



THE ROLE OF THE SOCIAL HEALTH OPERATOR IN MOBILIZATION AND FALL PREVENTION IN THE ACUTE GERIATRICS SETTING OF THE S'ORSOLA IRCCS POLICLINICO

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The Acute Department of the S'Orsola Policlinico records approximately 1,438 annual admissions, with an average length of stay of 9.83 days in 2025, down compared to 2024 when it was 10.53 days. Patients mainly admitted through the Emergency Department (approximately 88% of the gir-dle due) had an average age of 86.39 years (85.91 in 2024), showed high comorbidity (average DRG weight 1.23) and mortality around 11%, down from 14% in 2024. The main diagnoses, in order of frequency, were: acute pulmonary edema/respiratory failure (n.444), septicemia (274), heart failure (n.190), diseases of the nervous system (n.147), urinary tract infections (n.137). Falls complicate hospitalizations with a frequency of about 1-3 falls per 1000 patient-days and are more common among geriatric patients and those

with dementia. In 2023, due to an increase in falls during hospitalization in our acute care ward, a thorough assessment was carried out and an improvement action was undertaken, involving the nursing assistant staff, consisting of the daily mobilization of patients deemed suitable by the case manager nurse and the referring geriatrician. Every morning, within a specific time slot, the mobilization and walking of the patient is carried out, included in the planning of the activities of the Healthcare Support Worker. This improvement action has led to a significant reduction in the percentage of falls, from 4.1% in 2023 to 3.6% in 2024 and 2.8% in 2025. Falls occurred mainly at night, when the staff was numerically reduced. This activity represents a non-trivial best practice intervention that has clinical repercussions on fall prevention.