

A Randomized controlled trial assessing
the effectiveness of a short educational
audiovisual presentation on improving
junior doctors confidence to assess and
manage inpatients for falls

By

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Background

- 800 inpatient falls per year
- Falls may be reduced by up to 30% through multi-factorial assessments and interventions.
- If a fall cannot be prevented, the patient should receive a prompt and effective response to achieve the best possible recovery and to avoid further falls.

Background

- *National Safety and Quality Health Service (NSQHS) Standard 10;*
- *Preventing Falls and Harm from Falls in Older People Best Practice Guidelines for Australian Hospitals 2009*
- [Falls Risk Assessment and Management Plan \(FRAMP\)](#) has been developed for use in the general adult population in Perth metropolitan hospitals.
- The Post Fall Management Guidelines in WA Settings

Reason for the study

- Many doctors are not aware of these guidelines and resources.
- Lack confidence and necessary knowledge
- Thus impacting on the care and follow up a patient at risk for falls receives

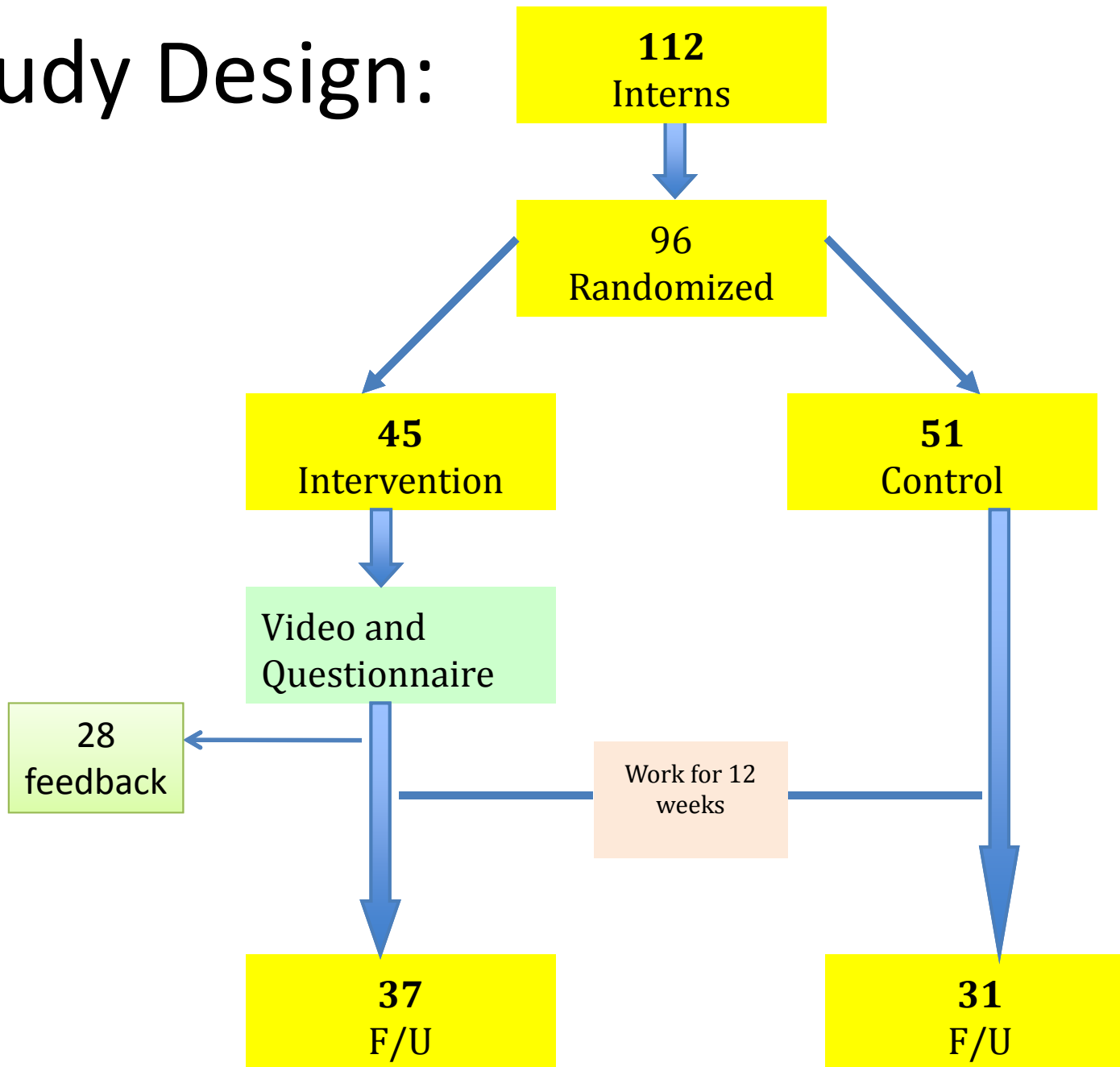
Aim

- To determine if a short educational audiovisual presentation would improve the confidence of junior doctors in clinically managing falls and their knowledge of existing falls policies and guidelines.

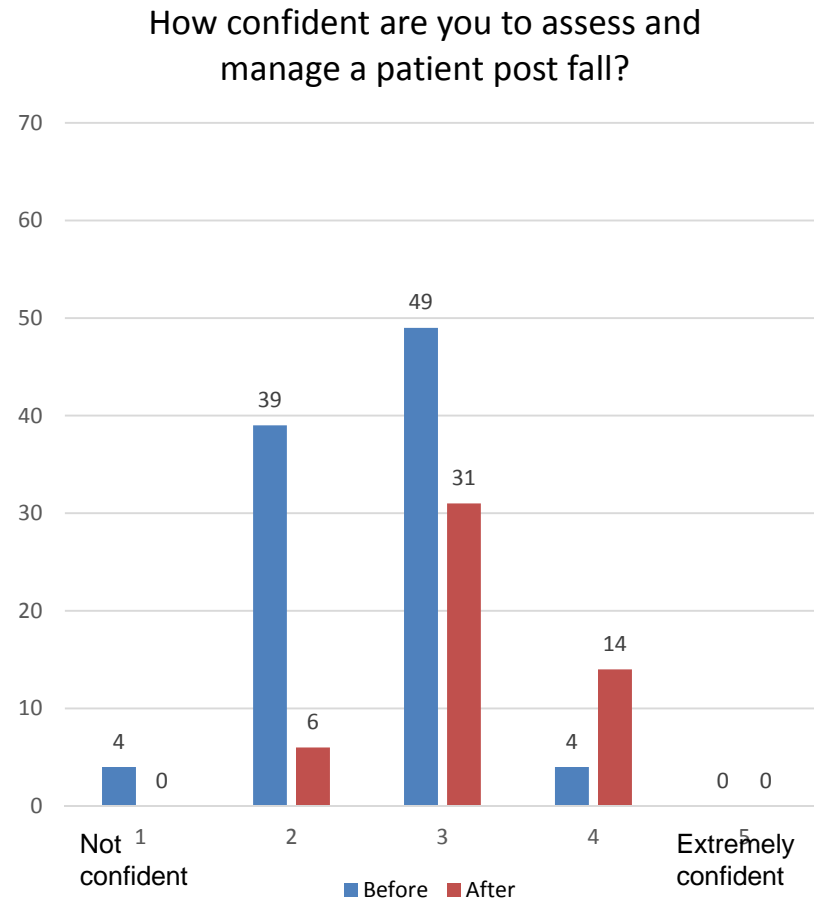
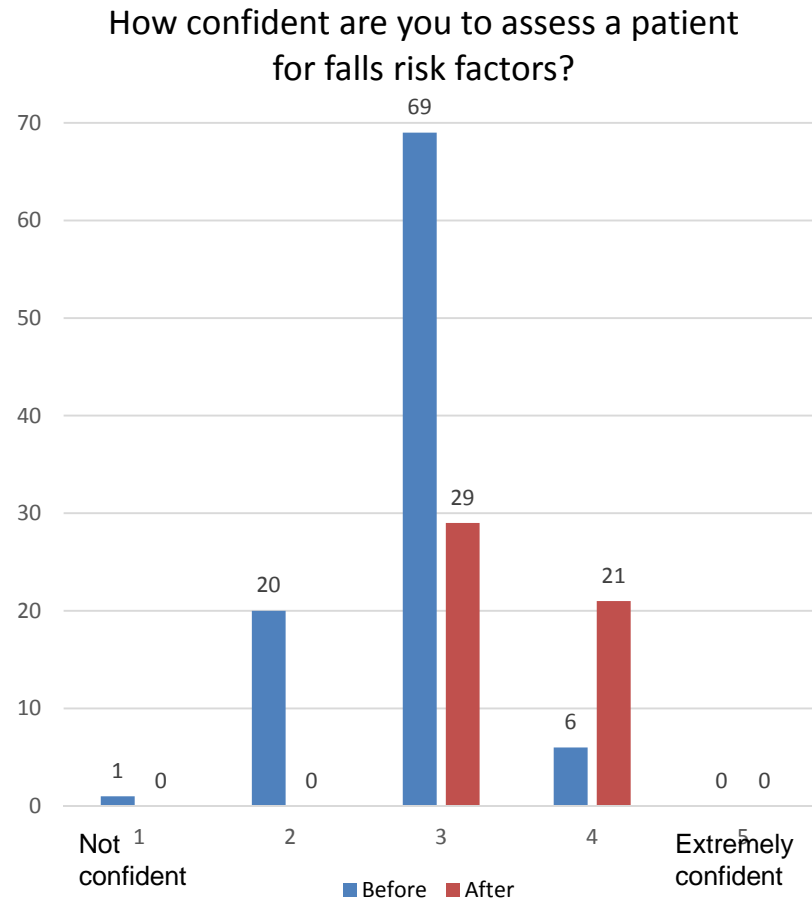
Method

