



## MSN Capstone Project Proposal Form

This is a building assignment that you will be completing over Week 1 through Week 9. This is a stepwise project proposal assignment in which you will complete one (1) section each week for your MSN Capstone Project Proposal. By the end of the Week 9, this form will have been filled in completely and your MSN Capstone Project Proposal will be completed. It is important that you keep up with the Weekly Assigned Section. Each section is graded separately on a weekly basis while the final completed form will be graded with an overall grade. Each week the student will receive feedback from the instructor and the student is expected to incorporate the instructor feedback to edit and improve the weekly sections. The Week 9 final Capstone Project Proposal will be based on students incorporating the instructor's weekly feedback.

How to use this form.

- Must use the same form for all sections. The purpose is to have a completed the entire form by the end of the course.
- Complete the week's section with the requested information.
- There are suggested word counts for each weekly section to provide you with an idea of what is expected.
- You are to write in full sentences, paragraphs, correct grammar, and spelling.
- Use APA formatting with citations and references list.
- Refer to the **MSN Capstone Project Proposal Form Example** found in Week 1 and in the Course Resources tab.
- Do not delete or edit the week section instructions.
- Do not lock the form because that will stop you from editing and revising within the form.
- Leave NO blank sections. All sections are graded separately.
- You may work ahead; however, the instructor will only grade the week's section due for the assigned week and the form must be submitted each week.
- Read the item descriptions carefully. Items request very specific information. Be sure you understand what is requested.
- Use primary sources for any references. Textbooks are not acceptable as references.

**Late Assignments:** Students will receive a 10-point grade reduction for each day the assignment is submitted past the due date. After three (3) days past the due date, students will receive a zero (0) for that weekly section but must complete for the final Week 9 grading.



### MSN Capstone Project Proposal Form

<b>Student Name</b>	
<b>MSN Program</b>	
<b>Project Title</b>	
<b>Week 1</b>	
<b>State Your Clinical Question</b> [100 to 150 words]	
<ul style="list-style-type: none"><li>● State your clinical question or topic for your capstone project proposal.</li><li>● What issue is the question/topic addressing?</li><li>● What are the reasons you selected this question/topic?</li></ul>	
<p>The topic "Hospital falls prevention with nurses' education" is relevant as it will inform initiatives to reduce the number of hospital falls. The issue to be addressed is how nursing education can result in the reduction in the number of inpatient falls. According to the Agency for Healthcare Research and Quality (2019), falls occur in 3-5 inpatient stays over 1,000 days. Up to 700,000 to 1 million inpatients fall each year. Falls can cause minor health issues such as distress and anxiety, but they can also lead to high rates of morbidity and mortality due to injuries such as fractures and head trauma (James et al., 2020). Information from the capstone proposal will inform nursing practice on how to reduce patient falls.</p>	
<b>Week 2</b>	



### Background Information

[200 to 250 words]

Address the following questions/bullets in completing this section:

- Start at the starting point - What, Where, When, Why, and How?
- What is known about this topic or what is the evidence on this topic (**Scoping Search**)?
- What is the outcome of interest?
- What are the gaps in our understanding or knowing related to this topic?

Patient falls are a major problem in public health. The Agency for Healthcare Research and Quality (AHRQ) estimates that approximately 700,000 to 1 million inpatients fall each year in the United States, and that 10% of the adverse incidents experienced by nursing facility residents were as a result of patient falls (Patient Safety Network, 2019). Patient falls are caused by intrinsic factors involving high blood pressure, sensory deficit, spasticity, and musculoskeletal issues. Extrinsic factors causing patient falls involve medication and the environment (Jehu et al., 2021). Patient falls are more prevalent in older adults (Gale et al., 2018). The proposed research question addresses how training and education can improve healthcare personnel's effectiveness in addressing patient falls in older patients living in long-term facilities. Dahlke, Hunter, and Negrin (2019) indicate that nurses' behavior contributes to the risk of patient falls in a resident facility for older patients. It is expected that when nurses are provided with training involving best practices, they will acquire skills that promote safety and reduce patient falls in long-term care facilities. The gaps to knowing the topic involves the relationship between the training of nurses and the reduction of the number, frequency, and severity of older patient falls in long-term facilities.

