

# **Exploring children and young people's knowledge about inpatients falls to inform quality child-centred care strategies**

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## **Introduction/Purpose:**

Understanding a child and young person's perspective as a health care consumer is pivotal to providing child-centered care. Insight into the child or young person's knowledge of inpatient falls and falls prevention strategies including accessibility of resources and education is limited. This qualitative study aims to explore what children and young people know about paediatric inpatient falls and prevention strategies.

## **Methods:**

Children and/or young people hospitalised in the Sydney Children's Hospital Network (SCHN) in the previous six months, attending SCHN outpatient clinics were invited to participate. Children and/or young people and their parents consented to attend an in-depth interview designed to explore children's perception of inpatient falls, exposure and perception of falls education and resources. Digitally recorded interviews were de-identified and transcribed verbatim. Data familiarization and open coding were completed by researchers independently. Researchers collaboratively analysed the data to identify emerging categories and developed dominant themes.

## **Results:**

Overwhelmingly, children and young people perceived the hospital space to be safe and voiced concerns that falls occur while children are in hospital. Whilst children and young people were risk aware current 'falls' resources did not meet the learning needs, preferences or developmental stages of our paediatric consumers. Five dominant themes with some sub themes emerged from child narratives include "being safe," "parents providing a safety net," "being risk aware," "knowledge of falls," and "learning about falls."

**Conclusion:**

To the best of the authors knowledge, this is the first study to explore children and young people's unique insight and knowledge of paediatric inpatient falls and prevention strategies. Findings inform nursing practice and highlight that the educational needs of our paediatric healthcare consumers are not met and need to be addressed. Recommendations include strategies to develop resources that are child-centered and more accessible.