



**Service Priorities and Programmes**  
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**Effects of a Multi-interventional Fall Prevention Program on Fall Incidence and Fear of Falling in Psychiatric Adults: A Preliminary Study**

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**Introduction**

Falls have been a major safety concern in view of its high incidences and potential detrimental consequences, but they are preventable. Further, psychiatric adults possess unique fall-related risk factors, such as altered mental condition, mental disorder, past history of falls, and psychotropic medication that might require specific tailored fall prevention interventions. Yet studies on falls in psychiatric setting are limited.

**Objectives**

To examine the effects of a multi-interventional fall prevention program on fall incident and fear of falling in psychiatric adults.

**Methodology**

A single group pre-post preliminary study.

Participants were assessed pre- and post-intervention using Chinese version of the Falls Efficacy Scale International (FES-I (Ch)), and Fall Risk predictive Factors Assessment. Blood pressure was also collected. Paired t-tests evaluated the statistical significance of possible changes.

**Result**

Result:

Participants (N= 14) were  $52.14 \pm 10.36$  years old were completed the program and attendance rate was 77.14%. There was different in the rate of fall with  $1.07 \pm 0.27$  in the participants. Significant effects were found in fall efficacy ( $4.35 \pm 4.22$ :  $p = .002$ ) and risk of fall ( $1.21 \pm 1.42$ :  $p = .007$ ). However, no difference was found in blood pressure

( $P > .05$ ).

Outcome:

The multi-interventional fall prevention program proved to have positive effects to reduce the fall incidents and fear of falling at psychiatric adults.