



Northumbria Healthcare
NHS Foundation Trust

THE NORTHUMBRIA WAY

PEOPLE CARING FOR PEOPLE

Go Decaf! Improving patient safety and care through 'Decaf by Default'

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HOSPITAL | COMMUNITY | HOME

The Origins of Go Decaf!



The Pilots



The Results

Before, 19-21% of inpatient falls reported Trust-wide via Datix were toileting-related, **in the pilot sites this figure decreased to 11-15%.**

All Ward and Home Managers (n12) **planned to continue with decaf** by default and reported only positive / neutral responses from patients and carers

“The ward generally feels calmer patients are less agitated. We have had less toileting related falls since changing to decaffeinated drinks. Some of the staff have also moved to decaffeinated drinks”.

With a strong caveat, as there are many uncontrolled variables and confounding factors, the findings show:

		Cycle #1	Cycle #2
	Reduction in	By	
	Toileting falls overall	11%	20%
	Toileting falls >50%	3 wards	7 wards
	Care Home toileting falls	50%	N/A
	Overnight Incontinence (n5)	40%	N/A

Three quarters of managers observed improvements such as calmer patients, better sleep, reduced agitation, with two-thirds reported positive changes to patient safety

‘Taste the Difference’
55% noticed difference
85% willing to switch when knew benefits

“We noticed a significant reduction in falls from admission once starting the decaf, including where the falls are. We have also noticed a reduction in incontinence during the night improving skin integrity and sleep.”

What Next?





Decaf doesn't mean compromise: it means informed choice and improved quality of life