KPJ TAWAKKAL KL

SPECIALIST HOSPITAL

REDUCING FALL INCIDENCE BY BOOSTING HEALTHCARE KNOWLEDGE THROUGH FALL PREVENTION COURSE

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ABSTRACT

Fall incidence among patients in hospital is a serious healthcare issue. This leads to reduced clinical outcomes and increased financial burden for the hospital and patient.

Increasing carer's knowledge regarding patients' safety and fall prevention could ultimately result in reduced fall incidence.

We performed a descriptive study looking at healthcare providers' level of knowledge about fall prevention before and after a fall prevention course.

The result showed a significant increase in understanding of fall prevention and a 100% satisfaction level after the course.

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INTRODUCTION

Reducing the risk of patient harm resulting from fall is WHO's patient safety goal number six (WHO,2023). Therefore, this makes the prevention of fall among the top priority for patient's safety in a hospital. According to the KAP theory, human health behavioural change is achieved through the acquisition of the right knowledge, and adoption of behaviours or practices (Kim, T. R., Ross, J. A., & Smith, D. P., 2018). This proved that the knowledge of healthcare plays an important role in reducing the risk of patient's fall.

METHODS AND MATERIALS

A descriptive study was conducted with the objective of measuring the level understanding of healthcare providers on fall prevention before and after a fall prevention course. The comprehensive 2-days course was conducted at KPJ Tawakkl KL Specialist Hospital in June 2023 and September 2023 with a total of 20 participants for each session.

The course consisted of 7 modules targeted for nurses and physiotherapist and it was conducted with the aim to equip the participant with theory and practical knowledge on fall prevention. The course effectiveness was measured using a 30 MCQ questions followed by 5 OSCE (practical) sessions. The evaluation of the course was also measured through a satisfaction survey at the end of the course.

RESULTS

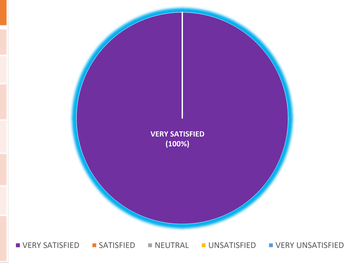
Pre- and post-course assessment result showed that the level of understanding of the participant on fall prevention had increased from 55% - 65% (Pre-course) to 95% after the fall prevention course. The percentage was measured using the MCQ questions result. Although OSCE (practical) was not measured prior to the course, the average score for the overall participants marks was at excellent level which was at 96- 97%. The satisfaction survey from the participants showed a 100% of satisfaction for the course.

GRAPHS AND TABLES

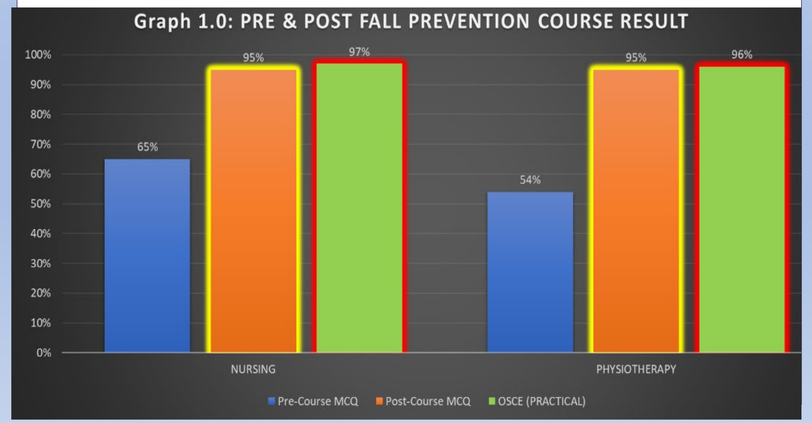
TABLE 1.0: FALL PREVENTION COURSE MODULE

MODULE NUMBER	MODULE
1	Introduction To Risk Of Fall
2	Adult Fall Assessment ; MORSE FALL SCALE
3	Pediatric Fall Assessment; HUMPTY DUMTY
4	Relation Between Drugs And Fall
5	Role Of Physiotherapy in fall prevention
6	Importance Of nutrient In Preventing Fall
7	Management Of Fall Episode

PIE CHART 1.0: SATISFACTION LEVEL OF THE PARTICIPANTS ON THE FALL PREVENTION COURSE



Graph 1.0: PRE & POST FALL PREVENTION COURSE RESULT



DISCUSSION

The result from the study proved that a comprehensive educational course plays an important role in boosting up knowledge on fall prevention. The course helped to refresh and at the same time add new knowledge to the participants. The course also reflects the satisfaction of the participant on the course. This will be a boost for the organizer to conduct such courses in the future.

CONCLUSIONS

The knowledge on fall prevention is crucial to ensure reduced number of fall episode. Continuous education is essential for a healthcare personnel to ensure a quality fall prevention practice. A comprehensive course on fall prevention had proved to boost up knowledge and improved healthcare personnel practice on fall prevention. A study on fall episode cases in the hospital after the course should be conducted as it will be a good indicators to reflect on the effectiveness of the course.

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