

# Time Management in Stressful Times & Falls PIP

Continuation Phase, Session 18

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Today

Vaccine Hesitancy Poll and  
Chat

IHI Curriculum

- Time Management in Stressful  
Times

Falls PIP

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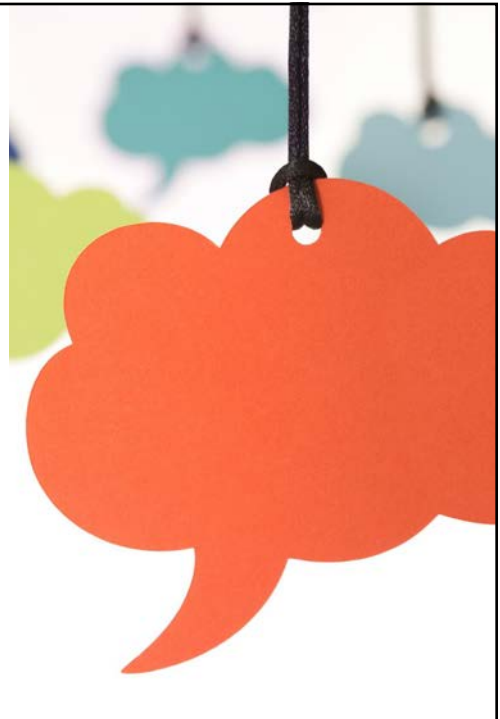
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A graphic divided into two sections. The left section has a white background and contains two overlapping speech bubble icons in a dark grey color. The right section has a dark grey background and contains the text "In Chat" in a large, white, serif font, followed by the question "What methods have you used to address staff concerns with the vaccine?" in a smaller, white, sans-serif font.

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## In Chat

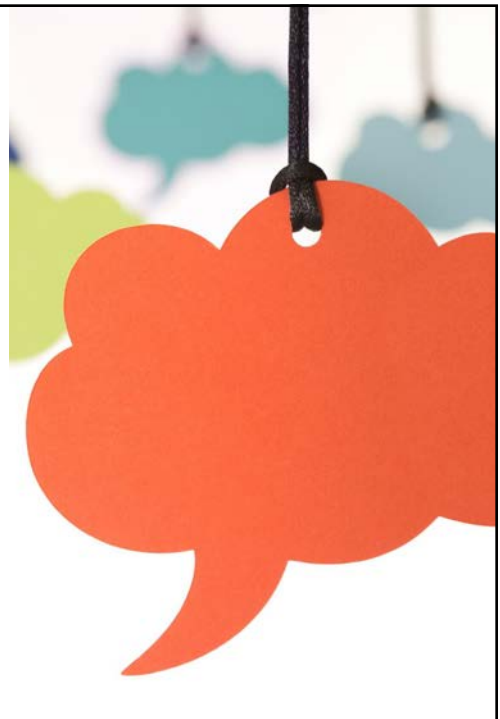
- Do you schedule breaks for yourself and your leadership team?



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## In Chat

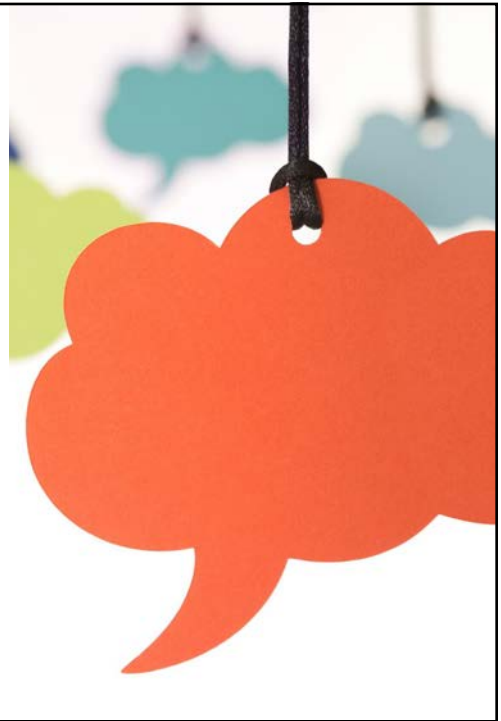
- How do you disconnect/pause during your workday (i.e., a brief meditation, a walk outside, a quick word puzzle)?