- Study was approved by GEKO as a quality improvement activity
- The study was initiated at the intern orientation program at SCGH
- Included interns orientating through 7 hospitals in WA:
 - SCGH, OPH, HPH, SDH, JHC, Geraldton, Port Hedland
- Study questionnaire on falls prevention and management was designed by this investigator to include questions on self rating of confidence to assess patients for falls risks, management of a patient post fall, general knowledge on falls, falls management and post discharge follow up.

Study Design:



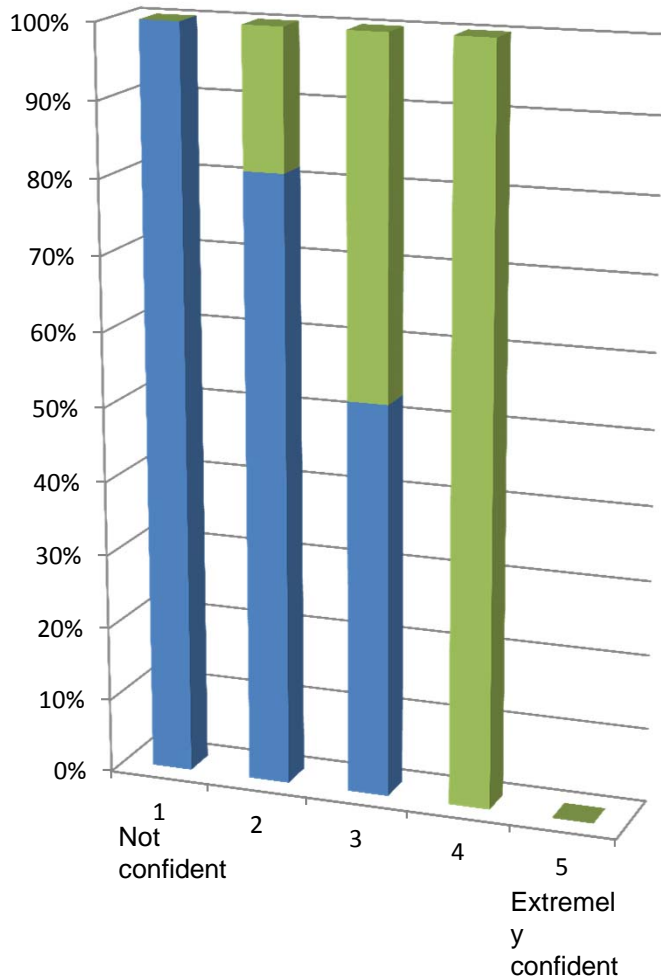
Immediate post video assessment



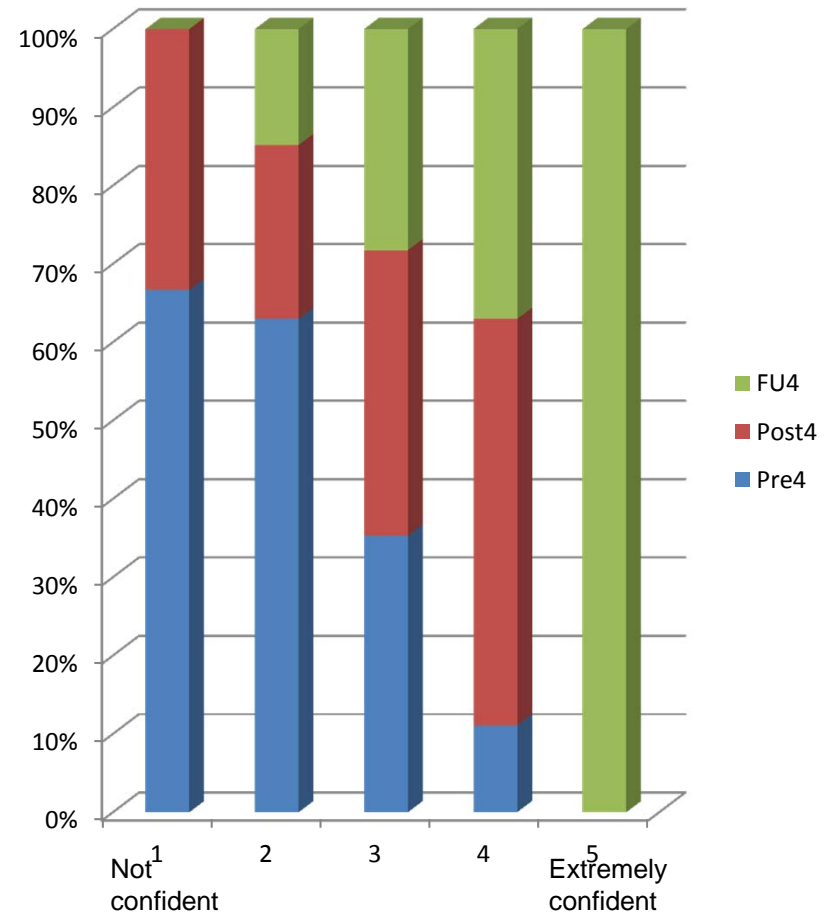
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Confidence to manage patients post fall

