

The Study of the Nurses' Knowledge of Fall Prevention and Perception of Fall Prevention Bundle Program among in-patients

C.H. LAM¹, S.M. LEUNG¹, W.H. TANG¹, F.S. CHAN², Y.C. TSUI¹ & K.Y. LAW²

¹ Department of Medicine & Geriatrics, Our Lady of Maryknoll Hospital, Hong Kong Special Administrative Region, People's Republic of China

² Central Nursing Division, Our Lady of Maryknoll Hospital, Hong Kong Special Administrative Region, People's Republic of China

P585

INTRODUCTION



Falls are preventable health issues and fall prevention is a crucial element to provide patients with a safe environment and avoid falling and injuries.

In hospital fall prevention, nurses play a vital role in preventing patients from falls. This study is to explore the relationship between nurses' knowledge of falls, perception of fall prevention programs, and inpatient fall rates.



Objectives



1. To explore the level of nurses' fall-prevention knowledge for inpatients.
2. To explore nurses' perceptions of the Fall Prevention Bundle Program.
3. To explore the correlation between nurses' knowledge of fall prevention and perception of the Fall Prevention Bundle Program and fall incidents among inpatients.



RESULTS

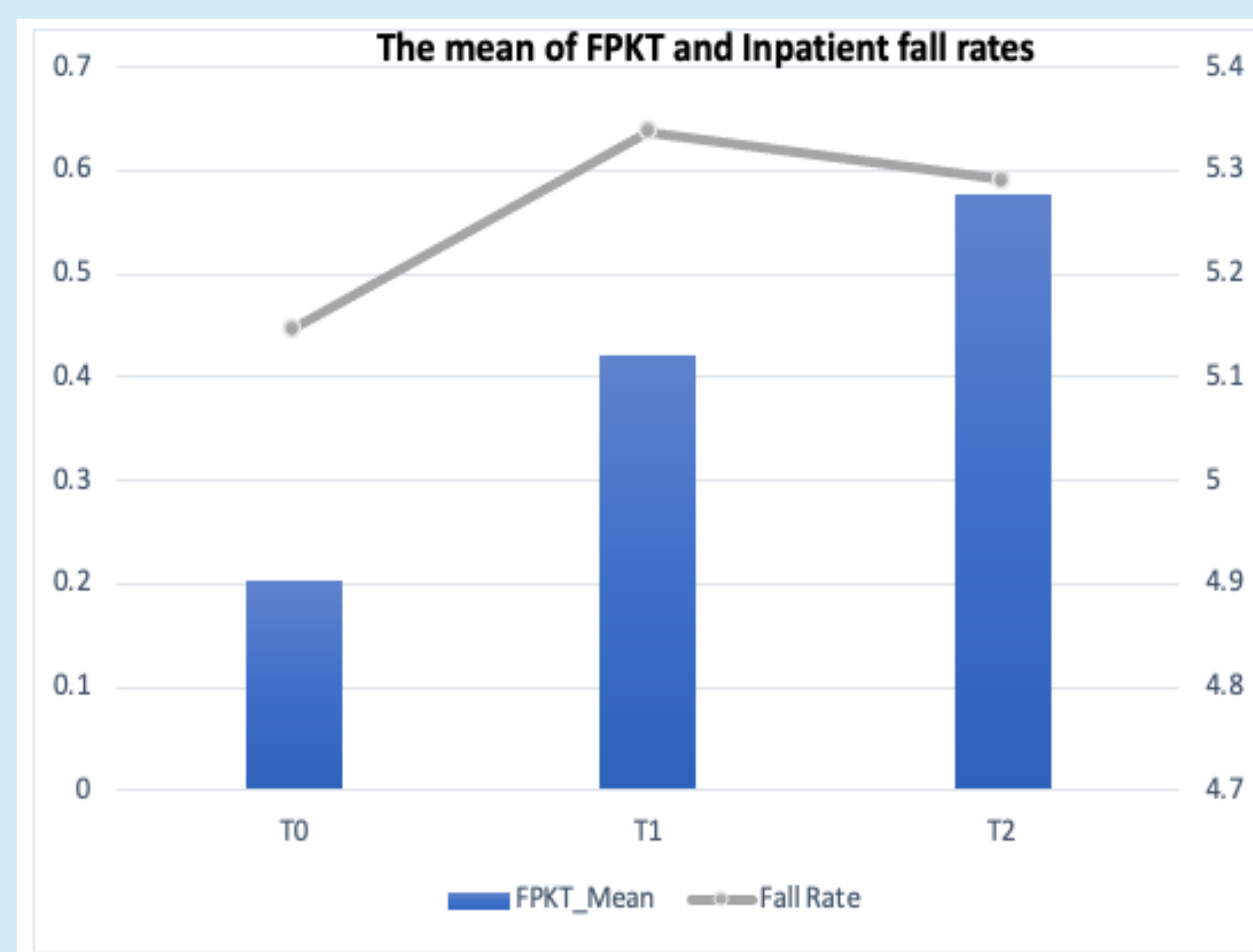


Demographic characteristics of the participants

- 148 questionnaires were distributed to participants, and 83 valid questionnaires were collected.
- Most of the participants are **female** (78.3%), **Medical ward** (89.2%)
- **Bachelor's degrees** (42.2%); Master's degrees and diplomas both account for 28.9.%.
- 74.6% have **over 3 years** of working experience in the ward.
- **More than 5 times** of experience caring for patients with falls (68.7%).

