

Module 3: Capstone Project – Outcomes and Content

Name:

Date:

Overview: Capstone Project – Goals/Content/Outline/Strategies/References

In this assignment, you will describe the subject, problems, or issues you want to address. You will answer the following questions:

1. How do we know this is a problem or issue?
2. Who needs the information about the problem or issue?
3. What are possible solutions?
4. How will dissemination of this researched information impact behavior?

Objectives

- **Develop and refine Capstone Project goals, content, outline, and implementation/presentation on strategies**
- **Decide on Capstone project design**
- **Develop draft of Capstone project**

Rubric

Use this rubric to guide your work on the Module 2 assignment.

NOTE: All assignments and discussion posts are expected to be completed on time.

Tasks	Target	Acceptable	Marginal	Unacceptable
Indications (25 Points)	Clear statement of specific problem or issue and its unique importance (25 Points)	General statement of problem or issue, with indication of importance not being clearly stated. (15 Points)	Addresses only the problem statement or the issue. (10 Points)	No clear statement of important problem or issue (0 Points)
Audience (25 Points)	Clear description of target audience, including description of setting for presentation and why this audience was targeted (25 Points)	Description of target audience is not specific to setting or why this audience was chosen. (15 Points)	Describes only the audience or the setting but not both. (10 Points)	No description of either audience or setting. (0 Points)
Implications (25 Points)	Clear and strong analysis of how presentation of information will change the behaviors of target audience members and the resulting impact on the problem or issue Well-articulated and clearly detailed synopsis (25 Points)	Statement of how presentation will affect audience members Articulated in general terms and synopsis lacking detail* (15 Points)	Statement is weak and general as to how the information will change the audience of issue Poorly articulated and synopsis lacking detail (10 Points)	Weak or no statement of how information will change audience or issue No synopsis and no detail (0 Points)
Grid and APA format (25 Points)	Clear description of type of information dissemination, including details about the types of visual aids and verbal presentation or demonstration strategies to be used to interact with audience members. Grid is completed as per example with no errors or omissions. No APA/grammar errors. (25 Points)	Grid is missing needed items. Statement of type of information dissemination, including at least one visual strategy and at least one verbal strategy. 1-3 APA errors. (15 Points)	Grid is missing items. Lacks either a visual or a verbal strategy. 4 or more APA/grammar errors. (10 Points)	Grid is not completed. More than 4 APA errors. Weak or no statement of how information will be presented. (0 Points)

Indications

Describe in the space below the topic, problem, or issue within the focus area that your

Capstone Project will address. Explain why this issue is important and why you selected it in particular. Provide examples of situations related to the issue in your practice and other examples you might expect to see in your selected focus area.

Fall has been identified as one of the major causes of various health issues among the older adults. These issues include deaths, emergency admissions for trauma as well as unintentional injuries. Statistical findings indicate that among the older adults of at least 65 years of age, damages resulting from falls have been attributed to fall-related deaths (Lord, 2013). Therefore, this makes it necessary to put into consideration the strategies of fall precaution. It has been established that one in every three older adults experience a fall. Falls have led to devastating outcomes for example head injury, hip injuries or other body fractures that require hospitalization. Anyone can trip and fall over. This information will, therefore, benefit other members of the public apart from the selected target audience.

The term trip is used to refer to the act whereby an individual's foot confronts an unexpected obstacle all over sudden. A trip could lead to a fall (Clemson & Munro, 2017).

As one of the safety practitioners, I would like to champion for safety among the senior citizens who are frequent victims of accidental falls. Therefore, in a bid to have the right solutions, it is essential to recognize the causes of falls. Quite a number of reasons have been put forward to explain the reasons behind the falling/tripping of the senior adults. For example, this entails; dizziness from intake of medication, some slips could be attributed to the aging effect for instance delayed reflexes or weakness of the muscle. Other falls could also be caused by stroke effects, disabilities, the weight of the fall victim, as well as other physical hazards that can block the person walking.