### Week 3

#### Literature Search Strategies

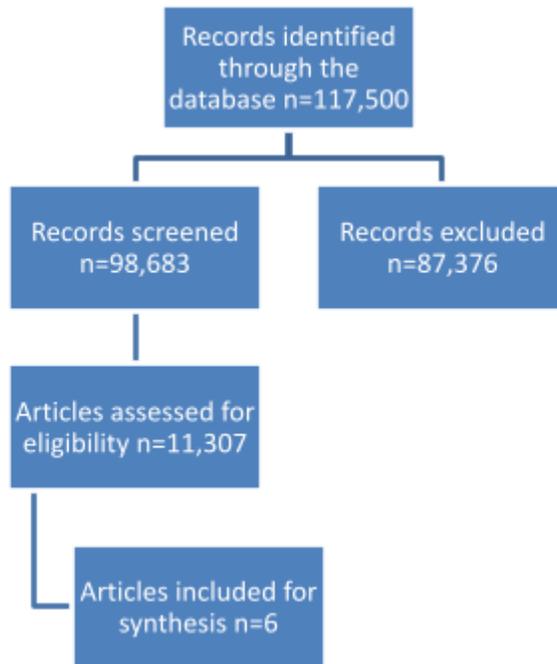
[150 to 200 words]

Provide details of your exhaustive search process. Be certain to list:

- Databases searched.
- All the keywords or search phrases used.
- How many articles in total that were found?
- List the inclusion/exclusion criteria.
- Provide the number of articles that were retained and a description on why those articles were retained.
- Consider using a flowchart to outline the search process.



The search will be conducted using Google Scholar, which provides freely-available scholarly research articles. The keywords used include “inpatient falls,” “falls prevention,” and “nurses+ education+ falls.” The search results for the keyword “inpatient falls” were 18,200, the results for “falls prevention” were 76,200, while “nurses+ education+ falls” were 23,100. The inclusion criteria were applied to include articles published from 2018, primary research studies, systematic reviews, and meta-analyses. Exclusion criteria included articles that were published earlier than 2018, books, webpages, non-peer reviewed articles, sources that were not freely available online, and sources whose participants were younger than 60 years old. The final articles were 11,307 in total. For purposes of the literature review, not all the articles could be included for literature review. As a result, only 6 articles were selected randomly for inclusion into the review. The articles were retained as they were relevant to the research question.



#### Week 4

#### Literature Review [500 to 1000 words]

Conduct a review of the literature. Include at least five (5) research articles and/or evidence-based guidelines. Address the following questions/bullets in completing this section:

- Conduct a review of the literature.
- Provide the highlights from the research.
- Synthesize the literature on the topic.
- Summarize how the project will contribute to knowledge by filling in gaps, validating, or testing knowledge.



- Cite references in this section per APA and list the reference in the References section at the end of the form.

Contributing factors for patient falls are varied in nature and can be classified as organizational factors, preconditions, supervisions, and unsafe acts. Other contributing factors include the environment, reduced supervision, disease processes, hospital policies, and patients transferring without assistance. The authors indicate that the best way to reduce hospital falls is to implement defenses to all the contributory factors (Watson Salmoni, & Zecevic, 2019). Najafpour, Godarzi, Arab, and Yaseri et al. (2019) conducted a prospective study on 185 patients who fell over a nine month period and determined risk factors associated with hospital falls. They include medication, problems with balance, longer length of stay, and manual transfer aid. Research findings demonstrated that patient characteristics and medication contribute to increased risk of falls. Most of the patients with the above characteristics are older patients as they have chronic disease that increase the risk of hospitalization.

A research study by Simamora and Siregar (2019) was conducted to determine nurses' knowledge about prevention of patient fall risk. The descriptive study included 150 participants and was conducted using the random sampling technique. The study demonstrated that 57.3% of the nurses only had good level knowledge of the factors necessary to prevent patient falls. King et al. (2018) conducted a qualitative study using the Grounded Dimensional Analysis (GDA) to evaluate nurses' experiences with preventing falls in a hospital setting. The study determined that intense strategies to achieve zero falls led to the development of a fear of falls, protection of themselves and the unit, and restricting the movement of high-risk patients as a way of meeting the hospital goal. Joe et al. (2018) indicate that the John Hopkins Fall Risk Assessment Tool is effective in detecting physiological falls in adult patients as it is reliable, and it has high sensitivity. The assessment tool contains seven categories used to determine patient falls such as age; fall history; elimination, bowel, and urine; medications; patient care equipment; mobility; and cognition. The scores are computed to determine whether the patient is a high fall or low fall risk patient.

The Literature Review assessment has determined that hospital falls are caused by varied reasons, and that the best way to address them is by addressing each factor individually. This project will assess the contributing factor of supervisions and unsafe acts. The John Hopkins Fall Risk Assessment Tool is an evidence-based fall safety initiative that is used to assess the risk of patient falls. The research study has indicated that approximately half of the number of nurses are not aware of how to prevent patient falls. The Literature Review has also determined that intensive strategies to reduce patient falls may not be effective as they create fear and may be counterproductive in minimizing patient falls. therefore, the recommended strategy should enhance the staff's morale to reduce patient falls. The project will add on to the existing knowledge on how to reduce patient falls by determining the impact of making patient assessments to determine high-risk patients for falls and implementing strategies to reduce the risk of falls.

### Week 5

### PICot Question

State your PICot question here. Use the elements of the PICot in separate sections below to describe each component.



