

# Nurses' Knowledge and Practice for Reducing Falls among Older Adult Women

## Abstract

**Background:** Aging is a gradual process that causes organ system function to deteriorate and physiological reserve to dwindle. Damage theories describe cellular or molecular damage caused by environmental disturbances or metabolic by-products. The 'shortening of telomere hypothesis' is a pre-programmed ageing theory. This study outlines the Nurses' awareness and Practice for Reducing Falls among Older Adult Women at Beni-Suef University Hospital. **Aim of Study:** The aim of the study is to assess the nurse's knowledge and practice for reducing fall among old adult women at Beni-Suef University Hospital. **Research design** A descriptive exploratory design was used to conduct this study. **Setting:** The study was conducted at inpatient unit. **Sample:** A purposive sampling composed from 100 nurses (male and female) who were providing care for patients connected to direct patient care at Beni-Suef hospital. **Tools:** Four tools were used in this study and classified as the following: Personal characteristics of nurses such as age, gender, level of education, years of experience, and training, Knowledge assessment sheet, Nurses' practices checklist, using more tools based on this score will start fall prevention measures **Results:** The study found that almost half of 100 nurses range in age from 30 to 45, are females, have less than half a diploma in nursing, and have 5-10 years of experience. Nearly two thirds of nurses (62.0%) have good knowledge about fall prevention, while less than one fifth (17.0%) have poor level. Less than two thirds (61.0%) are Competent in fall prevention total practices, while almost two fifths (39.0%) are Incompetent. There is a significant correlation between total knowledge and age, Educational qualification, Years of experience and Training, as well as Age and Gender. **Conclusion:** The study found that nearly two thirds of nurses had good knowledge about fall prevention among elderly women during hospitalization, while more than one fifth had average level. Less than two thirds were Competent, but almost two fifths were Incompetent. **Recommendation:** Implementation of evidence- based fall prevention programs can improve gait and balance, reduce falls, and improve nurses' knowledge and practice. The maintenance and restoration of older women's function should be incorporated into the care processes developed by clinical leaders and nursing teams. Further study should be conducted to understand the combination of factors that produce successful unit-level fall prevention strategies.

**Keywords:** Nurses' Knowledge and Practice, Fall, Challenges, Elderly people, prevention, assessment