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## In Chat

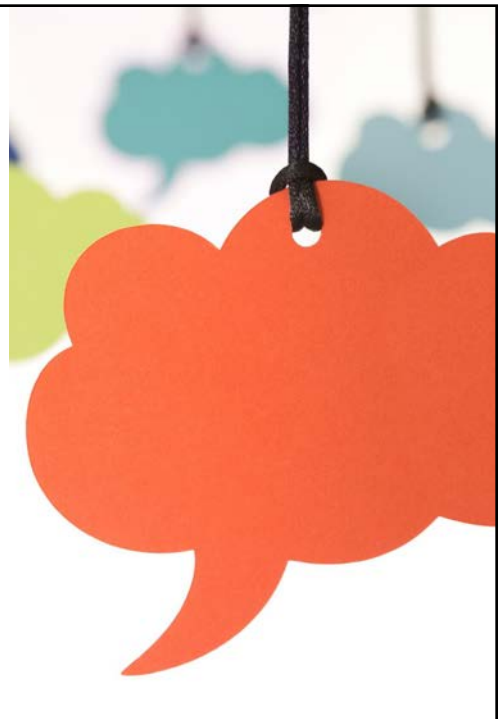
- How do you organize your day (i.e., check list, hourly calendar, outlook calendar)?



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## In Chat

- Is your leadership team clear on how to prioritize tasks?



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## IHI Video: Time Management in Stressful Times

**The Leader's Role in Time Management**

**Create Time**

- Help team eliminate unnecessary tasks
- Help team determine what is a priority
- Assist team with delegating
- Give team autonomy to make these decisions independently

**Give Time**

- Model self-care and moments of pause
- Encourage team to take breaks
- Provide direction to incorporate pauses into days
- Support team so that moments of pause are possible

Logos for IHI, CDC, and other organizations are visible at the bottom of the video frame.

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# Older Adults & Falls

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# Sheyenne Care Center – Falls PIP/PDSA

**PLAN DO STUDY ACT (PDSA) FORM**

Cycle #:   
 Start Date:  End Date:

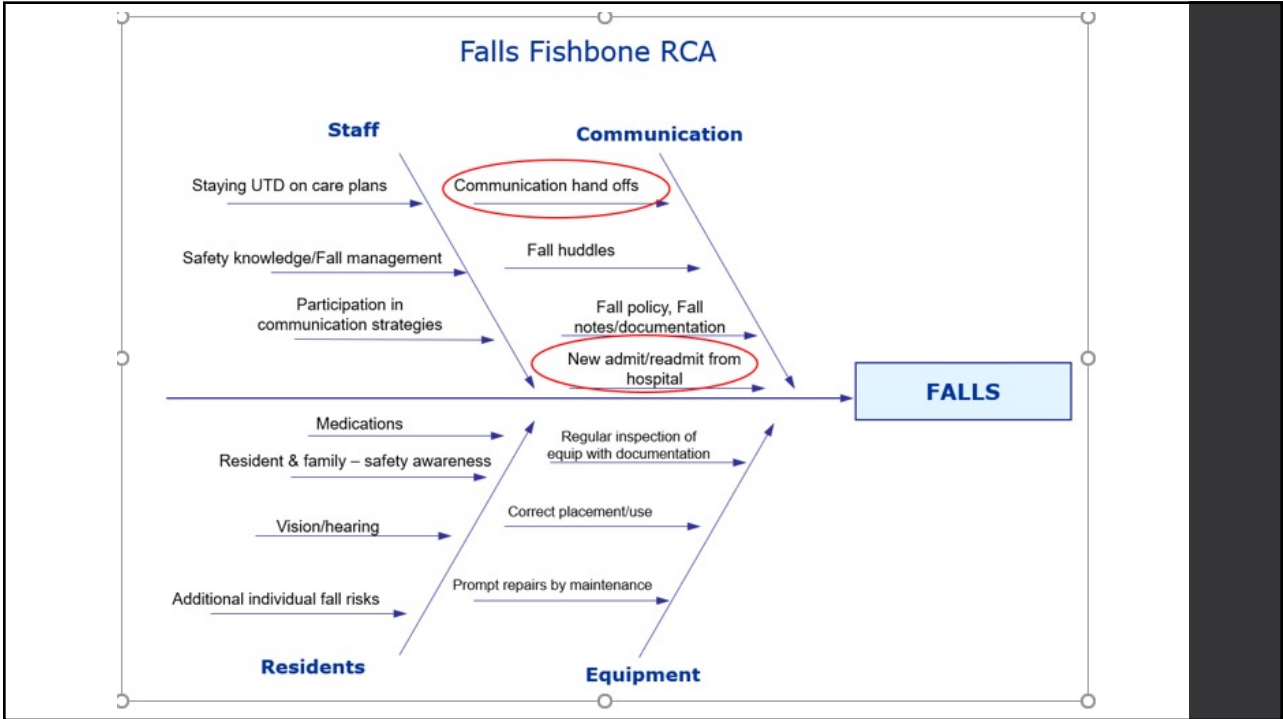
Project Title:  Project Lead: AM, RN  
 State:   Task-related; Task:   
 Internal Process