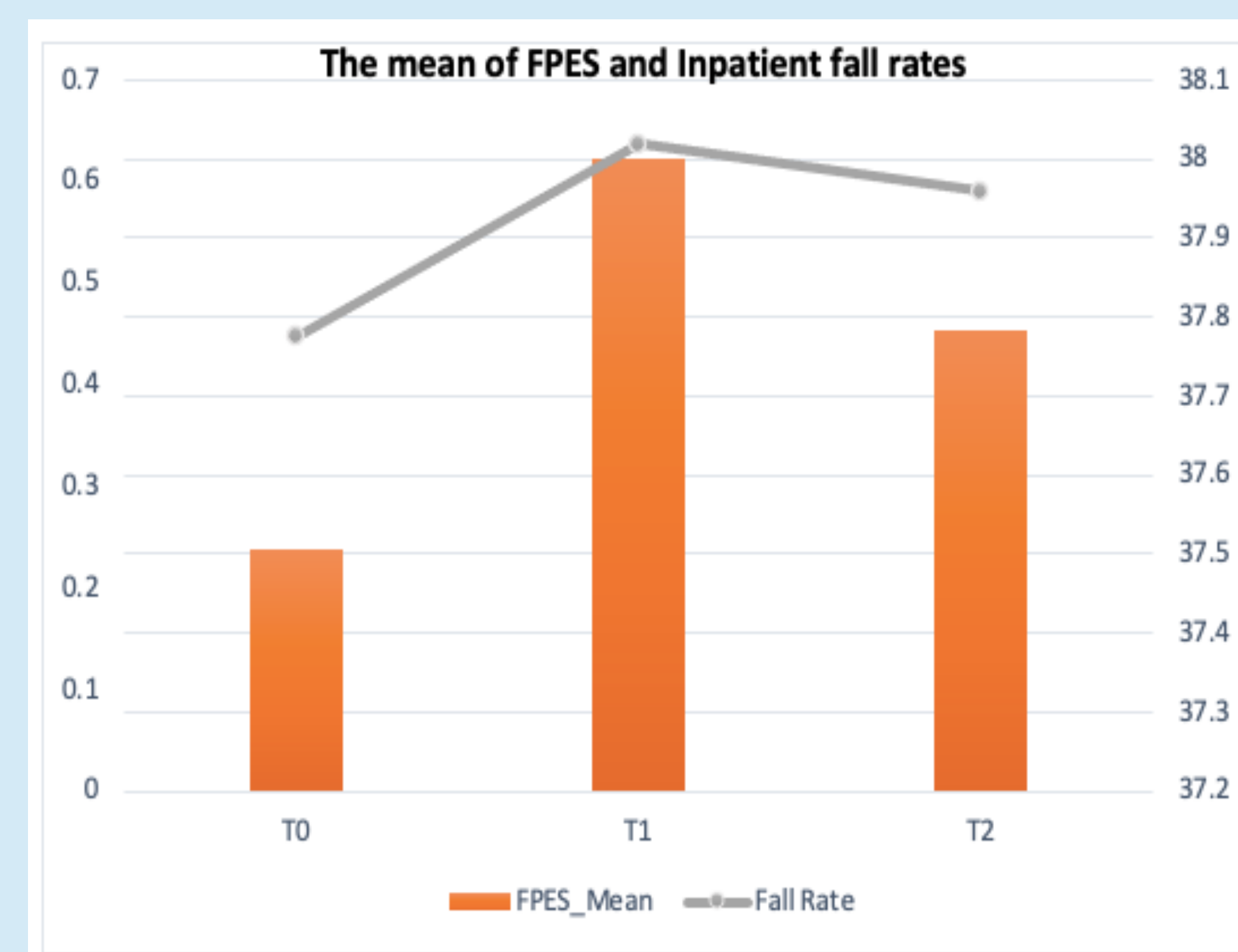


The mean of nurses' knowledge of fall prevention and inpatient fall rates



- **T0**: The beginning of the study as the baseline; **T1**: Three months after the intervention (Fall Prevention Bundle Program); **T2**: Six months after the intervention.
- **Intermediate level** (4-7 were regarded as an intermediate level), which ranged from 4.90±1.81 T0 to 5.12±1.90 in T2.
- **Improving trend in participants' fall knowledge** (T0: 4.90±1.81; T1: 5.12±1.90; T2: 5.28±2.25).
- **No significant relationship** between nurses' knowledge of fall prevention and inpatient fall rates.

The mean of nurses' perceptions of the Fall Prevention Bundle Program and inpatient fall rates



- Slightly improved from T0 to T1 (37.51±3.40 to 38.00±3.85) and slightly decreased from T1 to T2(38.00±3.85 to 37.78±3.66) among the participants.
- **A significant relationship** between T0 and T1(p=0.000); T0 and T2(p=0.028), but no significant relationship was noted between T1 & T2(p=0.120).
- **No significant relationship** between nurses' perception of the Fall Prevention Bundle Program and inpatient fall rates.

METHOD



An observational study (cross-sectional study) is used in this study.

a) Primary outcome

- 1) A validated 11-item **Fall Prevention Knowledge Test (FPKT)** will be used to assess nurses' fall knowledge.
- 2) A validated 13-item **Fall Prevention Efficiency Scale (FPES)** will be used to investigate nurses' views on the hospital fall prevention program.

b) Secondary outcome

The secondary outcome measure is the inpatient fall rates.

CONCLUSIONS



- The level of nurses' fall knowledge was at an intermediate level and,
- A relatively positive perception of the Fall Prevention Bundle Program.

Recommendation/ Further Study

- A better understanding of the level of fall knowledge and perception of a fall program among nurses in the local medium-sized sub-acute hospital.
