

# 23<sup>Rd</sup> WORLD NURSE PRACTITIONER CONFERENCE

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## Knowledge, Attitude and Practices (KAP) on fall prevention among nurses at King Abdulaziz Hospital, Saudi Arabia

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Knowledge, Attitude and Practices (KAP) on Fall Prevention (FP) among Registered Nurses (RN) at King Abdulaziz Hospital (KAH) were assessed by using quantitative descriptive research design. A random sampling method was used to select the sample. A validated questionnaire on socio-demographic and KAP on FP were used. Informed consent and Ethical clearance obtained. A total of 197 RN were responded; among them, 96% were females, 55% had <5 year experience, 2.5% had worked >10 years. The average FP-related knowledge level among participants was  $16.26 \pm 1.2$  (Range: 0 to 20). Minority were aware of relationship between falls and feet-numbness and depression (13.2% and 28.9%, respectively). The average score of the participant's attitude toward FP was  $2.14 \pm 0.75$  (5 points in-total). In 12/20 items, the average score was <2. The practices score was averaged 4.26 out of 5 ( $\pm 0.93$ ). The items with highest and lowest average values were falls with no obvious harm are always reported ( $4.94 \pm 0.27$ ) and participation in making FP policies ( $3.02 \pm 1.75$ ). Good knowledge did not correlate to positive attitude ( $p=0.8$ ). The total score for nurses KAP on FP has a mean of 17.03 and  $\pm 1.702$  Standard Deviation (SD); (13.79 with  $\pm 2.061$  SD and 11.08 with SD of  $\pm 2.263$ ). The study showed overall good knowledge and practice of FP at KAH, however there is a concern that the significance and potential impact of falls on patient's outcomes are underestimated. Further, continuous training should be offered to highlight various falls risk factors and improve attitudes towards falls.

### Biography

Malini Ganabathi is a Board Certified Nurse. She started her career as a Registered Nurse since 2007 in one of the hospital at Malaysia as a Ward Nurse. She has nearly 10 years of experience in various departments (Dialysis, Stepdown and Intensive Care unit) and currently she is working at King Abdulaziz Hospital, Saudi Arabia as a Critical Care Nurse in Intensive Care Unit. She also has an outstanding academic background that includes Bachelor's degrees in Nursing from the Northumbria University, Newcastle, a Master in Nursing from Mahsa University, Malaysia and enrolling a Doctor of Philosophy in Nursing.

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