



Service Priorities and Programmes
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A structured pilot training program for nurses and supporting staff to prevent spontaneous bone fracture in the infirmary unit at Cheshire Home Shatin

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Introduction

Introduction: There are about 140 residents in the Infirmary Unit at Cheshire Home Shatin. Majority of them are bedridden, ADL dependent and have various levels of limb contracture and spasticity. All these factors contribute to the risk of spontaneous bone fracture. In addition, the nappy round and positioning are provided every 4 hours and 6 times a day. Such care activities are 840 times per day. Incidence of spontaneous bone fracture may happen because of high volume of this basic care activities to this high risk group. From risk management and patient safety viewpoint, the nursing & medical teams at our Home adopt a proactive action and tailor-make a structured training program for nurses and clinical supporting staff.

Objectives

Objectives: 1. Enhance frontline staff on the knowledge of spontaneous bone fracture
2. Coach frontline staff with the skills on how to identify and handle the high risk spontaneous fracture residents
3. Demonstrate the proper and safety caring skills of positioning, transferring and lifting especially for the high risk spontaneous bone fracture residents.

Methodology

Methodology: A. Content of the training program: 1. 40 minutes classroom theoretical teaching 2. 50 minutes hand-on skills training. Return demonstrations are done by trainees. B. Data collection: A pre and post design was employed. The outcome measures were (i) questionnaire score, (ii) compliance rate i.e. skills as assessed in an audit program and (iii) level of self-confidence perceived by the frontline staff.

Result

Results: 89.7% of nurses and 97% of clinical supporting staff attended the structured training program. The results show that there are significant improvements in knowledge ($p < 0.001$, paired t-test); skills ($p < 0.001$ paired t-test) and confidence level ($p = 0.011$, Wilcoxon Signed Ranks Test) after intervention. Conclusion: Results of our study support the implementation of a structured training program to care-givers for

prevention of spontaneous bone fracture in long term care residents. This program can serve as pilot and the results can be taken as reference by other long term care facilities in both public and private sectors in order to minimize the spontaneous bone fracture incidence in this frail population.