



Data-Driven Improvement: Surpassing Fall Reduction Goals Through Targeted Planning

As a participant in the Culture of Safety Center (CSC) Project, the facility launched a focused initiative to reduce resident falls. With a baseline fall rate of **29.8%**, the team set a goal to lower the rate to **26.8%**. Through ongoing evaluation and a commitment to proactive safety practices, the facility ultimately **achieved a fall rate of 18.2%**, exceeding its goal by more than 11 percentage points.

Strategic Approach

The fall reduction effort was guided by a structured improvement framework centered on data-informed decision-making and team collaboration. The facility employed a combination of analytical reviews, staff engagement, and iterative planning to respond to evolving risk factors and resident needs.

Key elements included:

- **Incident Pattern Analysis:** Routine evaluation of fall-related data allowed teams to identify trends, timeframes, and common contributing factors across the facility.
- **Collaborative Problem Solving:** Staff from multiple disciplines worked together to explore possible root causes and develop adaptive strategies tailored to observed risks.
- **Responsive Prevention Tactics:** The facility prioritized flexible intervention planning, adjusting fall prevention strategies in response to both resident-specific needs and facility-wide feedback.
- **Staff Engagement Across Shifts:** Ongoing involvement of frontline staff in monitoring and prevention efforts helped maintain consistency and accountability in implementing safety measures.

Results

- Reduced fall rate from **29.8% to 18.2%**
- Surpassed reduction target by over 11 percentage points
- Strengthened internal processes for tracking and response
- Fostered a culture of safety through sustained staff involvement

Key Insight

Facilities that continuously evaluate outcomes and encourage staff-driven solutions are well-positioned to make meaningful gains in resident safety. By remaining adaptive and focused on prevention, even ambitious goals can be not only met—but exceeded.

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