



## From Evidence to Practice: Analysis of Barriers and Facilitators in the Clinical Application of the "Preventing Falls and Reducing Fall Injuries" Guidelines Based on the i-PARIHS Framework

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**Introduction:** To explore the promotion and obstacle factors of the guideline for Preventing Falls and Reducing Injury from Falls in clinical application, so as to provide a basis for formulating clinical countermeasures for the application of the guideline.

**Methods:** A descriptive study was conducted. Semi-structured interviews were conducted between May and June 2022 with clinical care managers and nurses who applied the fall guidelines. The transcribed texts were analyzed according to the relevant fields of the i-PARIHS framework.

Core concept	Interview outline
Innovation	<ul style="list-style-type: none"> <li>① How familiar are you with this guideline?</li> <li>② Do you think this guideline is helpful for clinical fall prevention work?</li> <li>③ How do you think this guideline is applicable in clinical practice?</li> <li>④ What do you think are the obstacles in the application process of the guidelines?</li> <li>⑤ Besides the items recommended in the guidelines, what other measures do you think should be provided to prevent falls?</li> </ul>
Recipient	<ul style="list-style-type: none"> <li>① What measures do you usually take to prevent patients from falling? How to manage patients' falls?</li> <li>② What role do you think you have played in the clinical application of the guidelines?</li> <li>③ If you were to implement this guideline in clinical practice, to what extent or with confidence would you do so?</li> </ul>
Context	<ul style="list-style-type: none"> <li>① What hard conditions do you think are needed to promote the implementation of this guideline in clinical practice? Can these hard conditions be solved?</li> <li>② How much do you think the relevant leaders of the ward support the clinical implementation of this guideline?</li> <li>③ In your opinion, apart from the factors of this disease area, what other obstacles might affect the clinical application of this guideline?</li> </ul>

**Results:** A total of 12 research subjects were included in the study, all of whom were female, aged 26 to 39. The interview content was summarized based on the i-PARIHS framework to identify promoting factors and obstacles in three areas: change, adopters, and organizational environment. Organizational-level support and specialized management, as well as nurses' normalized belief in fall prevention, were the promoting factors for the clinical application of the guideline. The relatively general nature of some guideline items and the significant gap between them and clinical scenarios were the obstacles at the change level during the guideline implementation process. Some items exceeding the nurses' ability range in clinical use and patients' compliance were the obstacles at the adopter level during the guideline implementation process. Insufficient human resources and how to organize multi-departmental collaboration were the obstacles at the organizational environment level during the guideline implementation process.

**Conclusion:** There are a variety of obstacle factors affecting the clinical application of fall prevention guidelines. On the basis of clear obstacle factors, evidence-based nursing practice reform should be carried out in practice wards to promote the clinical application of fall prevention guidelines.