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Knowledge and performance among nurses before and after a training programme on patient falls

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ABSTRACT

Background: Patient falls in hospitals are common and affect approximately 2% to 17% of patients during their hospital stay. Patient falls are a nursing-sensitive quality indicator in the delivery of inpatient services. **Objective:** To assess the effect of educational training program on nurses' knowledge and performance regarding prevention of fall at one of the health insurance organization hospitals in Alexandria. **Setting:** The study was conducted at 284 bed general hospital affiliated with the Health Insurance Organization in Alexandria. **Design:** A quasi-experimental design was followed. **Participants:** The study sample included all nurses of different ranks working at four departments namely, orthopedic, medical, surgical, ICU unit. **Results:** There was a significant difference regarding all factors under study before and after the educational programme except for two individual factors, old age ($p = 0.84$), overall poor health status ($p = 0.38$), and two health factors, uses aids ($p = 0.50$), treatment by heparin ($p = 1.00$), and two environmental factors, poor lighting ($p = 0.34$), loose cords or wires ($p = 0.30$) and bells ($p = 0.30$), and one miscellaneous factor, patient education ($p = 0.85$) and tidy environment ($p = 0.85$). All departments showed posttest performance improvement, the total performance median for departments regarding environmental factor ($p = 0.04$) and health education ($p = 0.001$). **Conclusion:** Education programmes should be regularly, updated in view of changing knowledge and work practices.

KEYWORDS

Patient Falls; Nurse Knowledge; Performance; Quasi-Experimental Design

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