• Control



• Intervention

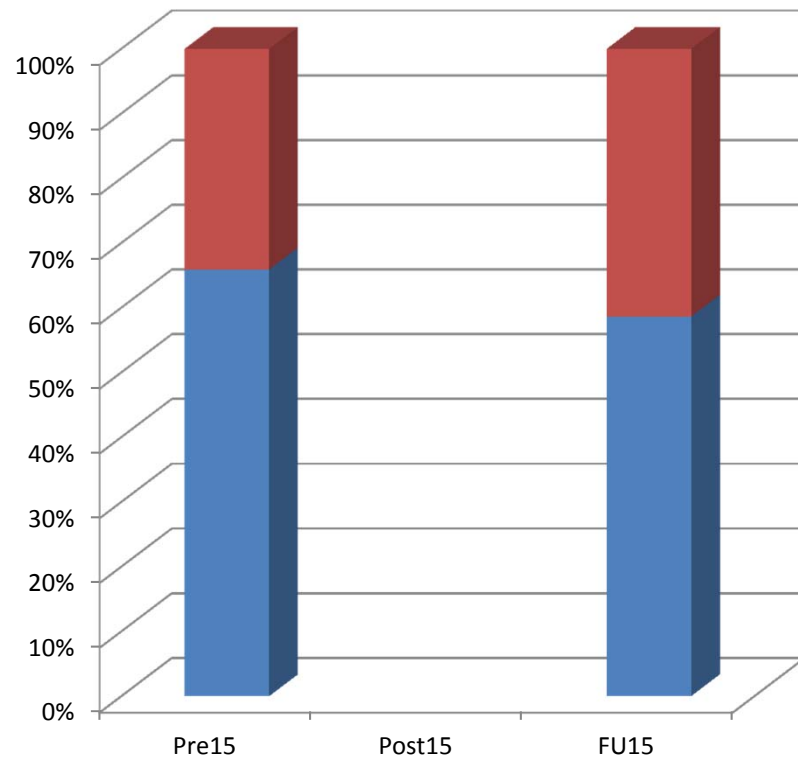


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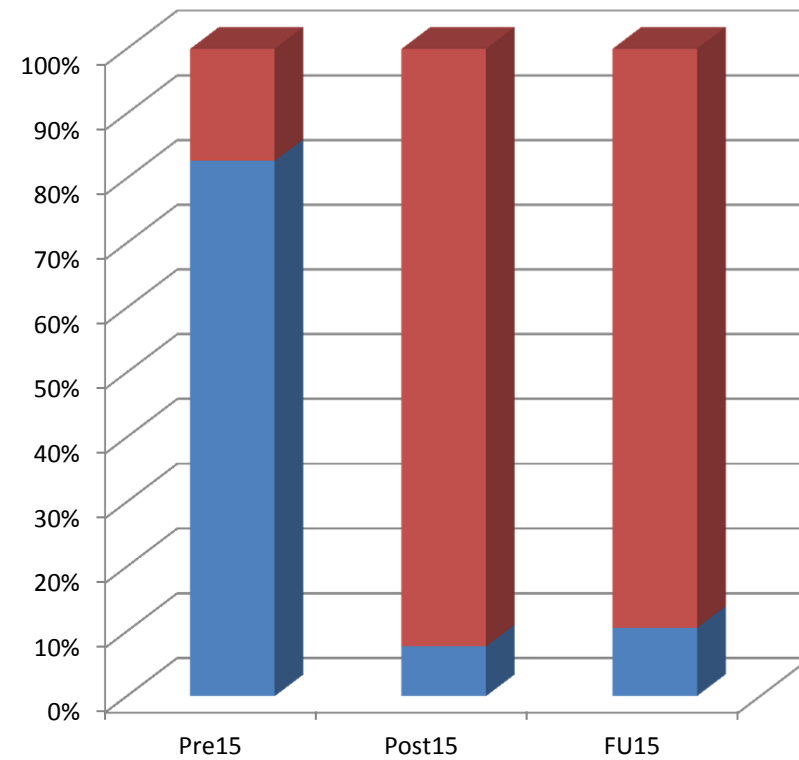
2.7X improvement

Awareness of online medical guideline available on the health website to assist doctors to manage patients post fall

