



KNOWLEDGE AND ATTITUDE REGARDING FALL PREVENTION AMONG NURSES

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ABSTRACT

Background: Falls and its consequences are major public health problem, making it the second leading cause of accidental deaths worldwide. Fall is reported as the most frequent patient safety event occurring in hospitals. Fall occur at a rate of 3-5 per 1,000 occupied bed-days, and the Agency for Healthcare Research and Quality estimates that each year 700,000 to 1 million hospitalized patients fall.

Objectives:

- 1.To assess the level of knowledge and attitude regarding Fall prevention among nurses .
- 2.To associate the selected demographic variables with level of knowledge and attitude regarding Fall prevention among nurses.

Method: A descriptive cross sectional research design was adopted. Total 50 staff nurses who fulfilled the sampling criteria were selected by using non probability convenience sampling technique in a selected hospital. The data collection period was from September 2021 to February 2022 in a selected Hospital. **Results:** Among 50 samples 49 [83 %] of the staff were female and 30 [60 %] of them had B.Sc [N] qualification. 23 [46 %] are 2 to 5 years experience. 31 [62%] staff are married. 7 [14%] of them had adequate knowledge, 11 [22%] had moderately adequate knowledge, 32 [64 %] are inadequate knowledge. 6 [12%] of them had favourable attitude , 40 [80%] had moderately favourable attitude , 4 [8 %] are unfavourable attitude. There was no significant association between the level of knowledge and attitude with selected demographic variables such as the gender, educational qualifications, years of experience. **Conclusion:** The findings of the study revealed that the staff nurses had lack of knowledge and attitude regarding fall prevention.

KEYWORDS : Knowledge , Attitude, Fall .

INTRODUCTION

A fall is defined as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level. Falls and its consequences are major public health problem, making it the second leading cause of accidental deaths worldwide. Fall is reported as the most frequent patient safety event occurring in hospitals. Fall occur at a rate of 3-5 per 1,000 occupied bed-days, and the Agency for Healthcare Research and Quality estimates that each year 700,000 to 1 million hospitalized patients fall . (1)

The prevalence of falls in Indian older adults in a review of 19 studies found to be ranging from 14 to 53% (19-Mar-2022) (2)

Nearly one in every three inpatients aged 65 years and older sustains fall. The traumatic complications of fall includes physical injury, functional impairment, increased rate of hospitalization and delayed recovery as a result people suffer a lot with a huge burden to the family, health sector, and economy of the country . A significant proportion of non-traumatic falls, often instil fear of fall- a post fall syndrome which includes dependency, loss of autonomy, confusion, immobilization, and depression, which will lead to a further restriction in daily activities and thus affects Quality of life. Despite the continued efforts to decrease falls in the hospital settings, there continues to be an increased incidence of inpatient falls.

Nurses are with the patient and provide constant care to patients and it is important that they are properly trained to identify risk factors and employ strategies to prevent fall. Knowledge and attitude of nurses will reduce the fall in the hospitalized patient. Hence, the current study had been devised to find out these lacunae and establish the best care for the patients.

Statement Of Problem

A descriptive study to assess the level of Knowledge and Attitude regarding Fall prevention among Nurses in a selected hospital at Chennai.

OBJECTIVES:

1.To assess the level of knowledge and attitude regarding Fall prevention among nurses .

2.To associate the selected demographic variables with level of knowledge and attitude regarding Fall prevention among nurses.

Null Hypothesis NH₁: There is no significant association between the selected demographic variables and level of knowledge and attitude regarding Fall prevention among nurses.

MATERIALS AND METHODS:

A descriptive cross sectional research design was adopted. A total 50 Nurses who fulfilled the sampling criteria were selected by using non probability convenience sampling technique in a selected hospital. The data collection period was from September 2021 to February 2022 in a selected Hospital.

Description Of The Tool:

The data collection tool consists of 2 parts

Part 1

Demographic variables consist of gender, educational qualifications, years of experience.

Part 2

Knowledge Questionnaire:

The structured Knowledge Questionnaire had 13 items which consists of more than one option as the correct answer.

Attitude Scale :

The attitude scale consists of 10 items has 5 points strongly disagree 1 to strongly agree 5.

Scoring :

Knowledge

Criteria	Percentage
Adequate knowledge	66-100
Moderately adequate knowledge	35- 65
Inadequate Knowledge	0-34

Attitude

Criteria	Percentage
Favorable attitude	76-100
Moderately favorable Attitude	48-75
Unfavorable Attitude	20-47

Data Collection Procedure

Formal permission obtained from the Hospital authority to conduct the study. The samples were selected according to the sampling criteria and technique. Informed consent was obtained from each sample. The purpose of the study was explained and assured the confidentiality. All the ethical principles were followed. The structured knowledge and attitude scale was administered to all the samples. Each sample took 10 minutes to complete the questionnaire.