- Population – Provide the description of the targeted population.
- Intervention – Describe your evidence-based intervention.
- Comparison – What is currently happening?
- Outcomes – List at least two (2) measurable outcomes.
- time – What duration of the study for the project? (e.g., usually 6 months or 3 months)

Population(P):

Nurses working at an inpatient facility

Intervention (I):

Training and education addressing a change in behavior to reduce the number of hospital falls

Comparison (C):

No training and/or education

Outcomes (O):

Increased awareness on the prevention of falls at an inpatient facility and a reduction in patient falls

time (t):

3 months

### Week 6

#### P (Target Population)

[75 to 100 words]

Address the following questions/bullets in completing this section:

- Who is your target population?
- Describe your population, i.e., age, ethnicity, gender, condition/diagnosis, etc.?
- Describe the setting where this project be implemented?

The target population is nurses working at an inpatient healthcare facility in the United States. The population involves Registered Nurses, Certified Nursing Assistants and Licensed Practical Nurses. The participants will be men and women from diverse ethnicities over 18 years of age. The setting will be an inpatient facility housing older patients. The selection of the inpatient facility is based on convenience as it has a large number of inpatients that are susceptible to falls.

### Week 7

#### I (Intervention)

[100 to 200 words]

Address the following questions/bullets in completing this section:



- What are you planning to investigate or implement as a policy/process or program?
- What are you doing that is different than what is currently happening?
- List **2-3 potential** actions that will be applied in this practice change.

**NOTE:** Be very specific in your description.

The intervention is the implementation of training and education on how nurses can reduce falls. Although similar strategies have been implemented before, they have mainly targeted the physical space and environment. This practice change is different as it targets nurses, whose behavior impact the risk of falls. The training will include best practices published by the CDC that address the reduction of falls in inpatient facilities. The potential actions that will be applied to the practice change include increased monitoring of patients at a high risk of falls, and changes in nurses' behavior that will contribute to a reduction in falls.

\*For purposes of this Proposal Project Form the assumption will be that the C (Comparison Group) is 'traditional care or current care'

### Week 8

#### O (Outcomes to be measured)

[100 to 150 words]

Every project is required to have an evaluation plan. Address the following questions/bullets in completing this section:

- Which **2-3 outcomes** are expected for your project?
- What outcomes will be measured?
  - How do you plan to do this?
  - What tool will you be using to measure your outcome(s)?
  - What data will be used to validate success of the project?

Be sure your outcomes link to the identified problem.

- How will you know if your intervention resulted in change?



One of the outcomes of the project is increased awareness on how to prevent falls in an inpatient healthcare facility and a reduction in the number of falls at the inpatient facility. The project will evaluate changes in the nurses' awareness of best practices in reducing falls at an inpatient facility. The evaluation will include assessing changes in the nurses' level of awareness before and after training. A questionnaire will be used to measure the outcomes as it will assess differences in scores between the first evaluation before training, and the second evaluation after training.

The project will also evaluate changes in the number of inpatient falls before and after the education intervention. The intervention should increase awareness on the risk factors of falls, therefore prompting behavioral change. The intervention should result in improved scores before and after training, which demonstrate increased knowledge, and a reduction in the number of falls.

## Week 9 & References

### 9.1 Conclusion

[200 to 250 words]

- Provide a summary for your MSN Capstone Project.
- Select and provide the rationale for three (3) competencies or specialty standards that you would expect to use in implementing this project [*List of your specialty competencies are listed in the Week 9 Reflection Post*]

### 9.2 References

[Minimal of 5 research articles and references are paged on the last page.]

- Add your references in APA formats on the last page.

The aim of the capstone project is the identification of strategies to reduce patient falls in an inpatient setting. The project has identified nurses' education as the best way to reduce patient falls. The training will address how to address high-risk patients as well as how to reduce the risk of falls in the patient population through the change of behavior. The intervention will be effective in improving the level of nurses' awareness as well as reducing the number of falls at the inpatient facility. The competency will include training to identify high-risk patients and how to achieve a change in behavior to reduce the risk of falls and how to monitor high-risk patients to reduce the risk of falls.

The first competency to be implemented in the project is professional development. The intervention will enhance the nurses' levels of skills and knowledge in contributing to public health objectives. A reduction in the number of patient falls will have a positive outcome on patient outcomes. The second competency that will be used in the project is teamwork. The project will rely on the collaboration of nurses at the healthcare facility, who will be required to undertake training. The third competency is health education as the intervention will promote health education to reduce patient falls.

*References in APA format should begin on the next page.*

## References

[Provide at least 5 References]

- Agency for Healthcare Research and Quality (2019). Falls.  
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- Watson, B., Salmoni, A., & Zecevic, A. (2019). Case analysis of factors contributing to patient falls. *Clinical nursing research, 28*(8), 911-930.