

FALL PREVENTION IN OLDER ADULTS: IMPLEMENTATION OF A STRUCTURED PROTOCOL IN A HOSPITAL SETTING

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RESUMO

Background: Falls among older adults represent a major public health concern, particularly in hospital settings, where clinical fragility, polypharmacy, cognitive impairment, and unfamiliar environments significantly increase the risk of adverse events. These incidents are strongly associated with increased morbidity and mortality, prolonged hospital stays, and higher healthcare costs. **Objective:** To evaluate the effectiveness of implementing a structured fall prevention protocol in hospitalized older adults. **Methods:** This is a quasi-experimental before-and-after study conducted at the Beneficent Hospital of UNIMAR (HBU), including patients aged ≥ 60 years. The intervention consists of a multifactorial fall prevention protocol, including systematic risk assessment using the Morse Fall Scale, individualized care planning, environmental modifications, continuous education for healthcare professionals, patients and caregivers, and ongoing monitoring. Fall rates will be compared between pre-intervention (6 months) and post-intervention (12 months) periods. Data will be analyzed using descriptive and inferential statistics. **Expected Results:** A significant reduction in fall incidence and severity is anticipated, along with improved patient safety indicators, increased adherence to preventive measures, and strengthening of the institutional safety culture. **Conclusion:** The implementation of a structured fall prevention protocol has the potential to enhance patient safety, improve quality of care, and promote a more humanized approach to hospitalized older adults, contributing to continuous improvement in healthcare practices.

Palavras-chave: Older Adults; Falls; Patient Safety; Prevention; Hospitalization.