On the other hand, it is important to note that fall treatment could turn out to be very costly. Therefore, the factors mentioned above make fall precaution a vital topic that community members need to be enlightened on. It is essential to appreciate that falls can be prevented if caution is considered. I, therefore, hope that hospital visits due to falls shall be reduced after addressing this issue.

The solutions that shall be discussed in this project are practically easy to implement. Therefore, the first solution is to ensure that an individual walks on surfaces that are clean and free from any liquid or clutter.

Secondly, proper lighting of both the outside and inside of the rooms. This is to avoid any hazards that could be invisible in the dimly lit rooms.

It is essential for the caregivers to ensure that all the senior citizens have proper footwear with enough traction.

The immediate cleaning up of any liquid spills on the surface should be encouraged. This is because if left, the liquid tends to make the ground /surface more slippery. This could lead to more fall injuries.

Another solution is to provide non-skid rough rugs on the smooth surfaces, for instance, the tiled floors and bathrooms

Audience

Describe in the space below your target audience, including the setting for which your information dissemination will be planned. This project is designed for an in-person setting so an internet or online audience/setting would not be appropriate for your presentation. You may mention other populations who would benefit from this information as well, but explain why you decided to address your target audience.

- My target audience for this particular project shall mainly focus on the community service center within my community. This is whereby most senior citizens reside and thus since they are the most affected population by falls, it is important to have them trained on how they could avoid unnecessary falls. Their care givers will also be part of this target audience. Some community members shall also form part of the audience. The presentation of this project shall be conducted in one of the community service centers that is strategically located for other members to attend.
- As part of the preparation measures, a memo shall be sent to the community senior center requesting for space and time to present this project. The community members shall also be invited through printing a notice on the gate of the community senior center.

Implications

In your Capstone Project, you will be developing a mechanism to disseminate important information related to the topic you have selected. Explain, in detail, the impact of directing this information to the appropriate audience(s). Please make sure you have considered all aspects (financial, regulatory, accrediting, safety and patient satisfaction outcome, issues and aspects of the implication):

- This presentation on fall prevention among the senior adults will have a wide range of implications.
- The financial impact that it will have on the audience is that the interventions discussed will be very useful in reducing the risks of falls, therefore the funds that would be directed towards the treatment of fall injuries and fractures among older adults shall be utilized elsewhere.
- Regulatory impact: It is worth noting that the moral duty of the caregivers at the community senior centers is to ensure that the senior citizens are protected from falls among other health risks. Therefore, the interventions discussed will enhance their regulations at the center.
- Accrediting impact: the presentation is also essential in that it will improve the quality of care offered to the senior citizens, for instance, improvement in lighting will prevent unnecessary falls. Therefore, it is entirely credible.
- Safety and patient satisfaction outcome: The interventions discussed will benefit the older patients among other audiences as well. This is attributed to the fact that the presentation mainly targets on how the older persons can avoid unnecessary injuries from falls.
- The aspects discussed will entail the following; leading causes of falls, first aid given to a

fall victim, as well as the prevention of falls.

Outcomes and Content

You have already submitted your draft **Outcomes** and **Content** topics, so you need to use the provided grid and make any needed changes. **For this assignment, you must also include at least three references per outcome.** You may include references that are not from peer-reviewed journals, but be judicious in their use, and do not include those in your count of required articles. Remember that all references must be less than five years old.

Strategies

In the grid, describe each visual aid, handout, and/or verbal presentation/demonstration strategy that your information dissemination would include. You may use the same strategies for each outcome, or you may “mix and match”. Here are some of the types of visual aids you might use:

Slides (like PowerPoint)

Poster

Brochure

Handout

Chart

Diagrams

Models

Video

Simulation

Here are some of the types of verbal strategies you might use:

Lecture

Demonstration

Guided questions

Expert panel

Guided hands-on training

Be sure to include a Q&A session for the conclusion of your presentation.

Time

In the grid, record the amount of time needed for each activity or part of your presentation. Include time for Q&A at the end of the presentation.

