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# Fall Risk Assessment in Postpartum Patients underwent Epidural Anaesthesia

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## Background

Falls can cause serious physical and emotional injuries to patients leading to poor quality of life and increased length of hospital stay. Fall risk assessment and prevention have been well studied among patients in medical-surgical or geriatric units but not other units especially obstetric setting. In fact, postpartum patients following epidural anaesthesia are also at high risk for fall due to the side effects of epidural anaesthesia.

Fall risk assessment is a vital component of effective fall prevention program. The Post Epidural Fall Risk Assessment Score (PEFRAS) was the only fall risk assessment tool till now for postpartum patients following epidural anaesthesia. It was designed based with vigorous research methods, however has not yet validated in large sample studies yet.

## Aims

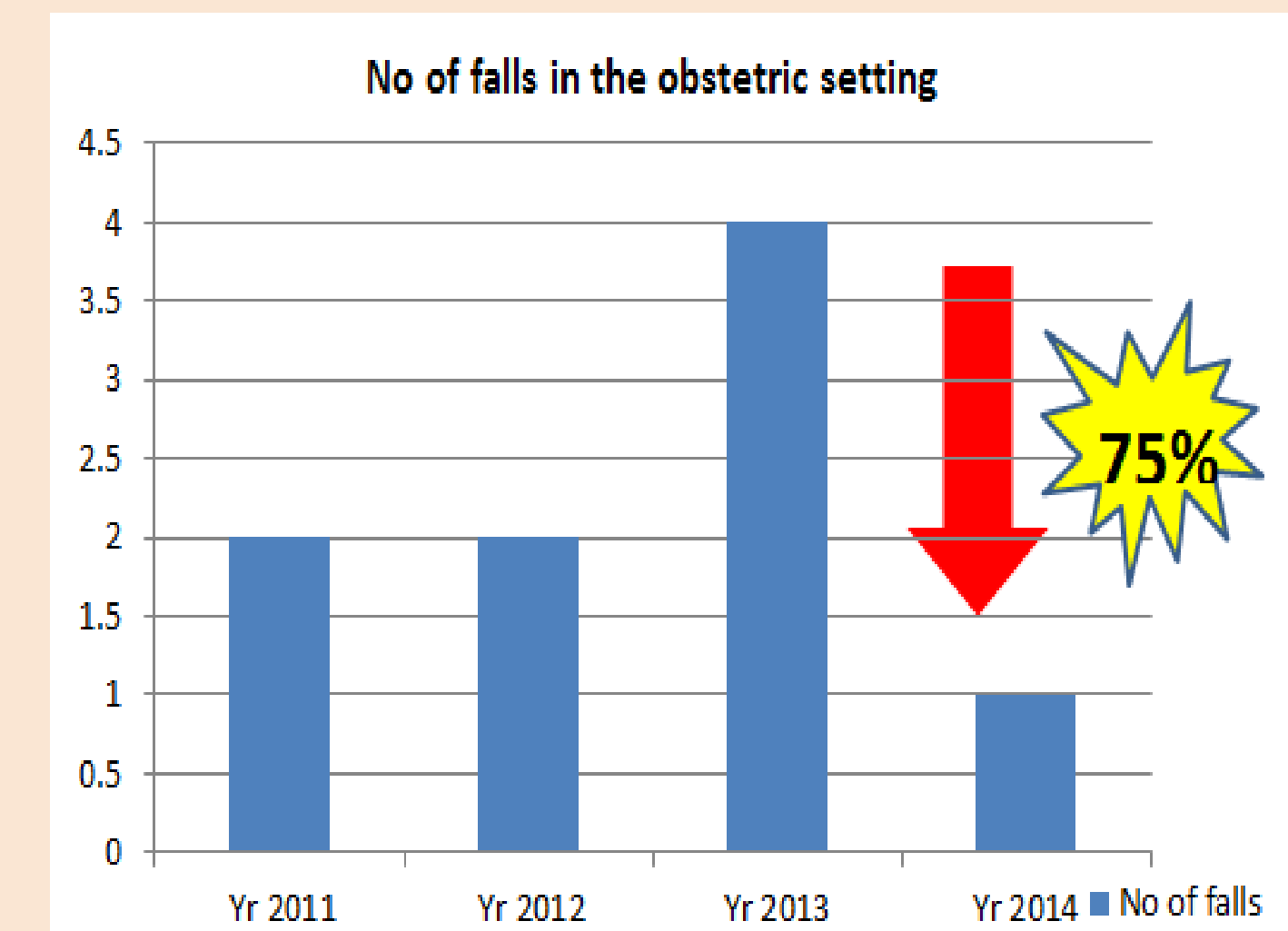
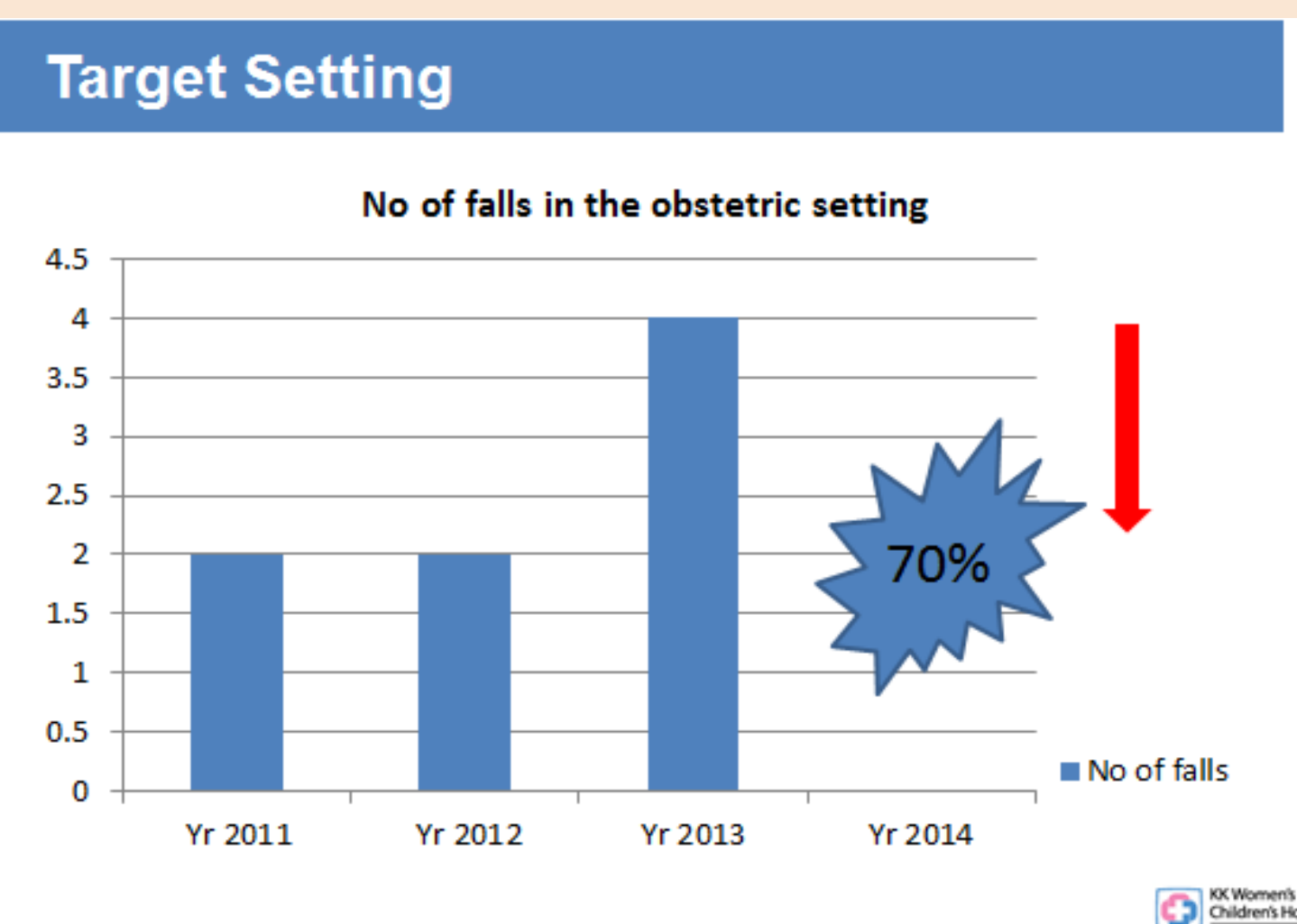
This change project aims to implement the Post Epidural Fall Risk Assessment Score (PEFRAS) for those postpartum patients who underwent epidural anaesthesia. The goal is to improve fall prevention practice and reduce fall incidences among obstetric patients by 70% for post epidural patients of vaginal deliveries.

