**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.

### 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**

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

### 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.

### 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.