Fall Prevention as a Goal: A Specialized Hospital Experience Where Culture Intervenes

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BACKGROUND

- Lack of standardized assessment process
- Lack of clarity regarding expectations
- No proper identification of patients at increased risk
- Failure to intervene as per the standards
- Failure to recognize the limitations

WHAT ABOUT CULTURE?

- Personal Hygiene
  - Ablution (Wudu’) and Hand Hygiene
  - Prayer
  - Visiting Arrangements
  - Dress

  **Personal Hygiene**
  - The Arabic word "Istenjaa" is used as a term for cleaning the related organs after urination and defecation.
  - Depending on the circumstances, "Istenjaa" may be performed with water, with pebbles of dry earth or with any other suitable thing agreed by religion.
  - Nurses should mind patient needs to wash and make available access to water to wash after urination and defecation, or provide a pot to help.

- Wudu’ (ablution) and Hand Hygiene
  - Muslims pray five times a day. Personal cleanliness is paramount to worship in Islam.
  - Before prayer, a Muslim is required to perform ablution with water.
  - In Tayammum, the patient strikes the palms of both hands on any unbaked earthly matter (e.g. stone or sand) and symbolically washes in two simple steps.

- Prayers
  - Cognitively incapacitated are exempted.
  - Prayers are usually performed on a prayer mat.
  - Involves various movements.
  - Sick patient prays while seated or on bed.

PDCA

- Morse fall assessment tool.
- A standardized set of interventions.
- Actions algorithm.
- Fall incidence indicator for outpatient sitting by NDNQI.
- Patient education.
- Non slippery footwear.
- Bed alarms.
- Staff education about “fall prevention at home”.
- Fall prevention committee.
- Arm bands for high risk patients.

OUTCOMES

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