

A Study to Assess the Effectiveness of Planned Teaching Programme regarding Prevention of Fall in Hospitalized Patients with Orthostatic Hypotension among Staff Nurses in Selected Hospital at Mangalore

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Abstract: *Patient falls are a high - risk, high - volume, high - cost challenge for healthcare facilities. Orthostatic hypotension is an under - diagnosed disorder many new treatment options pharmacological and non pharmacological, have been published in recent years The research approach used for the study was one group pre test post - test design. The setting was KMC hospital Mangalore. With a sample of 10 staff nurse, pilot study was conducted, sample for the main study included 30 staff nurse on the basis of purposive sampling technique The findings revealed that knowledge scores of nurses were inadequate before the administration of Planned teaching program on fall prevention. The results have also shown that various staff nurse regarding fall prevention in hospitalized orthostatic hypotension patient.*

Keywords: Orthostatic hypotension

1. Introduction

Patient falls, defined as the rate at which patients fall during their hospital stays per 1000 patient days, are a nursing - sensitive quality indicator in the delivery of inpatient services. Among the nursing quality indicators identified by the American Nurses Association (2002), patient fall rates are perceived as the indicator that could be most improved through nurse - led safety strategies or interventions¹

The vast majority of people young and old experience some drops in blood pressure (BP) after standing. This is normal, with BP usually recovering quickly to baseline within 30 seconds of standing²⁻³.

A recent national audit (Royal College of Physicians, 2015) identified that less than 16% of patients admitted with an acute illness had an assessment of postural drop in BP. It appears, therefore, that opportunities are being missed to identify and manage this common potential risk factor for falls in older hospitalized patients. However, with ageing and disease this response progressively alters, due to hypovolemia, cardiovascular disease, autonomic impairment, dehydration, and medication effects leading in some to sustained BP drops on standing, i. e. orthostatic hypotension^{12, 13}. Orthostatic hypotension is defined as a sustained reduction of systolic BP of at least 20 mm Hg and/or diastolic BP of 10 mm Hg within 3 minutes of standing or head - up tilt⁴.

Falls among older inpatients are a significant cause for concern, yet currently there is no national guidance on falls prevention program, and little evidence from the research literature on the effectiveness of hospital prevention programs An inter professional, multidimensional approach

to falls and injury prevention is suggested as the most likely approach to be effective in hospital, and the contribution of specific strategies such as exercise and hip protection are examined. Ethical issues are considered and the role of restraint in falls management is rejected. Finally, the nurse's role in implementing falls prevention strategies and leading future practice development is identified⁵.

2. Literature Survey

Malini Ganabathi (2017) An experimental study conducted by Malini Ganabathi¹, Umapathi Mariappan among 220 registered staff nurses from King Abdul Aziz hospital Saudi Arabia. The statistically significant association was found between knowledge of nurses and nationality, work experience; association between attitude and age, undergraduate training; association between practice and age, educational background. Good knowledge did not correlate to positive attitude. The study showed overall good knowledge and practices of fall prevention at King Abdul Aziz hospital Saudi Arabia, however there is a concern that the significance and potential impact of falls on patients outcomes are underestimated. Further, continuous training should be offered to highlight various falls risk factors and improve attitudes towards falls⁶.

MYOUNG - HEE KIM , HYE - WON JEON et al (2015) among 404 nursing students from four universities in Chungbuk, Korea. Structured questionnaires which explored students' knowledge about falls, attitudes on falls, and awareness of fall risk factors. Then the data were analyzed using descriptive statistics. The average value of the subjects' knowledge on falls was 12.86 out of 15 points in total. In conclusion, fall prevention education programs should be developed and provided to nursing students to

Volume 11 Issue 7, July 2022

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ensure accurate knowledge and positive attitudes on falls. In addition to this, nursing students should be encouraged to use fall risk tools so as to assess potential fall risk for in-patients during practice at hospitals⁷

Rashmi and Lalita (2005) has pointed out that hip fractures in elderly people are almost always the result of falls. Regular exercise increases muscle strength, coordination and flexibility and reduces the tendency to fall. Exercise reduces the risk of falling by 10%, and balance training programs reduces the risk by nearly 20%⁸.

3. Methods / Approach

The research approach used for the study was one group pretest post - test design. The setting was KMC hospital Mangalore. With a sample of 10 staff nurse, pilot study was conducted, sample for the main study included 30 staff nurse on the basis of purposive sampling technique. A structured questionnaire was used to evaluate the knowledge regarding identification of learning disabilities among staff nurse. The reliability of the tool was established by split half technique and the reliability coefficient was calculated to be 0.95.

4. Result

The findings revealed that knowledge scores of nurses were inadequate before the administration of Planned teaching program (PTP) on fall prevention, i. e the mean score of the pre test was 14.9. The PTP helped them to update their knowledge on fall prevention. The mean post - test knowledge of sample significantly increased about 23.5, after administration of planned teaching program

5. Conclusion

The data was analyzed by applying Descriptive and Inferential statistics. The results of the study indicated that staff nurse do not have adequate knowledge regarding fall prevention in hospitalized orthostatic hypotension patients. This assessment project has helped the investigator to develop a PTP to improve the knowledge on fall prevention in hospitalized orthostatic hypotension patients. The results have also shown that various staff nurse regarding fall prevention in hospitalized orthostatic hypotension patient.

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