A Method to Enhance Nurses’ Knowledge About Falls Reduction Strategies

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**Problem**
- Nursing knowledge plays an important role in preventing and managing falls in acute hospitals.
- An educational needs assessment indicated a falls educational intervention was needed for the medical surgical and correctional health care nurses at a large county hospital.

**Purpose**
- To increase knowledge about the hospital’s fall policy in medical surgical and correctional health care nurses via implementation of a falls educational intervention

**Background**
- The educational needs assessment was led by a clinical educator and a clinical nurse specialist (CNS).
- Staff nurses, management, clinical education and CNS all participated in the educational needs assessment.
- All who participated in the educational needs assessment agreed that a falls educational intervention was needed.
- Additional supporting information included audits that revealed fall risk interventions were not being implemented consistently and per Risk Management, there were improperly completed fall causation reports and other documentation issues that needed to be addressed.

**Methods**
- The falls educational intervention was designed by a CNS and two staff nurses.
- The falls educational intervention consisted of an educational poster based directly from hospital policy and included:
  - Fall risk assessment
  - High-risk alert requirements
  - Interventions
  - Contributing medications
  - Patient/family education
  - Procedure post-fall
- Pre- and post-tests were administered to assess knowledge and a survey was administered to further assess the falls educational intervention.

**Results**
- Twenty-four nurses completed the pre-test, and 72 completed the post-test.
- Out of the 72 nurses who completed the post-test, 2% of them also completed the pre-test.
- For question number three, “List four items that alert other hospital personnel that patient is a fall risk,” the mean pre-test score was 54% and the mean post-test score was 100%.
- For question number four, the mean pre-test score was 33% and the mean post-test score was 75%.

**Conclusions**
- Descriptive statistical findings indicate the poster may have an impact on pre- and post-test scores.
- Thus, there is a need for further analysis.

**Implications**
- Further education of the fall risk tool may be needed.
- A t-test for unequal groups, correlations, additional descriptive statistics will be applied to questions to determine their relevance.

**References**
- Bonner et al. (2007). A student led demonstration project on fall prevention in a long-term care facility.