## Implementation

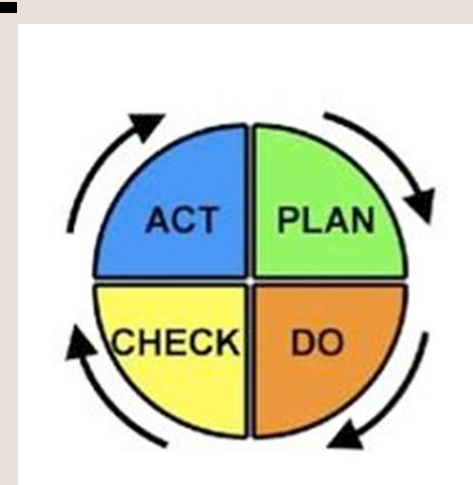
Full implementation of the PEFRAS in all obstetric wards was started from Feb. 2014. Staff training and competencies were conducted before implementation. Fall rate was monitored for pre and post implementation.

## Result

There were four fall incidents in total related to postpartum patients who underwent epidural anaesthesia during delivery in 2013. After implementation, there was only one fall incident of such case in 2014. There was 75% decrease in fall rate among postpartum patients underwent epidural anaesthesia during delivery.



## Methodology



### Team Formation

- Champions were selected from each of the Obstetric wards
- Roadshow were carried out for a week for each wards
- Staff training and competencies were conducted before implementation Attendance were taken to ensure 100% participation

### Pilot Trial

The PEFRAS pilot trial was implemented in Ward 34 for one month from 1st Jan 2014. Minor adjustment was made based on staff feedback after the trial period.

### Issues raised during pilot run

Issues	Solutions
Initial audits revealed that some patients were left out of the assessment	Roped the champions to audit & create awareness to all staff
There were staff who did not know about the tool	Ward champions took note and gave them information about the tool
Staff felt that too many components to fill up	Champions reiterate the importance of filling up all the components

## Staff / Patient's Satisfaction

Staff expressed satisfaction in the usage of PEFRAS as the information depicts patient's physical well-being. The fall risk assessment score 'defines' the condition of the body. Many participants shared positively of PEFRAS which is a validated tool that documented the patients' assessment of on their risk of falls.

"I Like the assessment. This ensures that I won't suddenly feels weak during my toilet trip and experience a fall." Madam Tan Ward 82

"I know the patient parameters and Blood loss. This information allows me to persuade the patient to use bedpan". EN Alma, Ward 34

## Benefits

- Staffs are aware of Patient's condition.
- More information can be shared with patients who are non-compliance.
- Increase in compliance to use fall prevention tool to prevent fall incidents
- Patient's understanding of changes in their own body resulting in compliance to fall precautions

## Conclusion

Using (PEFRAS) for postpartum patients who underwent epidural anaesthesia help to identify fall risk among these group of well patients, hence reduce fall incidents. It also helps patient to understand their general condition thus they are more compliance to fall precaution instructions. This simple steps has help to enhance patients' safety and reduced the numbers of falls in the postpartum wards.