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NOTE PREVIEW ARTICLE

RISK OF FALLS IN ADULT PATIENTS ADMITTED TO A UNIVERSITY HOSPITAL: NOTE PREVIEW

RISCO DE QUEDAS EM PACIENTES ADULTOS INTERNADOS EM UM HOSPITAL UNIVERSITÁRIO: NOTA PRÉVIA

RIESGO DE CAÍDAS EN PACIENTES ADULTOS INGRESADOS EN UN HOSPITAL UNIVERSITARIO: OBSERVACIÓN PRELIMINAR

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ABSTRACT

Objective: to identify the risk of falls in adult patients admitted to units of a general medical and surgical hospital. **Method:** cohort study that will be developed in Clinical Surgery and Clinical Medicine of a university hospital. For data collection will be used an instrument consisting of three parts: Part I - Characterization of the patient; Part II - Risk factors for falls (Morse Fall Scale, translated and adapted into Portuguese); Part III - Occurrence of falls during hospitalization. The data will be organized in Microsoft Excel® and analyzed with the PASW Statistics® (Predictive Analytics Software from SPSS Inc., Chicago - USA) 18.0 for windows. The research project was approved by the Ethics Committee in Research, CAAE: n. 12173213.1.0000.5346. **Expected results:** It is expected that the results provide subsidies for the prediction of falls in hospital and assist in the choice of strategies to minimize the occurrence of such event. **Descriptors:** Nursing; Accidental Falls; Patient Safety; Hospitalization.

RESUMO

Objetivo: identificar o risco de quedas de pacientes adultos internados em unidades de clínicas médica e cirúrgica de um hospital. **Método:** estudo de coorte que será desenvolvido na Clínica Cirúrgica e Clínicas Médica de um hospital universitário. Para a coleta de dados será utilizado um instrumento composto por três partes: Parte I - Caracterização do paciente; Parte II - Fatores de risco para quedas (Morse Fall Scale, traduzida e adaptada para o português); Parte III - Ocorrência de quedas durante a hospitalização. Os dados serão organizados no programa Microsoft Excel® e analisados no programa PASW Statistics® (Predictive Analytics Software, da SPSS Inc., Chicago - USA) 18.0 for windows. O projeto de pesquisa foi aprovado no Comitê de Ética em Pesquisa, CAAE: n. 12173213.1.0000.5346. **Resultados esperados:** espera-se que os resultados forneçam subsídios para a predição de quedas no ambiente hospitalar e auxilie na escolha de estratégias que minimizem a ocorrência desse evento. **Descritores:** Enfermagem; Acidentes por Quedas; Segurança do Paciente; Hospitalização.

RESUMEN

Objetivo: identificar el riesgo de caídas en pacientes adultos ingresados en unidades de hospitales generales médicos y quirúrgicos. **Método:** estudio de cohorte que se desarrollará en cirugía clínica y medicina clínica de un hospital universitario. Para la recolección de datos se utilizará un instrumento que consta de tres partes: parte i - caracterización del paciente; parte ii - los factores de riesgo para las caídas (escala fall morse, traducido y adaptado al español), parte iii - la ocurrencia de caídas durante hospitalización. Los datos se organizan en microsoft excel® y analizados con el pasw statistics® (predictive analytics software de spss inc., chicago - ee.uu.) 18.0 para windows. el proyecto de investigación fue aprobado por el comité de ética en investigación, caae: n. 12173213.1.0000.5346. **Resultados esperados:** se espera que los resultados ofrecen subsidios para la predicción de caídas en el hospital y ayudar en la elección de las estrategias para reducir al mínimo la ocurrencia de tal evento. **Descriptores:** Enfermería; Caídas Accidentales; La Seguridad del Paciente; Hospitalización.

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INTRODUCTION

Patient safety has been a widely discussed topic, especially in the last decade, driven by the publication of the report "To make a mistake is human: building a safer health care system".¹ This report found that a high percentage of patients requiring hospitalization suffer some type of adverse event that could have been avoided.¹

Among the adverse events to be prevented in healthcare institutions, stand up falls in patients hospitalized.² Fall is defined as the event in which the person "inadvertently falls to the ground, floor or lower levels, excluding intentional change of position to rest furniture, walls or other objects."^{2:1} Please note that this is a complex event that occurs when the hospital environment may further aggravate the patient's condition, increase the length of hospital stay, and even lead to death.

