

Prevention and Management

e-learning for the *Four Harms* supporting patient safety, Harm Free Care/Safety Express:

- Falls
- Pressure ulcers
- Catheter Acquired Urinary Tract Infection
- Venous Thromboembolism VTE
- Nutrition

Short, twenty minute interactive e-learning programmes developed to prevent and manage interlinked harms.

Prevention & Management of Falls

You can access any part of the resource using the menu on the left. Now click on Introduction.



Individual patient risks / intrinsic factors

Click on the titles below to view information about that subject

1. Individual patient risks /intrinsic factors

Reassessment of risk: [View transcript](#)

Environmental risks / extrinsic factors

Click on the titles below to view information about that subject

Lighting and signs

[View transcript](#)

- Adequate ward and bay lighting
- Illuminated signs at night

Bed height

Chair and seating

Room free of clutter

Mobility Aids

Menu

- » Introduction
- » Pre-learning community hospital patient story
- » Statistics, CQUIN & Policy Framework
- » Understanding potential causes of falls: intrinsic and extrinsic factors
- » Individual patient risks / intrinsic factors
- » Environmental risks / extrinsic factors
- » Risk assessment and treatment plans
- » Promoting mobility
- » Falls or fall related near miss
- » Information sharing, Patient, carer & family communication
- » Discharge considerations and planning
- » Post-learning community hospital patient story
- » Delivery & resources

2. Cognition

3. Mobility & transfer skills

4. Toilet / continence

5. Medical conditions

Environmental risks / extrinsic factors

- » Introduction
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- » Information sharing, Patient, carer & family communication

These resources may be customised to the needs of your organisation or Trust, allowing self directed, or facilitated learning.

Others in the series include Management and use of Bedrails, Record Keeping.


Please contact us for more information about these resources and how you might use them in support of Harm Free Care; *Safety Express*, the Department of Health QIPP Safe Care work stream

- » introduction
- » Pre-learning quiz
- » Statistics, CQUIN & Policy Framework
- » **Is there a need for catheterisation?**
- » Signs and Symptoms of a UTI
- » Record keeping and documentation
- » Choice of catheter and drainage system
- » Selecting the correct length
- » Sterile, closed drainage systems
- » Hand hygiene
- » Aseptic non-touch technique
- » Ongoing care
- » Post-learning quiz
- » References & appendices

Is there a need for catheterisation?

The need for catheterisation is based on the following:

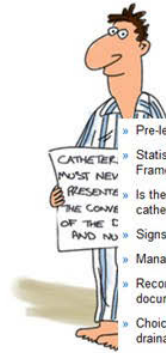
- Clinical indications
- Considerations

 [Click on the titles below to view information about that subject](#)

Clinical indications

Clinical indications for catheterisation:

- Monitoring renal function hourly during critical illness
- During and post surgery (for a number of reasons)
- Acute urinary retention (AUR)



- » Pre-learning quiz
- » Statistics, CQUIN & Policy Framework
- » Is there a need for catheterisation?
- » Signs and Symptoms of a UTI
- » Management of a UTI
- » Record keeping and documentation
- » Choice of catheter and drainage system
- » Selecting the correct length
- » Sterile, closed drainage systems
- » **Hand hygiene**
- » Aseptic non-touch technique
- » Ongoing care
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Hand hygiene

Washing your hands with soap and clear running water reduces the spread of infection. Alcohol cleansing gels / hand rubs are NOT effective for Clostridium difficile.

When you wash your hands it is important to include palms, thumbs and fingers, including tips and backs of hands.

Spending at least 30 seconds washing your hands will help fight infection.

 [The recommended way of washing your hands is shown below.](#)

How to wash your hands diagramme

NHS East Midlands video 'Hand in hand together'



[These are sample screens from resources developed by Moss Health Skills](#)