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NURSES KNOWLEDGE, ATTITUDE, AND FALL PREVENTION PRACTICES AT PAKISTANI HOSPITALS

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Abstract:
Introduction: Healthcare workers' (HCW) hands are considered to be a crucial vehicle for the transmission of nosocomial infections from them to patients. Objectives: The main objective of the study is to analyse the nurses knowledge, attitude, and fall prevention practices at Pakistani hospitals. Material and methods: This cross sectional study was conducted in District Headquarters Hospital, Narowal during March 2019 to November 2019. The data was collected from 100 participants. The data was collected from those nurses who was working in different hospitals of Pakistan in surgical ward department. Results: The data was collected from 100 participants. The participants' mean age was 32.49 years (SD 8.17) and 157 (96.9%) of them were female. The mean duration of participants' work experience was 8 years and 5 months. Of the total number of participants in the study, 50 (50.6%) nurses had experienced inpatient falls and 78 (78.4%) nurses had participated in educational programs on fall prevention. Conclusion: It is concluded that nurses generally possess an inadequate level of knowledge pertaining to ulcer care despite a positive attitude.

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INTRODUCTION:

Healthcare workers' (HCW) hands are considered to be a crucial vehicle for the transmission of nosocomial infections from them to patients. Patients' skin can be colonized by pathogens that shed onto surfaces in the immediate surroundings resulting in environmental contamination. During medical care provision, HCW touch not only patients' skin but also come across contaminated environment. Hand hygiene (HH) is a cost effective and easy-to-perform practice to reduce cross transmission of nosocomial infections [1]. However, adherence to HH practices is reported to be poorly observed. A review by the World Health Organization (WHO) revealed that baseline compliance level of HCW to recommended HH procedures varied considerably, in some cases unacceptably poor, with an overall average of 38.7% [2].

It is imperative for patients and healthcare professionals alike to have a comprehensive knowledge of foot care to prevent diabetic foot complications [3]. Nurses should be able to impart quality care to patients and be effectively able to control the progression of the disease. The preventative strategy offered by nurses should ideally initiate from the identification of the patient and clinical examinations [4]. This should be followed by briefing the patient with risk guidelines and appropriate care procedures. Emphasis should be placed on the role of nurses in a health team, and they should be provided access to comprehensive education on wound management and care [5]. The construction of any sound educational program would require an evaluation of the current level of awareness about DFU among nurses in the healthcare setup.

Falls in hospitals are the most frequently reported incidents among all safety accidents and can lead to significant complications in patients [6]. Falls are considered a serious concern because they lead to financial losses and patient discomfort and affect patients' quality of life by prolonging hospitalization and incurring additional medical expenses for tests, surgery, or rehabilitation [7].

Objectives

The main objective of the study is to analyse the nurses knowledge, attitude, and fall prevention practices at Pakistani hospitals.

MATERIAL AND METHODS:

This cross-sectional study was conducted in District Headquarters Hospital, Narowal during March 2019 to November 2019. The data was collected from 100 participants. The data was collected from those nurses who was working in different hospitals of Pakistan in surgical ward department. Nurses possessing professional experience would be better able to provide more-important information. Non-probability convenience sampling was used and a pre-structured questionnaire was used to assess the knowledge, attitudes, and practices of nurses. The validity of the study tool was assessed by faculty experts reviewing its contents and a Crohn Bach's alpha test was conducted, which returned 0.73. Hence, the study tool was considered acceptable for use. We assessed nurses' knowledge regarding falls using the Hospital Falls Knowledge Scale, which measures nurses' knowledge regarding falls. The questionnaire consisted of 15 items pertaining to fall rates; types and severity of injuries caused by falls; intrinsic factors including high risk of falls, age group, sex, disease, state of consciousness, activity status, use of assistive devices, risk factors, and use of drugs that increased the risk of falls; and extrinsic factors including fall timing, location, and type.

The data was collected and analysed by using SPSS version 19.

RESULTS:

The data was collected from 100 participants. The participants' mean age was 32.49 years (SD 8.17) and 157 (96.9%) of them were female. The mean duration of participants' work experience was 8 years and 5 months. Of the total number of participants in the study, 50 (50.6%) nurses had experienced inpatient falls and 78 (78.4%) nurses had participated in educational programs on fall prevention. Nurses' experience with patient falls differed significantly depending on their experience. Nurses who had experience with patient falls had significantly higher levels of knowledge regarding falls than those who had no such experience.

Table 01: Analysis of knowledge and attitude regarding falls in selected participants

Rank	Item	Attitude regarding falls	Mean	SD
1	10	I think I should respond promptly when patients ask for help to move.	4.36	0.58
2	11	I think that patients' fall risk should be assessed upon admission.	4.57	0.57
3	17	I think I should actively nurse patients to prevent falls	4.21	0.34
4	12	I am interested in the occurrence of inpatient falls.	3.98	0.21
5	25	I think that fall prevention is a high priority in nursing.	5.1	0.11
6	12	I am interested in nursing interventions to prevent falls.	3.76	0.45
7	13	I think that inpatient falls are inevitable.	3.43	0.36

DISCUSSION:

An extensive literature search on diabetic foot ulcers revealed that there is a paucity of local and global data focusing on knowledge of healthcare workers and their attitudes. A study conducted in a Sri Lankan clinical setting coincides with our observation. Our data revealed a large gender gap, with females constituting a predominant portion of the interviewed workforce [8]. This pattern of gender disparity has been observed in multiple nursing studies worldwide. Furthermore, approximately 53% of the nurses were older than 30 years of age. An aging workforce, while more experienced, is also more prone to develop various disorders due to intense workload. Our data indicate that although 46.8% of the nurses possessed wound care experience of more than 5 years, not even 1% of the sample population had received formal wound care training [9]. A similar finding was reported by a Swedish study where nurses lacked comprehensive wound care training despite a decade of professional experience. A study in Ethiopia revealed that 91.1% of participants lacked any wound care training. This is a worrisome finding because a lack of training can serve as a potential barrier for nurses to translate their pre-existing knowledge on ulcer care into practice. In accordance with the Macdonald's standard of learning outcomes, only 54% of the participants were adequately knowledgeable [10].

CONCLUSION:

It is concluded that nurses generally possess an inadequate level of knowledge pertaining to ulcer care despite a positive attitude. Nurses' attitudes regarding falls were positively correlated with their engagement in fall-prevention activities, but their knowledge regarding falls was not.

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