Identifying the fall risks of patients for improving the nursing care for fall prevention

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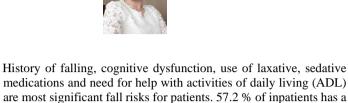
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Abstract

Nursing care goals is to maintain or improve patient safety, error has to be prevented, recovered or at least minimized. In the United States, unintentional falls, in the community and health care setting, are the leading cause of nonfatal injury. In 2002, more than 12.800 people over age 65 died and 1.6 millione injured because of falls. For improving the nursing care to prevent the fall in hospital we need for evidence-based information about fall risks.

To clarify the patients, fall risks in hospital and identify high-risk persons at admission for further improving of nursing care. Cross section study of 500 adult consecutive inpatients admitted to Second General Hospital and United Family Intermed Hospital from April to October, 2015. The information was collected from clinical records at admission obtained from a structured questionnaire conducted in the form of face-to-face interviews with subjects and fall events were collected from clinical records after discharge. ADL score was used for identifying the patient's daily activity and need for help with any one of the seven activities was defined as a low level of ADL. Subjects were scored on the Manual Muscle Test (MMT), where impairment was defined as MMT<4. For identifying the level of fall risk for patients we used the Morse Falls Scale. SPSS 21.0 was used for analyses.

From 500 inpatients admitted to the hospitals during follow-up period number of patients who fell was 13 (2.6%). There were significant differences in age, history of falling, cognitive dysfunction, use of laxative, sedative medications and need for help with activities of daily living (ADL) between patients who did and did not fall. Multivariable adjusted ORs for falls showed that age, history of falls and need for help with ADL were most common risk factors and increased the risk to times.

History of falling, cognitive dysfunction, use of laxative, sedative medications and need for help with activities of daily living (ADL) are most significant fall risks for patients. 57.2 % of inpatients has a high fall risk. To prevent falls in inpatients it is important to identify high-risk persons at admission and provide correct fall preventing nursing care. Care plans for patients including fall prevention should be clear and considered.

Biography:

Oyunsaikhan has completed his master degree at the age of 33 years from Mongolian National University of Medical Sciences. She has published more than 5 papers in reputed journals and has been serving as an editorial board member of repute. During the studying, I was working for the "Enerel" medicine institute as a nursing teacher from 2009 to 2010 and also working for the "Gurvan gal" and "United Family Intermed hospital as a nurse from 2010 to 2016. Now working Mongolia- Japan Teaching Hospital in teacher.

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