Control



Intervention

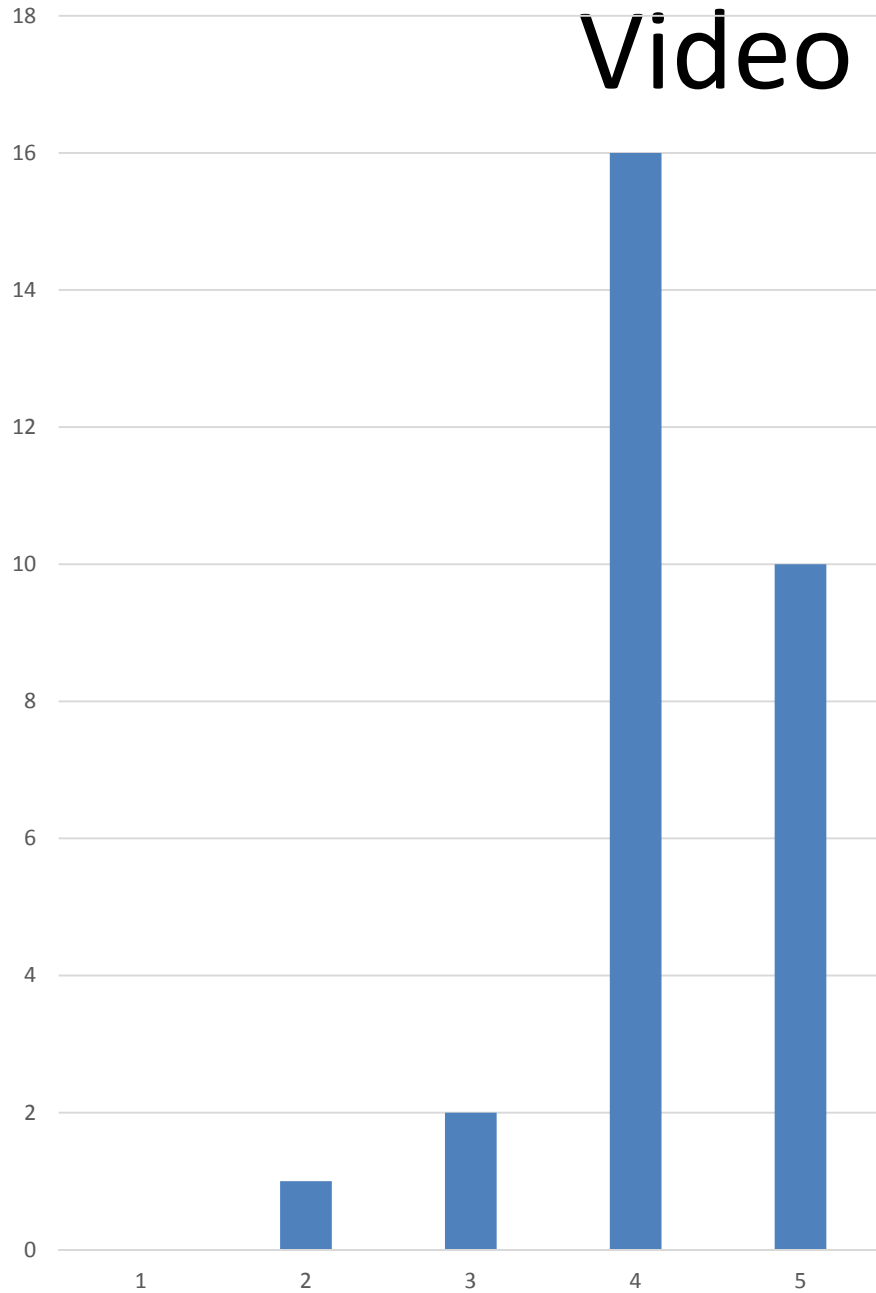


Baseline
12w



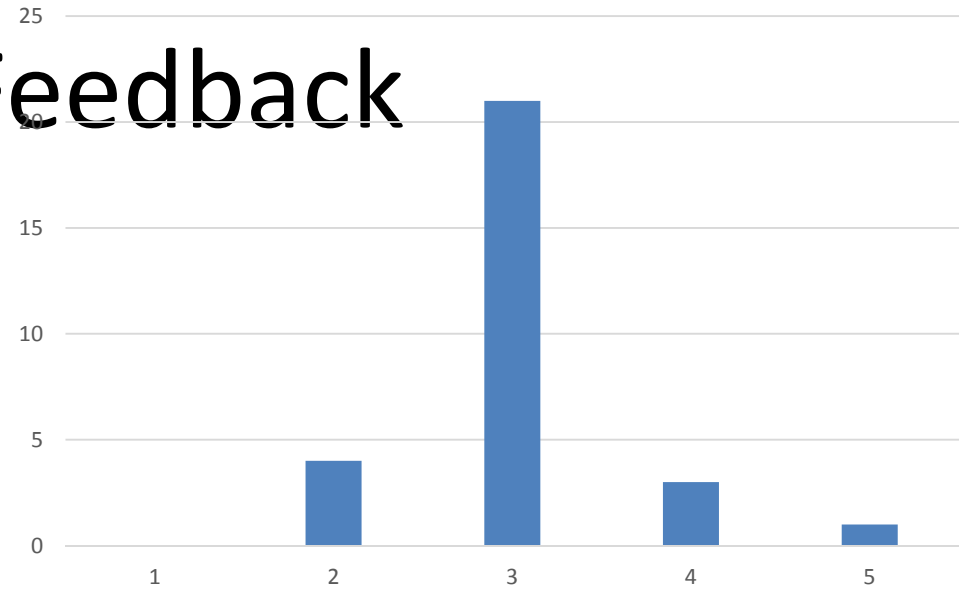
$p < 0.01$

Is the information in the video relevant to your practice?

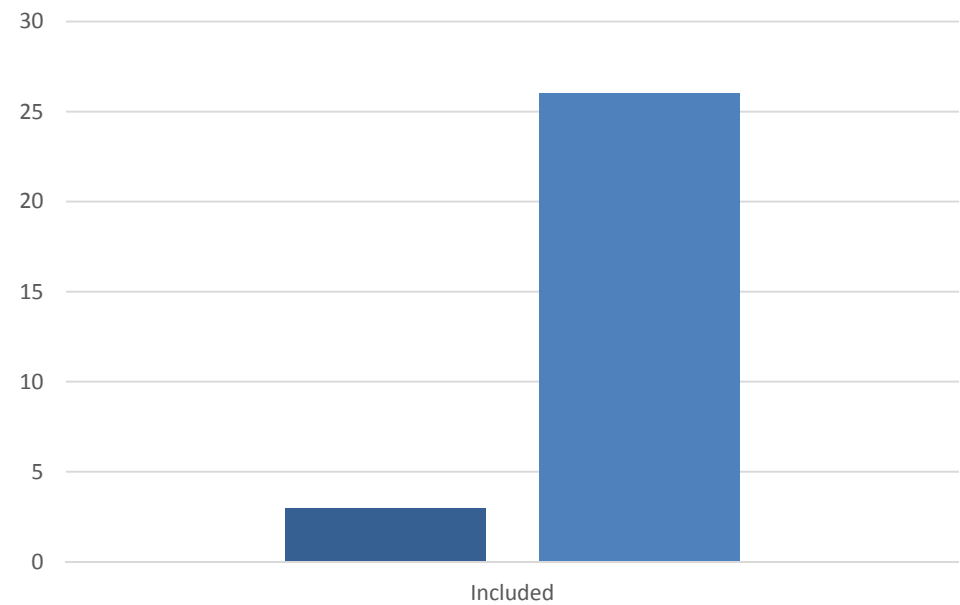


Video Feedback

What did you think about the length of the video?



Should the video be included as part of the standard orientation program?



Limitations of the study:

1. Small sample size
2. Only two time points in the control group
3. Did not accommodate for background knowledge and experience that would influence baseline comparison
4. Did not allow for the effect of subsequent rotations/teaching post video (e.g. geriatrics) on the 12 week follow-up

Discussion:

- It appeared that over time the intervention group had improved confidence in how to deal with the fallen patient.
- Particularly evident in post fall management which improved after the intervention and remained improved at 12 weeks- statistically significant
- Awareness of online guidelines and how to access them was improved and remained superior to the control group at 12 weeks – statistically significant
- The response to the video was positive and it was considered as a relevant and valuable addition to the orientation program.

Conclusion

- A short educational video is effective in improving junior doctors knowledge of available guidelines and policies and their confidence with regards to post fall management
- It is worthwhile integrate this video into the orientation program for junior doctors.

References:

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