NHS

Gloucestershire Hospitals **NHS Foundation Trust**

Little things

matter





1st of April "April falls day" 2018 marked the start of the campaign "#Little things matter" focussed on reducing falls.

The plan was to gradually expand to incorporate surgery, this went quicker than planned, by week 2 we were fully rolled out across the trust bed base.

The goal of this campaign was to change the culture and the way we think about falls, by showing that if everyone makes a little change in practice, we can bring about big changes for our patients.

We could very easily enforce and tell everyone they must complete a falls bundle, but where is the sustainability, so I wanted to slowly change and really embed the practice.

The campaign started April 1st across medicine, supported by the falls champions and ward managers and was planned to run for 1 year.

Each month the campaign focussed on different areas that contribute towards falls, aiming to reduce that risk with small tests of change. i.e.

April, call bells, is the call bell in reach?

If a patient can't reach the bell, how can they get help when they need to mobilise?

May, Non Slip sock's or well-fitting Slippers reduce falls; don't forget your patients feet before they mobilise.

This was supported with Posters, Audits, The Academy of FAB NHS Stuff, link meetings and ward managers across the trust and Twitter.

The goal was to sustain the campaign for 1 year,



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