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## ARRMC Behavioral Health: Fall Reduction Superstar

The Behavioral Health Unit at Asante Rogue Regional Medical Center is serious about reducing falls among its patients, and the commitment of staff has been recognized. The unit has received Asante Rogue Regional's "Fall Reduction Superstar" award for the fourth quarter of 2014.



The "superstar" award is based on an overall percent reduction in falls as compared with the previous quarter, and is calculated by Asante's risk management team. The Asante Fall Reduction Program aims to reduce both patient falls and falls with injury.

The Behavioral Health Unit, which has prioritized fall prevention, reduced patient falls during the most recent quarter by 25 percent.

The unit has a unique environment that makes fall prevention and reduction challenging, but has empowered patients to reduce their risk of falls by learning techniques such as keeping hydrated, wearing proper footwear and changing positions slowly. Behavioral Health Unit staff even offer group morning stretch classes to help with mobility.

Asante News is published every Monday. Deadline for submission of articles is every Thursday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
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