

Using CMET to Reduce Patients' Risk of Falling

Aurora St. Luke's Medical Center

Theresa Tice BSN, RN Nicole Hodkiewicz BSN, RN

Purpose of Project

In orthopedic surgical patients, how does completion of Comprehensive Mobility (Egress) Test (CMET) compared to noncompliance of CMET positively impact fall rates of patients during hospitalization?

Background/Significance

In order to assess risk of falls in hospitalized patients and implement proper fall prevention interventions, it is necessary to assess every patient's mobility. (1-3)

Nurses are on the frontline of preventing falls through assessment and patient education.

Nurses are typically the first persons to see a patient after surgery and assess condition.

Conceptual Model

Aurora Nursing Professional Practice Model



Sample and Setting

11S has 36 Nurses and 5 Nurse Externs

Surgical Unit at a large, tertiary hospital in the Midwest

24 beds, Average Daily Census of 23, and LOS of 2.8 days and Avg age of pt late 50s

Methods/Application to Practice

Aurora implemented new fall-risk assessment tool (CMET).

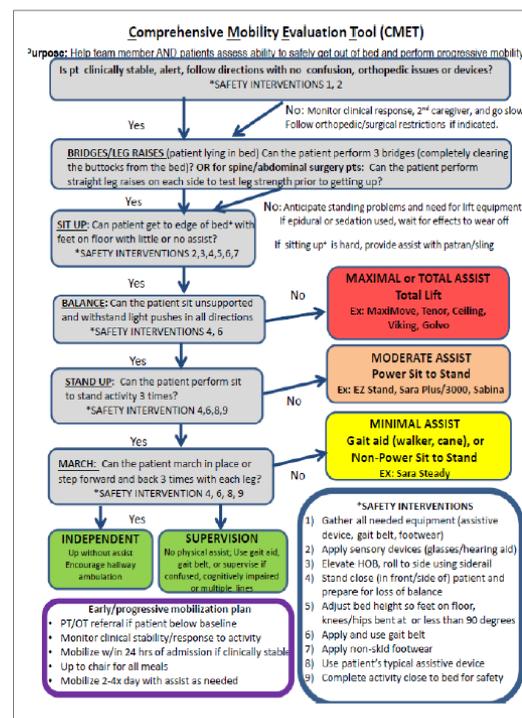
Nurse Residents went to classes to learn how to perform CMET correctly as well as how to teach it.

Developed a teaching intervention with Residency coordinator and unit shared governance.

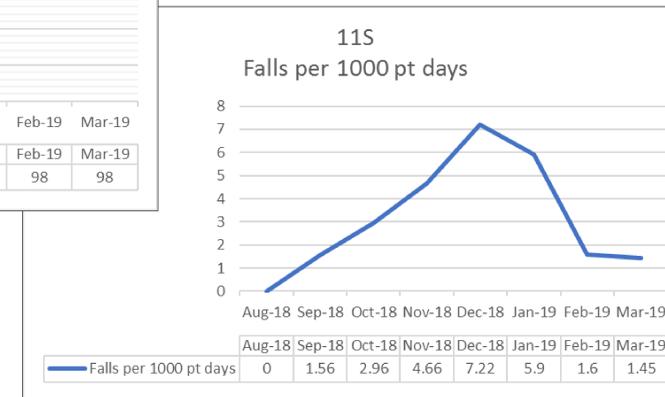
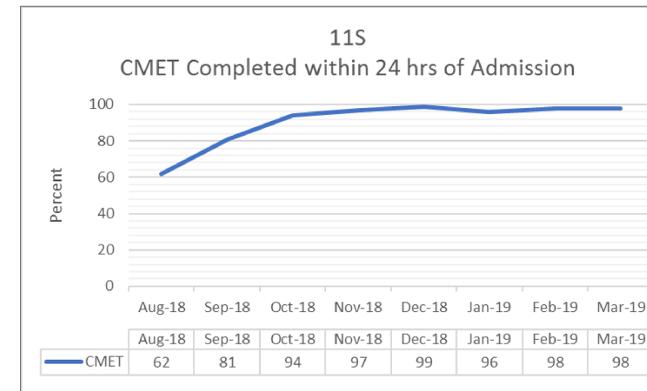
Reviewed and demonstrated proper CMET assessment with 17 of 31 nurse peers on unit during patient admissions.

Peer audits on unit via direct observation and chart audits.

Compared charting (Completed CMET within 24 hours) and fall rates before and after education.



Findings/Results/Outcomes



Implications

Proper use of the CMET assessment can have positive impact on patient fall rates

References

1. Patient Falls-Prevention and Intervention Policy (No. 2078)
2. Hook, M.L. (2008). Risk for falls in adults in acute care: A synthesis. Unpublished manuscript, Aurora, Cerner, UW-Wisconsin (ACW) Knowledge-Based Nursing Initiative, University of Wisconsin – Milwaukee, College of Nursing.
3. Morse, J. M. (1997). Preventing patient falls. Thousand Oaks, CA: Sage Publications, Inc.

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