**Objective of this Cycle:**  
 Develop a Change     Test a Change     Implement a Change

**Aim Statement (WHAT YOU ARE TRYING TO ACCOMPLISH):**

- Specific- targeted population: LTC Residents
- Measurable- what to measure and clearly stated goal: Reduce total # of falls in facility by 5 by August 2021
- Achievable- brief plan to accomplish it: Gait belts in every room, med assessment on admission, shift change
- Relevant- why is it important to do now: High number of falls, repeat falls
- Time Specific- anticipated length of cycle: TBD

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**PLAN**



**Test/Implementation Plan (THINK ABOUT WHAT CHANGES YOU CAN MAKE THAT WILL RESULT IN IMPROVEMENT):**

**What change will be tested or implemented? Include how change will be conducted, who will run it, where it will be run and when it will be run unless already noted in Aim Statement above. (If needed, include specifics on tasks, responsibilities and due dates.)**

Pilot test - Monitor CNA rounding with shift change. Will also monitor if staff are leaving before replacement arrives for rounding. Spend a day monitoring time clock station to determine how often staff are late.

**Prediction:**

Predict that rounding is not being done per facility protocol/expectation.

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**Data Collection Plan (THINK ABOUT HOW YOU WILL KNOW THE CHANGE IS AN IMPROVEMENT):**

**What data/measures will be collected?**

Determine if they are rounding correctly. Are staff using form, if not using it determine why.

**Who will collect the data?**

QA Manager with assistance from CRA supervisors

**When will the collection of data take place?**

randomized over the next 1-2 weeks per each shift



**How will the data (measures or observations) be collected and displayed?**

Observations with follow up questioning and education when required based on situation and findings

**What decisions will be made based on data?**

Staffing needs, form updates, better rounding techniques for shift change, and others based on needs determined during pilot tests

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	<p><b>DO</b></p>  <p><b>Activities/Observations:</b></p> <p>Record activities/observations that were done in addition to those listed in plan (above):</p> <div style="background-color: #e6f2ff; height: 50px; border: 1px solid black;"></div>	
	<p><b>STUDY</b></p>  <p><b>Questions:</b> Copy and paste Prediction from Plan above and evaluate learning. Complete analysis of the data. Insert graphic analysis whenever possible.</p> <p><b>Prediction:</b></p> <p><b>Learning (Comparison of questions, predictions, and analysis of data):</b></p> <div style="background-color: #e6f2ff; height: 30px; border: 1px solid black;"></div> <p><b>Summary</b> (Look at your data. Did the change lead to improvement? Why or why not?):</p> <div style="background-color: #e6f2ff; height: 30px; border: 1px solid black;"></div>	

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## Ave Maria – Restlessness Interventions

- Using the IN2L to travel to Alaska
- picture books
- she used to love to clean and organize so we have a box of items to clean and organize for her
- weighted blanket
- Music and memory program (NOTE from Michelle – new funding available)
- busy boxes that our activities have put together, specifically for her
- different activities - BINGO cards with a bingo caller that is on the IN2L
- take resident for walks
- take outside
- plant plants
- fidget boards
- She is a retired nurse - so we put together a box of nursing supplies, charting materials, etc.
- Honestly, when it comes to our residents that are restless - our biggest change in our approach is that we are now talking with their family and/or friends to find out what they used to like to do and develop a plan that is centered around their likes, dislikes, interests, hobbies, and past profession, etc.

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# Wishek Living Center – Falls Interventions

- **Fall Interventions**
- **Toileting:**
  - Ask the resident every one to two hours if he/she needs to use the bathroom.
  - Answer call light promptly.
  - Remind the resident to ask for assistance. Reorient to call light, if necessary.
  - Assess need for bedside commode.
  - Individualize toileting schedule and/or bowel and bladder retraining.
- **Syncopal Episode:**
  - Evaluate postural hypotension and/or cardiac arrhythmia. Consult with physician.
  - Review medications with pharmacy consultant and physician.
  - Consider fluid volume deficit. Evaluate intake and output.
  - Teach the resident to change positions slowly, especially from lying to sitting to standing.
  - Maximize the resident's time out of bed as much as clinically possible to increase tolerance.
  - Keep the bed in the low position.
  - Assist with all transfers.
  - Consider use of TED hose.
  - Perform a nutrition consultation.
- **Confusion:**
  - Frequently reorient the resident to surroundings.
  - Visually check the resident every two hours, or more frequently as determined by care team.
  - Provide a calm, quiet environment with reassurances.
  - Perform a nutrition consultation.
  - Evaluate the resident's electrolytes.
  - Evaluate for hypoxemia. Measure oxygen saturation as needed.
  - Keep a small night light in the resident's room.
  - Answer the call light promptly.
  - Encourage family/social contacts for reorientation.

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# Falls Homework Update

- RCA
- Brainstorm: problem identification
- Baseline Data
- PDSA Cycle
- Post Intervention Data
- Bonus: List of other possible fall interventions



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If you would like  
additional technical  
assistance, please let  
us know.

You can work with our mentors one-on-one.