RESULTS

Among 50 samples 49 [83 %] of the staff were female and 30 [60 %] of them had B.Sc [N] qualification. 23 [46 %] are 2 to 5 years experience.

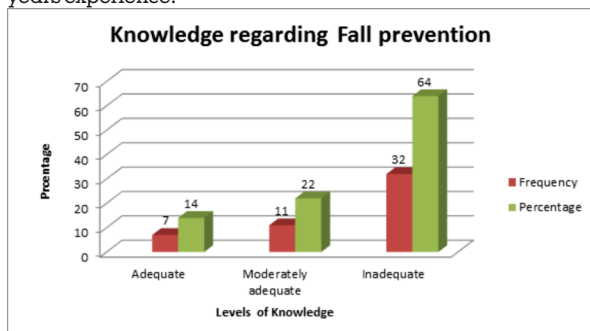


Figure 1 Shows The Percentage Distribution Of Level Of Knowledge Among Nurses.

7 [14%] of them had adequate knowledge, 11 [22%] had moderately adequate knowledge, 32 [64 %] are inadequate knowledge.

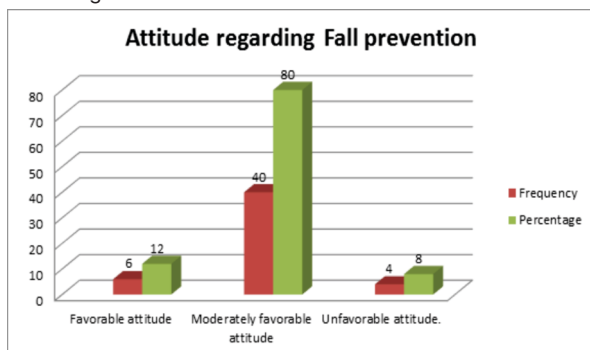


Figure 2 Shows The Percentage Distribution Of Level Of Attitude Among Nurses.

6 [12%] of them had favourable attitude, 40 [80%] had moderately favourable attitude, 4 [8 %] are unfavourable attitude.

There was no significant association between the level of knowledge and attitude with selected demographic variables such as the gender, educational qualifications, years of experience hence H_0 hypothesis was accepted.

DISCUSSION

Among 49 [83 %] of the staff were female and 30 [60 %] of them had B.Sc [N] qualification. 23 [46 %] are 2 to 5 years experience. 7 [14%] of them had adequate knowledge, 11 [22%] had moderately adequate knowledge, 32 [64 %] are inadequate knowledge. 6 [12%] of them had favourable attitude, 40 [80%] had moderately favourable attitude, 4 [8 %] are unfavourable attitude.

The present study is supported by a study conducted by Mi-Young CHO et al, 2020, a cross sectional study on Nurses knowledge, attitudes and fall prevention practices at South Korean hospitals. A total of 162 nurses were taken from small and medium sized hospitals. The questionnaire on knowledge included 14 multiple choice items. The study findings showed that nurse's experience with patient falling was positively correlated with knowledge and the length of nursing experience and attendance at education session influenced attitudes regarding patient falls.

Kavin Mozhi James et al, " Knowledge, Attitudes on Fall and Awareness of Hospitalized Patient's Fall Risk Factors Among the Nurses Working in Tertiary Care Hospitals" . A descriptive cross sectional survey study was conducted among 339 registered nurses working in Tertiary care hospitals across Chennai, Tamil Nadu, India. In this study, 15.6% of participants had adequate knowledge on fall, 57.2% had favorable attitude towards fall and 38.3% adequate awareness on fall risk factors. Majority of the participants expressed their favorable attitude towards need for fall preventive education. The participant's attitude towards fall had statistical significant relationship with age, education, and experience in nursing and previous patient fall experience . In this current study result revealed 7 [14%] of them had adequate knowledge, 11 [22%] had moderately adequate knowledge, 32 [64 %] are inadequate knowledge.

Implications

The nurse educator can be taught regarding knowledge and attitude regarding fall prevention in the aspects of patient safety.

Researchers can further conduct this study as a comparison between novice and experienced staff.

Limitations

The time constraints and small sample size were the limitations of the present study.

CONCLUSION

The study concludes that 7 [14%] of them had adequate knowledge and 6 [12%] of them had favourable attitude. Repeated and rigours fall prevention education and hands on training should be implemented in small- and medium-sized hospitals. To promote fall-prevention activities the patient and the family members to be involved in planning and implementation fall prevention strategy. Therefore, we need to explore diverse strategies to promote fall prevention activities of nursing.

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