



Service Priorities and Programmes
Electronic Presentations

Convention ID: 578

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Fall prevention program in Obstretic Unit, United Christian Hospital

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Keywords:

fall prevention

obstetric women

Introduction

Fall incidents happened in different hospital setting. The women are at high risk for fall following vaginal or cesarean birth, especially during initial attempts for ambulation. The newborn babies also with potential fall risk from height. A fall prevention strategy was implemented in Obstetrics Unit of UCH since May 2013 in order to reduce the fall incident.

Objectives

1.To develop a unit- based fall prevention strategy for obstetric women 2.To establish safety environments in obstetric wards 3.To provide ward facilities that can prevent fall 4.To teach the obstetric women about fall prevention measures in ward 5. To minimize the incident of fall

Methodology

Interventions: 1.Formulate care plan for fall prevention - Physical assessment of women's condition including blood pressure, pulse, pain score and uterine involution before the women mobilizes after delivery in postnatal ward. 2.Equip obstetric wards with safe ward environments, adequate lighting, splendor spacing and proper signage. 3.Design ward facilities are specially for fall prevention in obstetrics wards - Hand rails and good quality of birth balls and mattress are provided for birth ball exercise - Call bells are installed in showroom/toilet and bed-sided. - Level of the bed can be adjustable as appropriate. 4.Provide proper training and supervision by health care professionals on birth ball exercise for ante-natal women that avoids fall incident during exercise. 5.Educate obstetric women to seek help if needed - Information pamphlets of fall prevention are given to the women. - Slogans and posters about fall preventions for mother and baby are displaced in wards.

Result

The fall rate was reduced from the peak at 1.33 per thousand patient bed days to an average of 0.15 per thousand patient bed days in 2013.