Children admitted to hospital can be at risk of a fall. Staff are to complete a fall risk assessment to identify any fall risk factors. Falls can be prevented.

NSW Paediatric Fall Risk Assessment

The Miami Children’s Hospital Humpty Dumpty Falls tool has been adapted under licence for NSW to be known as the NSW Paediatric Fall Risk Assessment. All children should have a risk assessment completed on admission and every three days thereafter, unless their condition changes. Children with a fall risk score ≥12 have a high risk of falling. Completion of the assessment also requires clinical judgement and interventions individualised for each child.

When to do a Fall Risk Assessment?

<table>
<thead>
<tr>
<th>Inpatient</th>
<th>Emergency Department</th>
<th>Outpatient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upon Admission and every 3 days thereafter</td>
<td>Upon entry into the ED</td>
<td>Upon initial visit to the outpatient setting</td>
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<tr>
<td>When there is a major change in risk status</td>
<td>When there is a major change in risk status</td>
<td>When there is a major change in child status since last visit</td>
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</table>

Children falling in hospital is a relatively rare occurrence, however if a child does fall the consequences may be serious. The majority of falls in children younger than 10 years are related to crib, rails, playrooms and well-intended parents who may forget and leave the child unattended with the bed/cot side rail down.

Parental education – it is important to discuss with parents or carers the child’s fall risk and appropriate interventions. This will include educating new parents about how to keep their baby safe from falling, for example safety issues when changing nappies or bathing babies, the risks of falling asleep while holding their baby and walking around with their child in their arms.

Children at risk of a fall include:

- Preschoolers
- Children under 10 years
- Children with disabilities and minimal mobility
- Children with neurological diagnosis
- Children with challenging and/or impulsive behaviours
- Children in wheelchairs, regardless of cognitive ability
When a child falls staff need to:

- Assess child and provide immediate care.
- Notify child’s medical team to review child.
- Notify Nursing Unit Manager or Team Leader.
- Document fall in child’s clinical record, incorporating:
  - Child’s appearance at time of discovery
  - Child’s response to event
  - Activity at time of fall (if known)
  - Evidence of injury
  - Location
  - Medical and nursing actions taken
- Complete IIMS report
- Inform parents/carers if not present at time of fall
- Re-assess Falls Risk Assessment score and document a plan of care.

The following resources are available to LHDs and can be found on the CEC website:

** NSW Falls Prevention Program**

- NSW Paediatric Fall Risk Assessment tool and care actions
- Education resources (powerpoint presentations)
  - Overview
  - Case study
- Guide to completing the NSW Paediatric Fall Risk Assessment Tool
- Parent Information Sheet
- Posters

Acknowledgement to:

Miami Children’s Hospital Humpty Dumpty Falls Prevention Program. NSLHD and CCLHD Falls Prevention Program - Paediatrics Group. The Children’s Hospital at Westmead