

Study Nurses' Knowledge about Fall Prevention among Elderly Women

Abstract

Background: The most common unintentional injury in older adults are falls. Falls are defined as move from a higher to a lower level, typically rapidly and without control: lose one's balance and collapse. A fall is an event that results in a person coming to rest inadvertently on the ground or floor or other lower level. A fall is defined as an event that results in a person coming to rest inadvertently on the ground or floor or other lower level.

Aim of Study was assessing nurses' knowledge about fall prevention among elderly women. Research design: A descriptive design Setting: Outpatient Clinics at Beni-Suef University Hospital. Sample: A cross-sectional sample consisting of one hundred nurses. Tool: Self-administered Questionnaire consists of: (I) Personal characteristics of nurses, (II): Nurses' Knowledge assessment sheet.

Results: more than a half of the studied nurses (59.1%) report that they know Morse tool, 86.6% mention that the most ones at risk of falling are those they have a weakness of the lower extremities, 89.0% mention that the medications associated with falls and the harmful effects those are Antihypertensive medications, 73.6% mention that; loss of balance is the main factor that contribute to falls among the elderly, 88.8% report that they provide adequate lighting for safe walking as a safety precautions and basic nursing practice for fall prevention among old women. Conclusion: Figure (1) Most of the studied nurses have knowledge regarding whom are at risk of falling, medications associated with falls and the harmful effects, complications resulting from falls for the elderly, factors that contribute to falls among the elderly and information/instructions should be given to the patient to avoid falling. Recommendation: Further study should be conducted for identifying and understanding the combination of factors that produce successful unit-level fall prevention strategies.

Keywords: Nurses' Knowledge; Fall Prevention; Elderly Women