



Service Priorities and Programmes Electronic Presentations

Convention ID: 1254

Submitting author: Mr Ka Hin Chan

Post title: Occupational Therapist II, SH, NTEC

Interactive animation for a new self-help Fall Prevention Education program

CHAN KH(1), IP WM(1), SUEN WP(1), CHAN YY(2), LIU YT(2), LAU M(1), YUE SY(1)

(1) Department of Occupational Therapy, Shatin Hospital

(2) Department of Occupational Therapy, Shatin Cheshire Home

Keywords:

Fall Prevention

Animation

Interactive

Apps

Introduction

Falls are the leading cause of injury and mortality among elderly. For this reason, the demand on delivering education to patient with fall risk and care-giver is mounting. In order to better manage the growing demands in a more efficient way, a new animated interactive Fall Prevention Education program had been develop in 2017. This 15-mins self-help training program included an animated video, interactive quiz apps and an online questionnaire. Participants can simply undergo the program through tablet devices by themselves with minimal assistance and guidance.

Objectives

To evaluate the efficiency and satisfaction of self-help fall prevention education program.

Methodology

Patients with Morse fall score ≥ 5 and their care-givers were invited to join the self-help educational program. Introduction on fall risk factors and different fall prevention strategies were taught through an animated educational video. To measure the effectiveness of delivering fall prevention concept, interactive quiz apps with 10 questions were used to evaluate the results. Participants feedback and satisfaction were also collected through online questionnaire.

Result

A total of 50 participants had participated in the new fall prevention education program since November 2017. Among the participants, there were 35 patients and 15 care-givers.

All participants agreed that the information was comprehensive.

All participants agreed that the information delivery was 'easy to understand' (44.4% strongly agreed, 55.6% agreed).

The mean satisfaction score for the educational package was 9/10.

The self-help fall educational program is an efficient intervention with a short

implementation time and minimal demand on manpower. Besides, participants showed high acceptance towards the content of program and new modality of education delivery.