Exploring hospital patient sitters’ fall prevention task readiness: A cross-sectional survey.

Presented by: Tammy Weselman BSc MSW – Research Officer
Acknowledgements

Thanks to the Falls Prevention Community of Practice members.
Background

• Falls are a serious problem in hospital

• Most often occur (80%) when patients unsupervised

• Rates of falls vary widely across different settings - 3.4 to >11 falls per 1000 patient days

• Around 26% to 60% of falls in hospital result in injury

• Older people at high risk of falling are often allocated a Patient Sitter

• Limited evidence of effectiveness of Patient Sitters in reducing falls

• Do Patient Sitters have the education and training required to undertake this task?

Aim

Explore Patient Sitters’ Capability, Opportunity and Motivation to prevent falls in Hospital

Are they ready for the task?
Methods

• **Design** - Cross Sectional Survey \((n = 90)\)

• **Data Collection** - Interviews with Assistants in Nursing on Aged Care and Rehabilitation Wards of 5 metro hospitals, WA

• **Data Analysis** - Quantitative and Qualitative. Content Analysis **Deductive approach**\(^{1,2,3}\)

Health Behaviour Change Framework

**Capability**
Knowledge and understanding needed to help patients reduce risk of falls

**Opportunity**
Barriers and enablers to being able work with patients to reduce their risk of falling

**Motivation**
Patient’s Sitters own feelings of confidence and motivation towards to task

**Behaviour**
Undertaking strategies that help reduce patients’ risk of falling

Michie, van Stralen & West, 2011; Hill et al, 2015
Content Coding Matrix

Staff
Numbers, actions, responses

Patient
Behaviours, health, abilities

Environment
Floors, lighting, clutter and layout
How it fits together

Motivation

Opportunity

Capability

Behavior

Falls prevention Strategies relating to

Staff

Patient

Environment

Michie, van Stralen & West, 2011; Hill et al, 2015
Patient Sitter Demographics

• Mean age 33.5 years (SD 12.3)
• Female $n = 63 (70\%)$
• CALD backgrounds $n = 31 (33\%)$
• Assistant in Nursing $n = 84 (93\%)$
Results – Capability

• 84% had **prior training** on falls prevention
• 63% learnt about falls prevention from **their agency**
• 71% wanted **more training** to prevent falls

Most participants wanted practical **hands-on** training
Results – Capability

Fall Causes

Staff 5%

Patient 74%

“Too many patients”

Environment 28%

“Medications may make patient dizzy”

“Slippery floors”
Results – Capability

Prevention Strategies

- Staff: 29%
  - “be near patient to look after them”
- Patient: 13%
  - “review medication”
- Environment: 63%
  - “proper lighting”
## Results – Opportunity

<table>
<thead>
<tr>
<th></th>
<th><strong>BARRIERS</strong></th>
<th><strong>ENABLERS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Staff</strong></td>
<td>“..when you have to sit for more than one falls risk patient at a time..”</td>
<td>“..it is important to have a proper handover to know the patient better and how to prevent him/her falling before starting shift..”</td>
</tr>
<tr>
<td><strong>Patient</strong></td>
<td>“..cognitively impaired patients who do not understand instructions..”</td>
<td>“..communication with the patient in a good and safe manner is very important..”</td>
</tr>
<tr>
<td><strong>Environment</strong></td>
<td>“..positioning of furniture and clutter near the patient..”</td>
<td>“..I think everything should be ready in the patient's room such as new pad, bin bags, wipes and patient’s clothes..”</td>
</tr>
</tbody>
</table>
Results – Motivation

• 95% Patient Sitters motivated to prevent falls
• 98% Patient Sitters confident to prevent falls
Discussion

A disconnect between what patient sitters understand *causes* falls and strategies they suggest to *prevent* them
Disconnect Between Causes & Solutions

- **Staff**
  - Causes = 5%
  - Solution = 29%

- **Patient**
  - Causes = 74%
  - Solutions = 13%

- **Environment**
  - Causes = 28%
  - Solutions = 63%
Strengths and Limitations

**Strengths**

- A pilot study was done first
- Triangulation used

**Limitations**

- May not be generalizability to other states / countries
Conclusion

• Patient sitters are very motivated to prevent falls
• Targeted training is needed to link the causes of falls with strategies to prevent them
• Communication between patient sitters and other hospital staff is imperative
References


Graneheim U H, Lundman B. Qualitative content analysis in nursing research: concepts, procedures and measures to achieve trustworthiness. Nurse Educ Today 2004;24:105-112


Graneheim U H, Lundman B. Qualitative content analysis in nursing research: concepts, procedures and measures to achieve trustworthiness. Nurse Educ Today 2004;24:105-112
Lex de Jong
Su Kitchen
Anne-Marie Hill
Curtin University
Participating Hospitals
Most importantly - Our participants – the Patient Sitters

Thank you