

Long-Term Care Survey Alert

Staff Education: Get Your Staff Up to Speed on Falls CPG With This Plan

Follow these four steps to success.

Just like the Clinical Practice Guideline for Falls in Long-term Care utilizes four steps to prevent falls, there are four basic steps in implementing this CPG in your facility, says **Barbara Resnick, PhD, ANP**, professor at the **Maryland School of Nursing**, and subcommittee chair for the 2011 revision of the Falls CPG.

Step I: Education and Encouragement

Educate staff about the guideline;

- Teach necessary skills (falls evaluation);
- Provide encouragement from administration . . . they are excellent health care providers and can implement these guidelines; and
- Guideline implementation is to assure adherence to state and federal guidelines and improve care.

Step II: Easing the Pain

Anticipate problems:

- Prepare for perceived or real increased workload;
- Establish additional secretarial support if possible for copying and charting issues;
- Encourage verbalization of feelings about having to follow guidelines; and
- Identify who will do what!

Step III: Seeing and Setting Examples

- Provide examples of how guidelines have been implemented in other settings and outcomes related to implementation; and
- Start one unit at a time and let that unit lead the others.

Step IV: Reaping the Benefits

- Evaluate outcomes following implementation and demonstration improvements in adherence to state and federal guidelines as well as resident outcomes.

Source: Barbara Resnick, PhD, ANP, professor at the **Maryland School of Nursing**, and subcommittee chair for the 2011 revision of the Falls CPG, from her presentation at the March 2012 **AMDA** Long Term Care Medicine conference.