According study³, the occurrence of falls in hospitals is common and accounts for two-fifths of adverse events related to patient safety. The study also notes that the percentage of hospitalized patients who suffer drop ranges from almost 0 to 10%, reaching an average of 4.8%.³

In a literature review conducted nationwide in order to pursue what is being researched regarding the falls, not found any publication that used tools for predicting the risk of falls as a strategy to reduce the occurrence of this event in the hospital environment. The publications found mostly stopped to describe and characterize the falls and report the risk factors for this event.⁴⁻⁷ However, in a review conducted at the international level, it was found that the most used strategy for the prevention of falls is the use of scales for risk prediction.⁸⁻¹³ One of the scales used to assess the risk of falls in institutionalized patients is the Morse Fall Scale (MFS), 12 which was translated and adapted to Portuguese¹⁴ and is nearing publication.

In studies that addressed the use of scales as a strategy to prevent falls, it was found that the professional who applied the instrument was the nurse. In this sense, it is noteworthy that the nurse is responsible for preparing the patient's care plan and implementation strategies based on substantiated data.¹⁵

From the research question << *What is the risk of falls in hospitalized adult patients in units of medical and surgical clinics of a university hospital in Rio Grande do Sul, Brazil?* >>, This research aims

to identify the risk of falling adult inpatients in units of medical and surgical clinics of a university hospital in Rio Grande do Sul, Brazil.

METHOD

This is a master's project submitted to the Graduate Program in Nursing, Federal University of Santa Maria - PPGEnf / UFSM, approved by the Committee of Ethics in Research Committee, under the CAAE: n. 12173213.1.0000.5346 on February 27, 2013.

Cohort study, to be developed in the Surgical Clinic and the Medical Clinics I and II, University Hospital of Santa Maria (HUSM) in the period from March to June 2013. Will be included in the survey all patients older than 18 years admitted during this period, which accept to participate in the study. There are no exclusion criteria. Will be respected ethical precepts laid out in Resolution 196/96, and all patients who agree to participate in the research will sign the Instrument of Consent.

The data collection instrument is composed of three parts: Part I - Identification and general aspects; Part II - risk factors for falls; Part III - occurrence of falls during hospitalization. Data collection will be performed by graduate student research assistants and certified. Will be assessed the environment (equipment, floors, bathrooms and ward), the patient's chart (medications, diagnoses, records of falls) and the patient through the application of the MFS, translated and adapted to Portuguese.¹⁴

MFS comprises six topics, with different scores including: history of falling, secondary diagnosis, aid in ambulation, intravenous therapy / device salinized or intravenous heparin, gait and mental state. The scale score is given to each patient, ranging between 0 and 125 points. The higher the score, the greater the risk of falling.

The data will be organized in Microsoft Excel ® and analyzed with the PASW Statistics® (PredictiveAnalytics Software, SPSS Inc., Chicago - USA) 18.0 for windows. Qualitative variables are analyzed by means of frequency (absolute and relative) and by quantitative descriptive statistics (mean, standard deviation, median, minimum and maximum, according to the distribution of data normality). Will be performed bivariate analysis between exposure (risk of falling - MFS) and outcome (fall), and considered statistically significant if $p < 0.05$, as assessed using the chi-square test or Fisher. To evaluate the internal consistency of the MFS, will use the Cronbach's alpha, values above

0.70 are confirming the reliability of the instrument as proposed. The normal curve is evaluated by Kolmogorov-Smirnov test.

The incidence of fall will be considered: (number of new cases of falls in a given population at a certain period of time / number of people at risk of falls in the period) x100.

EXPECTED RESULTS

It is hoped that the results of this study bring contributions to the organization of the service, allowing from the identification of risk and incidence of falls in the institution providing subsidies for the prediction of this event as well as assist in making decisions about the strategies action to minimize it and to plan individualized intervention with the patient in the hospital.

Given that the assessment of risk and incidence of falls is in important indicators of quality of care, the MFS can be a valuable tool to be used in Brazilian health in predicting the risk of falls.

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