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## The Efficacy of Educational Interventions in Reducing Patient Falls

Hailey Carroll

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## Determining the Efficacy of Educational Interventions in Reducing Patient Falls

Background: Despite there being an abundance of interventions put in place in hospitals, patient falls are still a frequent occurrence on the Acute Care unit at Kennestone Hospital and other healthcare settings worldwide. Staff members on the unit confirmed this problem, with 17 falls on the unit since September of 2021. It is essential to keep patient fall rates at a minimum because these events can devastate patient health by increasing recovery time as well as increasing the likelihood of more injuries and health complications. Data from multiple literature reviews and studies have shown possible gaps in the quality of patient and staff education, interfering with positive patient outcomes and the effectiveness of other fall interventions.

The purpose of this mixed study is to accurately determine and identify the potential gaps and barriers in patient fall risk education/implementation in reducing patient falls and establish interventions to improve quality of education on the Acute Care unit.

Data was collected through a meta-analysis of several studies and scope reviews to determine the most effective interventions that can be implemented on the Acute Care floor at Kennestone Hospital.

According to studies in the review, significant potential barriers are that patient's absorption of fall prevention education is not always analyzed, and staff provided education to patients can be inconsistent. The results revealed that well-designed education programs can improve knowledge and self-perception of risk, empowering patients to reduce their risk of falling whilst in hospital. The outcomes were reduced falls, improved knowledge, perception of risk, adherence to protocols and care coordination. Evaluation of patient understanding on fall prevention education can be implemented on the Acute Care floor through focus groups to determine what areas in education on the unit need to be recapped.