- As baseline data for further research to investigate the contributing factors in reducing inpatient fall rates.
- Based on the phase I results, phase II of the fall prevention research project will be focused on how to lower the fall rates among cognitive impairment and poor gait patients.

ACKNOWLEDGEMENT



I would like to express my sincere gratitude to **Dr. Sum Ming Leung**, for his invaluable guidance, encouragement, and support throughout the entire research process. His insightful comments and constructive feedback have significantly improved the quality of this research. Also, I am particularly grateful to **Prof. Patricia C. Dykes** for providing us with well-validated tools, which were crucial to the successful completion of the research.

I would also like to thank the members of my research committee, **Ms.Kam Yin Law, Ms. Yau Chi Tsui, Mr. Wai Hei Tang, and Mr. Fu Shing Chan**, for their valuable input and feedback during the research process. Without their support, this research would not have been possible.

REFERENCES



- Dykes, P. C., Bogaisky, M., Carter, E. J., Duckworth, M., Hurley, A. C., Jackson, E. M., Khasnabish, S., Lindros, M. E., Lipsitz, S. R., Scanlan, M., Yu, S. P., Bates, D. W., & Adelman, J. S. (2018). Development and Validation of a Fall Prevention Knowledge Test. *Journal of the American Geriatrics Society*, 67(1), 133–138.
- Dykes, P. C., Khasnabish, S., Burns, Z., Adkison, L. E., Alfieri, L., Bogaisky, M., Carroll, D. L., Carter, E. J., Hurley, A. C., Jackson, E., Kurian, S., Lindros, M. E., Ryan, V., Scanlan, M., Sessler, K., Shelley, A., Spivack, L. B., Walsh, M. A., Bates, D. W., & Adelman, J. S. (2021). Development and Validation of a Fall Prevention Efficiency Scale. *Journal of patient safety*, 18(2), 94–101.
- Kim, M., Jeon, H., & Chon, M. (2015). Study on the Knowledge and Attitudes of Falls and Awareness of Fall Risk Factors Among Nursing Students. *Indian journal of science and technology*, 8, 74-80.

CONTACT INFORMATION



Email: Lch010@ha.org.hk



+852 67624690