

THE "BLUE SHEET"

The principal objective of our poster is to highlight the process in which we successfully improved communication between nursing (licensed and non-licensed) and therapy staff (PT, OT, S/LP). As a result of increased communication we have found that all staff are working more collaboratively and patient safety has been improved.

Implementation: A patient profile was introduced by Lori Harrison, MSPT, Director of Rehab. It outlined all areas of patients "functional needs." The original prototype profile was printed on blue paper. This allowed for easy visibility and staff quickly adopted its use. Since its first use it has been fondly nicknamed the "Blue Sheet" and all staff refer to it as such. Each patients' "Blue Sheet" is posted in their room as well as the nursing MAR.

WHAT NURSES SAY

WHAT THERAPIST SAY

WHAT IT MEANS

CARE TRACKER	BLUE SHEET	WHAT THIS MEANS
INDEPENDENT	I = INDEPENDENT	NO ASSISTANCE - NO ONE NEEDS TO BE IN THE ROOM
VERBAL CUEING	S = Supervised S/U = Set Up SBA = Standby Assist	A C.N.A is in the room providing verbal instruction Setting up grooming supplies and laying out clothing etc. NO HANDS ON ASSISTANCE REQUIRED
NON WEIGHT BEARING ASSISTANCE	Contact Guard Assistance Limited Physical Assistance	CGA - Contact Guard Assist OR Some Hands On Assistance Required (GAIT BELT REQUIRED)
WEIGHT BEARING ASSISTANCE	Min A Mod A Max A Extreme Physical Assistance	Min A - Patient can do 75% of the task Mod A - Moderate level of assistance, patient is doing 50% of task Max A - Maximum level of assistance, patient is doing less than 25% of task Extensive hands on assistance required (Gait Belt Required)
TOTAL DEPENDENCE	Mechanical Lift	Patient is unable to assist at all, 100% Dependent
ACTIVITY DID NOT OCCUR	Not to transfer W/C.N.A Not to ambulate by C.N.A	THERAPY ONLY

TERMINOLOGY FOR THE "BLUE SHEET"

LEVELS OF ASSISTANCE	ASSISTIVE DEVICE	WEIGHT BEARING STATUS
I-Independent	Slide board	NWB-Non weight bearing
S-Supervised	Platform Front Wheel Walker	TTWB-Toe touch weight bearing
SBA- Stand by assist	SPC-Single point cane	PWB-Partial weight bearing
CGA-Contact guard assistance	FWW-Front wheel walker	WBAS-Weight bearing as tolerated
MIN-Minimal assistance	W/C-Wheel chair	
MOD-Moderate assistance	4WW-our wheel walker	
MAX-Maximum assistance		
DEP-Dependent		



Background: Anecdotal frustration had been expressed by staff due to lack of knowledge regarding patient ability and needs. It was almost as if each discipline was speaking a different language. It became obvious that a better method of communication between staff members, both in clarity and ease of use was necessary.

PRECAUTIONS

- | STERNAL | SPINAL | HIP |
|---|---|--|
| <ul style="list-style-type: none"> Do not lift your arms above shoulder height Do not push or pull with your arms when moving in bed Do not lift more than 8 pounds Brace your chest with a pillow when | <ul style="list-style-type: none"> No twisting No bending Neck collar or lumbar brace as ordered | <ul style="list-style-type: none"> Do not bend forward at the waist more than 90° Do not turn your toes inward Do not lift your operative leg higher than your hip. |



Evaluation: The "Blue Sheet" was implemented in April 2011. Staff found that they were better equipped to communicate more effectively. We were speaking the same language! In the 15 months before implementation there were 114 resident falls. In the 15 months since implementation there have been 105 resident falls. This accounts for an 8% overall reduction in resident falls.