

Bed Alarm Competition

Jean Zlomke , MS, RN, CNE, RN-BC-MedSurg

BACKGROUND

For the first 4.25 months of 2021, 5 North (5N) had 11 fall giving us a 2.58 falls/month rate. The 5N unit based council (UBC) needed to decrease this rate, as well as we needed something to motivate us to improve team work and something to increase morale. Out of this, the Bed Alarm Competition arose.

As staffing already runs in teams on 5 North, these teams were used to provide the basis for the teams. Triad Team A, B, C and the Charge RN team (Charge Nurse and unit clerk)

PURPOSE

- 1.To decrease patient falls and increase patient safety.
- 2.To improve teamwork.
- 3.To improve morale.

METHODS

When the Charge RNs make rounds with report, a sticky note with the room number and the teams (A, B, C, and CN) will be placed outside the room.

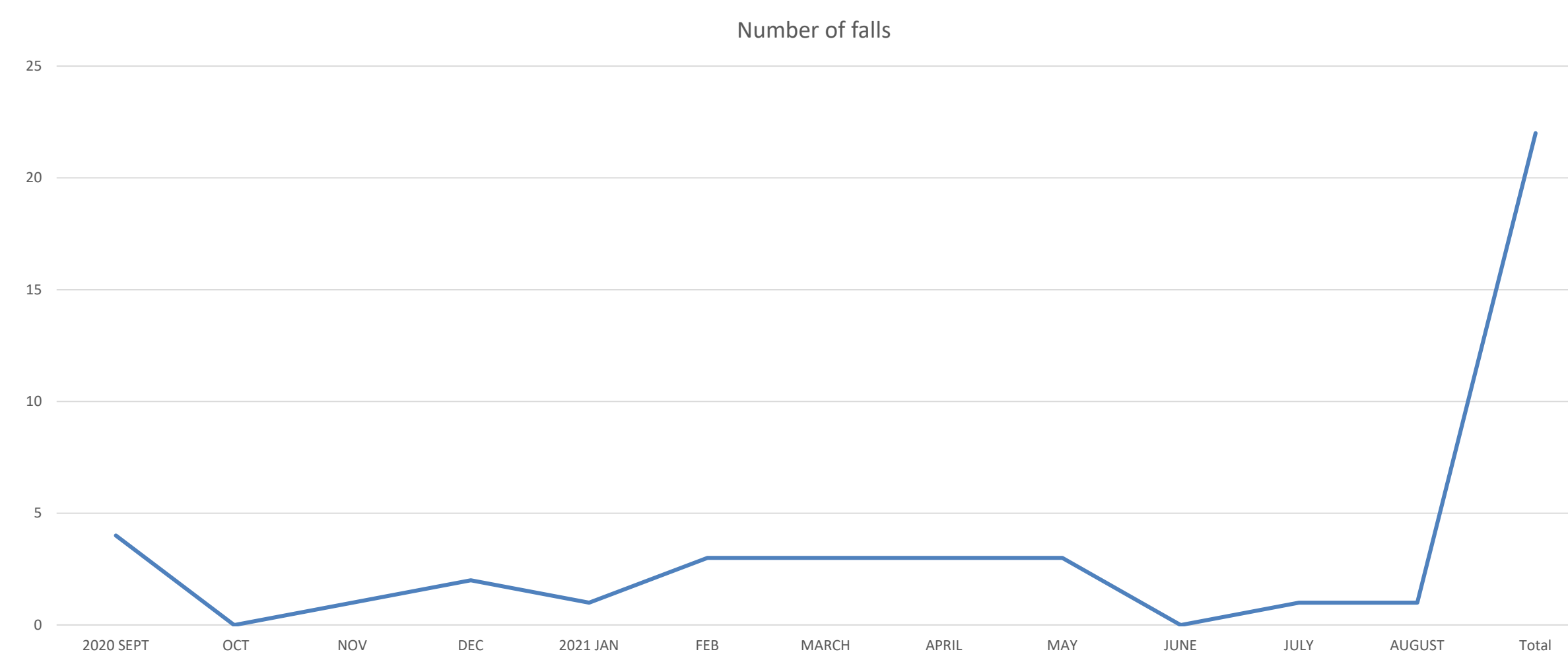
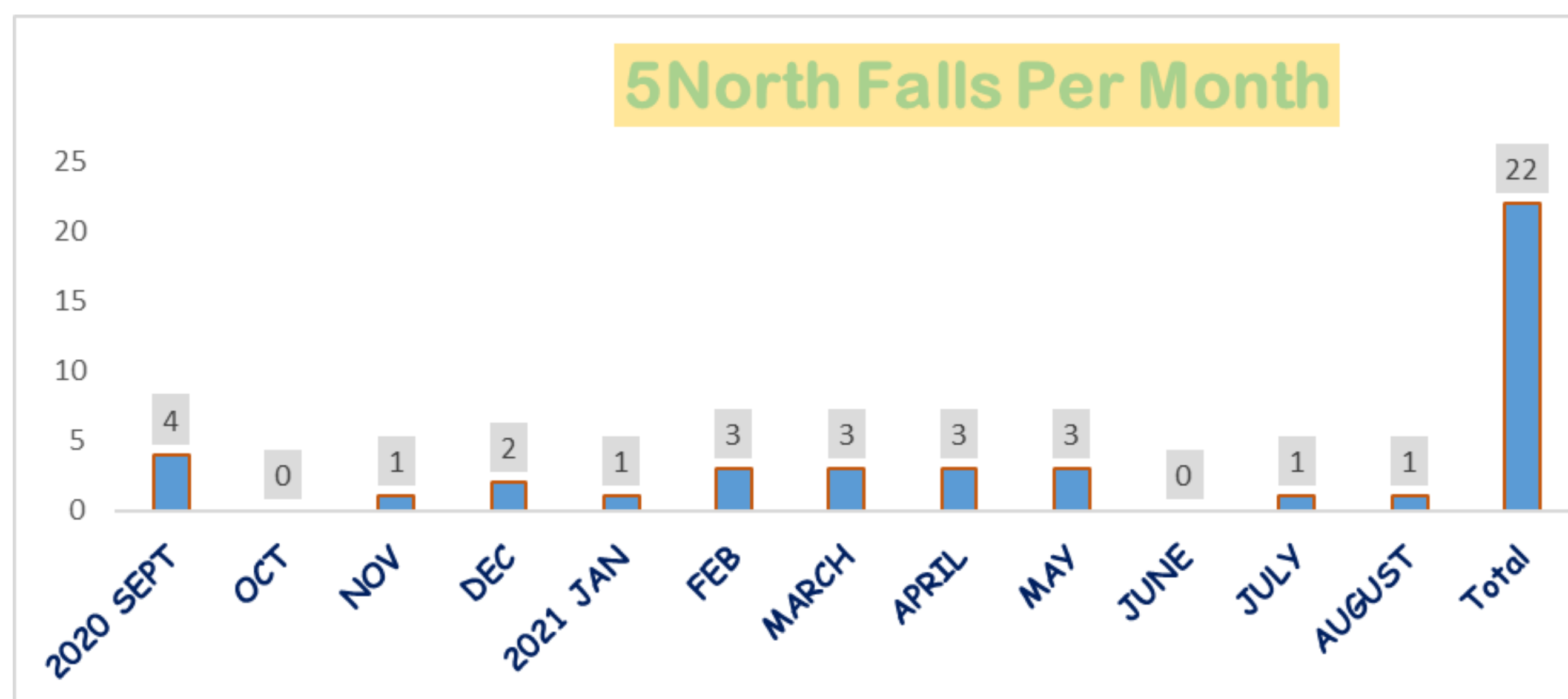
When a bed alarm sounds, the first person who responds to the alarm, will place a hash mark beside their team at the door.

At the end of the shift, it will be totaled and the team with the most points will be awarded a point on the overall score sheet.

The score sheet was kept at the Charge RN desk.

The competition ran 4 weeks (Tuesday, May 11 0600-Tuesday, June 8 0600).

The prize for the competition was for the top 10 point winners will be a movie theater rental along with their guest.



Winners

- Delius Sollano
- Roseanna Garcia
- Nenibeth Antero
- Luvi Esteban
- Sushil Sharma
- Rosario Abelido
- Marylou "Grace" Co
- Joanne Manabat
- Izedin Hamid
- Tania Perez
- Nancy Pineda.



RESULTS

We had a fall rate of 1 fall/month. Since this time, we have had a fall rate of 0.67 falls/month (0 in June and 1 each in July and August).

For the prize, we had 11 employees score very high and they and their guest got to watch a movie in a theater that was rented for the purpose. They chose to see *In the Heights*. A total of 14 people attended the movie and it was well received.

The other staff that were unable to get a shift changed, received a meal on the unit while they were working that day.

CONCLUSIONS

This was a very effective intervention to decrease falls, as well as increase camaraderie. I will use this type of competition again. Thank you, UBC team for making this competition a reality!!

REFERENCES

References available upon request