

HIP PROTECTOR COMPLIANCE STUDY IN NURSING HOME VS. REST HOME

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The Masonic Nursing Home Inc., a nonprofit long term care community, by adhering to the traditions and tenets of Masonry, strive to provide the highest level of care to their 100 nursing home (NH) and 67 rest home (RH) residents.

One of the most devastating events that may impact our residents is a hip fracture. 50% of seniors hospitalized for a hip fracture never regain their former level of functioning and 30% require long term care placement.

Data from recent studies have demonstrated reduction of hip fracture through use of hip protector devices. Unfortunately compliance remains an issue. The Masonic Home was interested in purchasing hip protectors for at risk residents providing the residents would wear the hip protectors regularly.

The Department of Rehab conducted a compliance study to determine the acceptance of hip protectors. They selected a sample of 10 NH and 18 RH residents based on history of previous falls, fractures, and/or a positive fall risk assessment. The medical director along with the rehab team performed several inservices to residents and staff prior to initiation of the study.

2/10 of NH residents were unable to wear the pads, the remaining 8 wore them on average 90% of the time while awake. Even though 50% (9/18) of the RH residents agreed to wear the pads, only 15% (3/18) consistently wore them for six weeks. Unlike the NH residents in which the CAN prompted the residents to wear the pads, the RH residents were not prompted by staff. Cost of the project, \$1,700 for pads and \$2,300 for staff time.

With optimal staffing levels and buy in from the staff in both settings, high compliance was only achieved in the NH. We attribute this finding to staff prompting offered only in the NH.

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(NOTE TO READER: This test was done using HipSaver Hip Protectors)