

REDUCE THE CASE OF FALLS IN GENERAL MEDICAL WARD

Zi-Ling Chen* 1, Hsin-Yi Huang¹

1National Taiwan University Hospital Yunlin, Douliu City, Yunlin Country, Taiwan



P874

INTRODUCTION

Through some case studies of falls, here are some findings:

1. The patient insists on getting out of bed by himself and unwilling to obey the nurses instructions.
2. Patients and their family members are lacking of awareness of preventing falling, unconsciously become high-risk groups for falls.
3. Patients and their family members underestimate the severity of the fall.
4. After a long period bedridden the patient underestimates the loss of muscle strength.

Therefore, by using education manual for fall-prevention and visual impact of real case situations we can increase the awareness of risk in our patient group. Also, doing "bubble butt training" activity, it can help strengthen the lower limb muscle to reduce the number of falls and increase patient safety awareness.

METHOD

1. Practical fall prevention posters are posted on the wall in the wards. Each contains a real case scenario that can give patients and family members the authentic situations for preventing falls. And use visual impact to enhance patient and family members cooperation.
2. "Bubble butt training" is a way to enhance lower limb muscle strength. It can help patients with unsteady gait while getting out of bed or those long-term bedridden because of illness. It starts every morning and evening before meals. Here are some tips when lying on the bed: 1. Step on the bed with both feet, 2. Lift the hip from the bed to the highest and then stop after counting from 1 to 5, 3. Put the hip down, and then repeat 5~10 times. With this training, patients can develop the active movement against gravity and resistance.



AIM

In 2021, there were 5 cases of falls in the general medicine ward of our unit, with an injury rate of 100%, including a moderate injury rate of 20%. In 2022, there were only 4 cases of falls, with an injury rate of 25%. So it triggers an improvement motivation.

ACKNOWLEDGEMENT

Nurse Supervise, Head Nurse and Department of Nursing.

RESULTS

1. There were no falls between 720 high-risk patients for 8 consecutive months.
2. There were also no falls in the ward for any patients or family members during 8 consecutive months.

CONCLUSIONS

Through the visual impact of real cases, enhanced explanations in the education manual for fall-prevention and the use of make good use of pervasive practical fall prevention posters, the alertness of patients and their family members are enhanced. At the same time, the patient's lower limb muscle strength training is increased, thereby reducing the number of falls and improving patient safety.

REFERENCES

Hassan, S., Deborah, A. J., Abdolhamid, D., & Ashril, Y. (2021). Effects of 8 weeks of balance training, virtual reality training, and combined exercise on lower limb muscle strength, balance, and functional mobility among older men: A randomized controlled trial. *Sports Health: A Multidisciplinary Approach*, 13(6), 606-612. <https://doi.org/10.1177/1941738120986803>

CONTACT INFORMATION

National Taiwan University Hospital
Yunlin Branch
No. 579, Section 2, Yunlin Road,
Douliu City, Yunlin County, Taiwan