

### **Guidance:**

The 24 hour clock was originally created to act as an falls analysing tool for staff.

The 24 numbers around the outside of the clock are to represent 24hours of the day. The coloured rings are to represent different parts of the home i.e the lounge, bedrooms, corridors etc. The key in the corner is for you to fill in what colour ring will represent what part of the home. Every time a fall happens put a small cross in the coloured ring it took place in line with the time it happened.

Best way to use the clock is to use like the safety cross and fill it in over a whole month. At the end of the month you will then be looking to see if any clusters of crosses have appeared in a certain coloured ring and time, or just in a coloured ring or at a certain time. With this information you can then start to look deeper into the reasons of why this is happening, and look at coming up with different PDSA's cycles to trial.

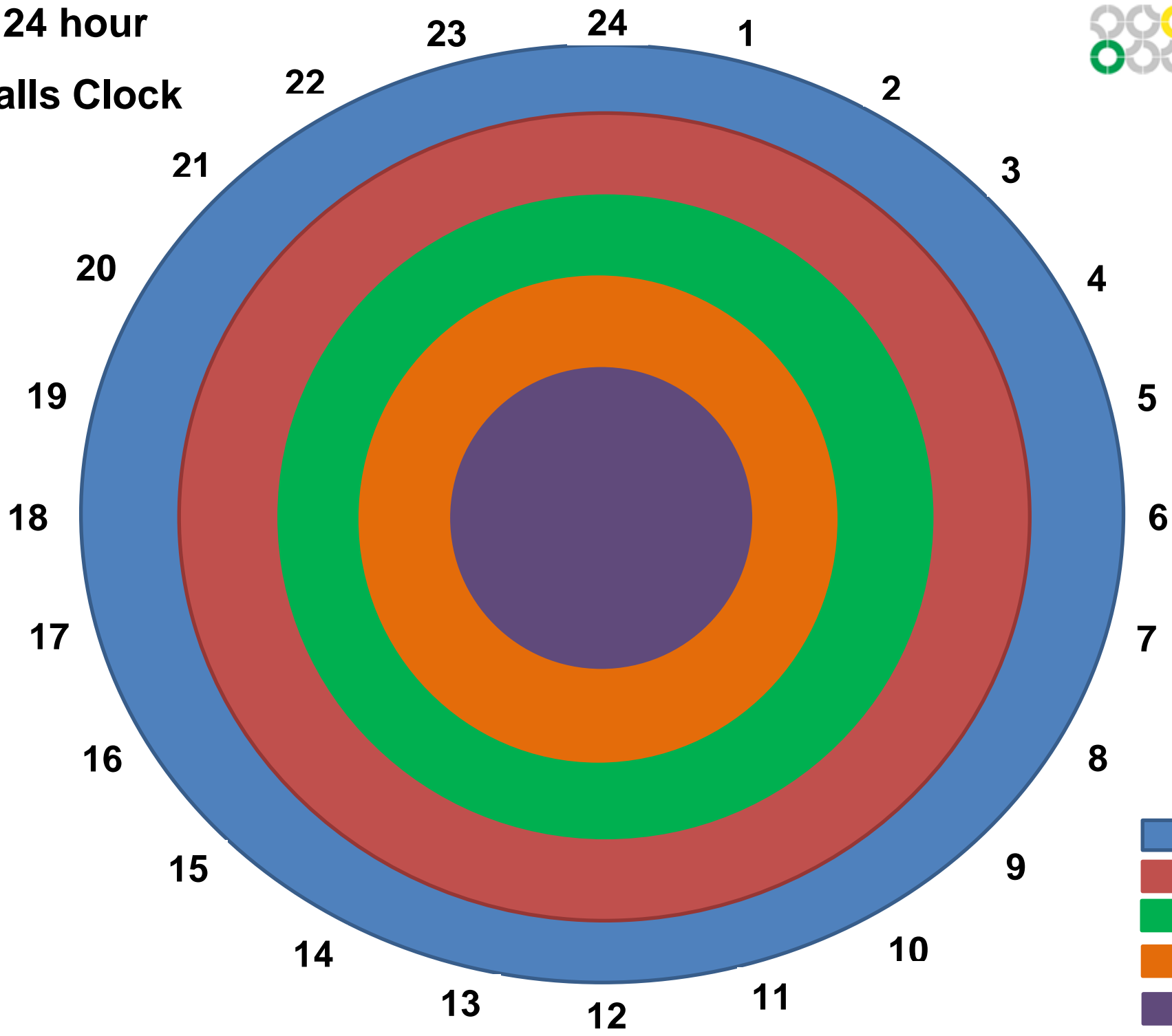
### **Other Examples:**

We have seen some great examples of other ways the clock has been used and these include:

- Using the different coloured rings to represent the different units at the home. To then pin point if falls are happening more in one unit than another.
- Using the clock and coloured rings to represent different months to keep a track on if falls are reducing or increasing, and then look at if it was because there have been infections, new residents moving in etc.
- Adapting the clock to use for residents who may be displaying behavioural incidents, and finding out if there is a certain time or place that triggers them.
- Using the clock on a frequent faller to see if there are an trends around times or area that most of their falls are happening.

If you come up with any new idea's around using the clock that have been successful, don't forget to let us know by email [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

24 hour  
Falls Clock



KEY

