

REDUCE THE INCIDENCE OF FALLS IN PATIENTS AFTER PLASTIC SURGERY

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INTRODUCTION

Falls are a common adverse event in hospitalized patients, which may lead to patient injury, such as: fractures, internal bleeding, and even death in severe cases, thereby affecting the quality of life, prolonging the length of hospitalization, and increasing medical costs. Appropriate nursing education and measures for caregivers can effectively prevent and reduce the chance of patients falling. In plastic surgery wards, the incidence of falls in 2020 is 0.92%, and 50% of the injuries are moderate injuries. Among them, there is a case of severe injuries, which will not only prolong the hospitalization time of patients, but also increase medical expenses.

AIM

The purpose of this study was to reduce the incidence of falls in patients undergoing plastic surgery.

METHOD

- Strengthen publicity on the first day after being transferred from the intensive care unit, emphasizing that after being bedridden for many days, you need to seek assistance for the first time getting out of bed, and include it in the general reference manual of the ward.
- At night, place one side of the bed close to the wall and the other side close to the accompanying bed, or place one side of the bed close to the accompanying bed and the other side close to the bedside table to prevent the patient from getting out of bed by himself.
- Make reminder cards for the use of assistive devices.
- Add regular checks on fall prevention measures and make High-risk drug use reminders and warning signs.
- Organized fall prevention education and training.

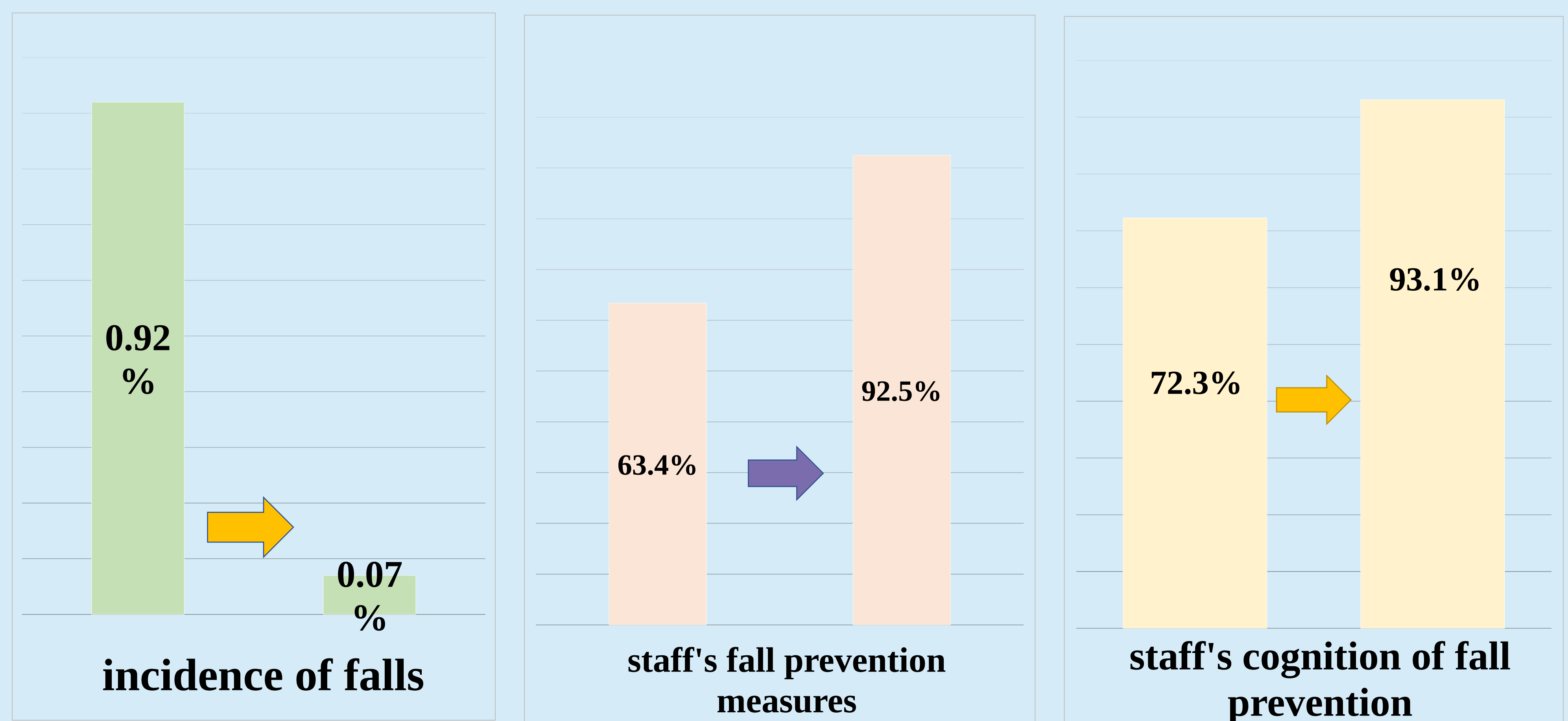
助行器使用注意事項

1. 使用助行器前需確認卡桿是否已固定，助行器打開後「喀」聲響表示已固定。
2. 站立後頭不會暈，再行走。
3. 行走時腳抬高，勿用滑行或拖行，預防跌倒。



RESULTS

The postoperative of falls in the ward was reduced from 0.92% to 0.07%, and the accuracy of the nursing staff's fall prevention measures was increased from 63.4% before improvement to 92.5%. The most; the correct rate of nursing staff's cognition of fall prevention increased from 72.3% before improvement to 93.1%, among which "the precautions for teaching patients and caregivers to get out of bed and use assistive devices" improved the most.



CONCLUSIONS

Insufficient health care integrity has always been a common problem in Taiwan's medical institutions, and the integrity and consistency of health education has a key impact on patient learning, and the integrity of health education implementation is the key to maintaining the quality of care. The use of multimedia animations makes patients feel lively and fresh. The animations are easy to understand and easy to remember. Using plastic surgery anti-fall education videos and QR Cords are pasted at the end of the bed to give patients care guidelines for anti-fall education and reduce the number of plastic surgery wards. Incidence of falls, it is suggested that the hospital can extend it to other units in parallel in the future to improve patient safety..

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