

Is a COU for you?

Reducing Falls and Restraints in Delirium Patients

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Purpose

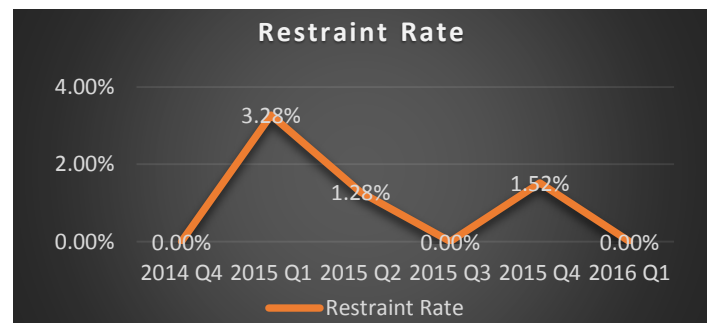
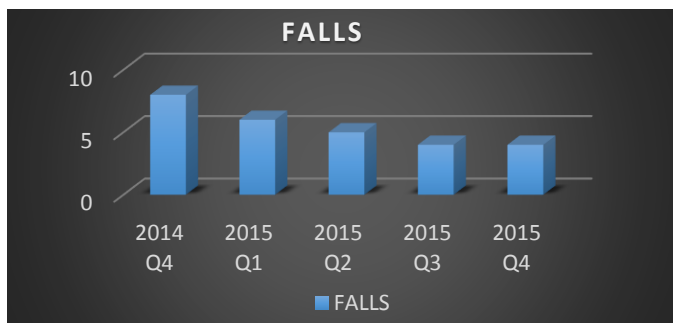
- The COU was designed to prevent harm and restraint usage in patients with delirium and/or dementia by placing them into a single small unit, staffed with a designated nursing assistant and RN to be present at all times.

Background

- Restraint usage and patient fall rates were high
- Resources to accommodate the delirium and confused patients were lacking
- Created a Close Observation Unit (COU) during renovations
- Staff determined the needs for education, work flow and assignments to best operationalize the COU

Outcomes

- From December 2014 to December 2015 the fall rate was reduced in half
- Restraint prevalence rate went from 3.28% to 1.52%, and then to 0.00%



Conclusion

- The GRN and staff involvement developed the work flow and training for the COU.
- Proper monitoring of the patients by well-educated staff members reduced the need for restraints and decreased falls.
- Continuous staff engagement and education maintains the COU's effectiveness and gives way for future improvements.

