


# Falls in Last 30 Days in Long-term Care

Year to Date Performance	18.4%	Performance Assessment	 Yellow
Island Health Target	Less than 15.9%	Performance is outside acceptable range; monitor and take action as appropriate.	

## What do we measure and why?

This indicator reports the percentage of long-term care residents who fell in the 30 days leading up to the date of their quarterly clinical assessment.

The percentage is calculated by dividing the number of residents who fell by the number of residents with a valid assessment at the end of each quarterly reporting period. A risk adjustment based on the characteristics of the facility's population is then applied.

Falls are the leading cause of injury for seniors, and add a significant burden to the health care system. Residents are at higher risk of falling if they have a history of falls or are taking certain medications.

Falls in the Last 30 Days in Long-term Care is one of the nine key Long-Term Care indicators that CIHI is monitoring on "Your Health System" as well as a key indicator monitored by the Office of the Seniors Advocate.

## What is the target?

Island Health has set a target of less than or equal to 15.9% based on the 2016/2017 Canadian average reported by CIHI.

## How are we doing?

As of quarter one of 2019/20, Island Health was not meeting the target. The rate has remained essentially unchanged since June 2016.

## What actions are we taking?

Every long-term care facility must have a quality improvement plan in place for at least one of the five long-term care quality indicators on the Island Health Performance Dashboard, and report on that plan quarterly.

While serious, the majority of falls do not result in harm due to the use of fall mats and hip protectors. Fall prevention strategies are used in most sites. All residents are assessed on admission for risk of falls and appropriate care plans are developed.

Networking and education opportunities have been created for facilities, including monthly teleconferences on specific indicators. Island Health owned and operated facilities have weekly 'Plan of Care' meetings, and education sessions as needed. Long-term care staff receive education about quality improvement methods.

To support on-going operations as well as quality improvement work, quarterly performance reports are shared with facilities and have led to improvement of indicator results at some sites. New reports have been developed to identify which individuals most significantly influence the quality indicators and require additional care.