital admissions, not all patients are prepared, resulting in patients having unsuitable / missing footwear.

To introduce 'Falls Prevention Socks' for patients at risk of falling or with unsuitable / missing footwear during hospitalisation.

Methodology



Model for improvement:



Results



Evaluation of incidence & severity of falls pre & post QI:

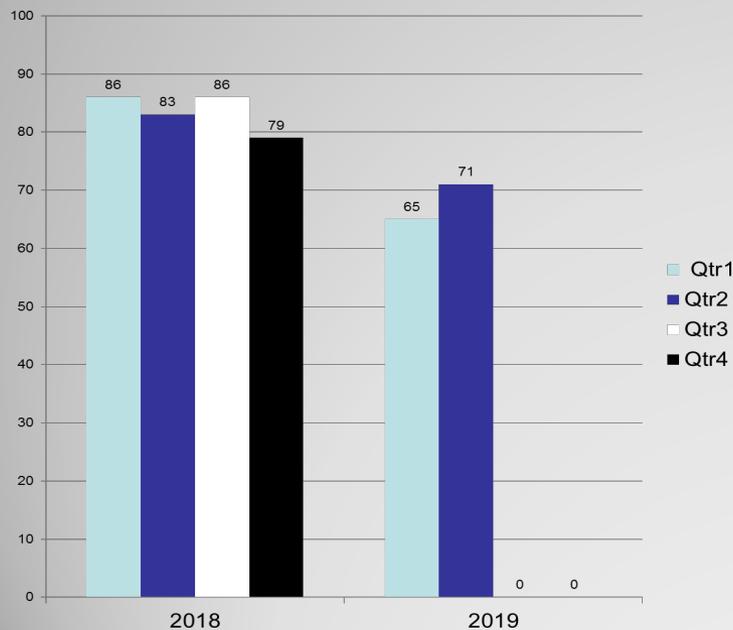


Table 1: Number of Falls

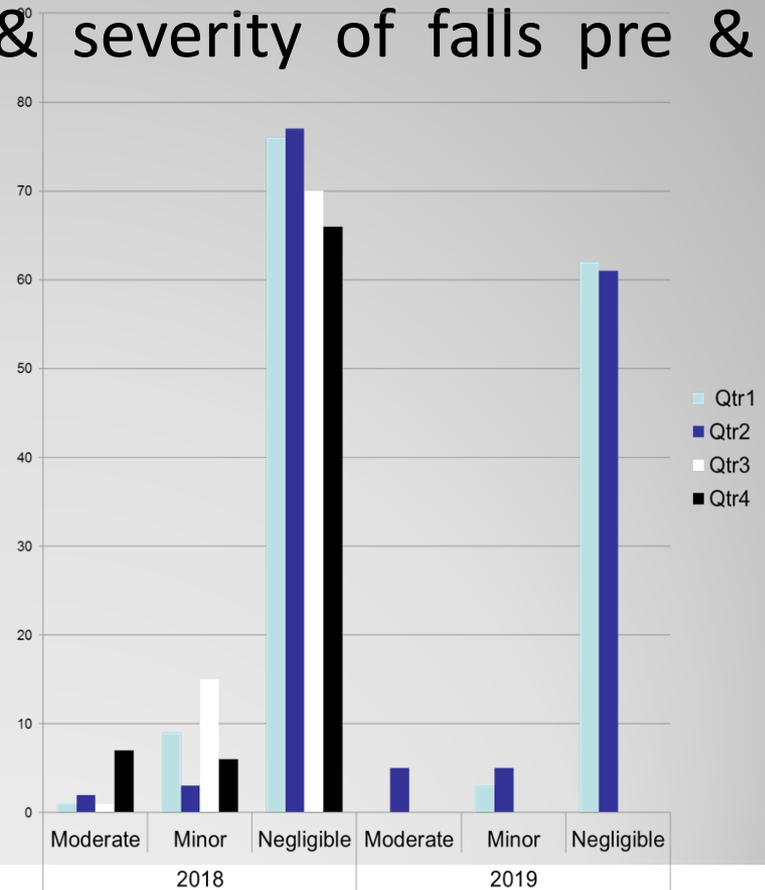


Table 2: Severity of Falls

Results (continued)



- 100% of patients felt the socks were comfortable, warm, easy to apply, felt more secure when mobilising.
- 100% of HCW's felt that the socks increased patients safety & prevented falls.

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Naas General Hospital

Evaluation of Falls Prevention Socks (Patient and Family Perceptions)

Falls Prevention Socks were introduced into Naas General Hospital in April 2019. This evaluation is to identify your perceptions of them).

1. Did the Falls Prevention Socks Fit? Yes No
If no, please give details

2. Are the falls prevention socks comfortable? Yes No
If no, please give details

3. Are the falls Prevention Socks easy to put on? Yes No
If no, please give details

4. Are the Falls Prevention Socks a good alternative when you don't have the right footwear for hospital? Yes No
If no, please give details

Further Comments:

Thank you for taking the time to complete this evaluation
Please return the completed form to the Ward Manager.

NPDU July 2019

Discussion / Findings



Post pilot & evaluation:

- size 'large' orange socks were rolled out hospital wide.

Initial focus:

- to introduce Falls Prevention Sock to an acute hospital setting, **but** evolved into a 'Safe Footwear in Hospital' QI.



Footwear for patients in hospital

Patient's own footwear is the safest option to wear while in hospital. It should fit correctly and have:

- ankle support
- a low heel
- soft supportive sole.

Eg: runners / trainers / shoes / slippers with laces / velcro / zips & ankle support.

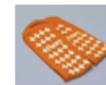
Falls Prevention Socks:

- are a useful alternative until own footwear is available
- can be worn at any time, in & out of bed
- help to reduce the risk of falls & fall related injuries

If wearing Falls Prevention Socks:

- wash socks with patients own laundry (at home)
- check socks before use, discard if non-skid material show excess/uneven wear
- remove socks daily to allow the nurse inspect the skin & toes under the socks

Ask your Nurse or Healthcare Assistant for a pair if you require them.



Recommendations



- To continue to encourage patients to mobilise in their own appropriate well fitting footwear & use Falls Preventative Socks if appropriate footwear is unavailable
- To distribute 'Safe Footwear in Hospital Posters' hospital wide
- To reevaluate the effectiveness of this QI 6 & 12 months post hospital wide roll out on severity & incidence of hospital falls.