Please review this example for the grid:

Outcomes	Content	Strategies
<p>By the end of the presentation, 98% of the audience will be able to identify three ways to prevent falls in the LTC until.</p> <p>(Be sure to make any needed changes based on comments from Module 2's graded assignment).</p>	<p>Fall Prevention</p> <p>Doe, J. (2014). How to prevent falls in a long term care unit. <i>Journal of Fall Prevention</i>, 8(26), 23-32. Retrieved from ESBOhost.</p> <p>Nursing Interventions</p> <p>Smith, T. (2013). When a patient falls: What the nurse should do. <i>American Journal of Geriatrics</i>, 7(12), 23-31. Retrieved from ESBOhost.</p> <p>Complications from falls in the elderly</p> <p>Ying, X. (2015). What can we do to stop falls among the elderly. <i>Journal of Fall Prevention</i>, 10(3), 14-23. Retrieved from EBSOhost.</p>	<p>PPT</p> <p>Lecture</p> <p>Guided Discussion</p>
<p>Complete the rest of the grid as shown above.</p>	<p>Remember that you will need at least three references per outcome.</p>	<p>Complete for all outcomes</p>

Outcomes	Content	Strategies	Time
<p>By the end of the presentation, 98% of the audience will be able to identify main causes of falls/ slips</p>	<p>Gray, B. (n.d.). Overview. <i>Slips, Stumbles, and Falls: Pedestrian Footwear and Surfaces</i>.</p> <p>Retrieved from: https://books.google.co.ke/books?isbn=0803114087</p> <p>Lord, S. R., Sherrington, C., Menz, H. B., & Close, J. C. (n.d.). Prevention of falls in hospitals and residential aged care facilities. <i>Falls in Older People</i>.</p> <p>Retrieved from: https://www.agedcarecrisis.com › Care Issues</p> <p>In Ackley, B. J., In Ladwig, G. B., & In Makic, M. B. (2017). <i>Nursing diagnosis handbook: An evidence-based guide to planning care</i>.</p> <p>Retrieved from: https://cmc.marmot.org/Record/.b27407020</p>	<p>PPT Guided Questions</p>	<p>20 minutes</p>
<p>By the end of presentation, 96% of the audience shall be in a position to implement the routine fall intervention strategies to fall victims.</p>	<p>Clemson, L., & Munro, J. (2017). Conceptual Model of Habit Reforming to Improve Balance and Prevent Falls. <i>Encyclopedia of Geropsychology</i></p> <p>Retrieved from: https://link.springer.com/referenceworkentry/10.1007%2F978-981-287-080-3_291-1</p> <p>Bulsara, C., Khong, L., Hill, K., & Hill, A. M. (2016). Investigating Community Perspectives on Falls Prevention Information Seeking and Delivery: Older Person Perceptions Regarding Preferences For Falls Prevention Education Using A World Cafe Approach. <i>Journal of Community Psychology, 44</i>(7)</p> <p>Retrieved from: https://researchonline.nd.edu.au/cgi/viewcontent.cgi?article=1145&context=theses</p> <p>Lamb, S. E., & Lamb, J. E. (2015). Better balance, fewer falls. <i>BMJ</i>, h3930.</p> <p>Retrieved from: http://www.brookhavenhospital.org/assets/downloads/Schedule-MFBB-BrookhavenHospital.pdf</p>	<p>Guided Discussion</p>	<p>18 minutes</p>

By the end of the presentation, 96% of the audience shall be able to present applicable prevention as well as protection measures to be undertaken to prevent unnecessary falls.	<p>Hsiao, P. (2016). <i>Fall Prevention and Protection: Principles, Guidelines, and Practices</i>. Boca Raton: CRC Press.</p> <p>Retrieved from: https://www.pinterest.com/pin/137289488676631371/</p> <p>Short, A., & Cubitt, L. (2017). Slips, Trips, and Falls. <i>Handbook of Human Motion</i></p> <p>Retrieved from: https://link.springer.com/content/pdf/10.1007%2F978-3-319-30808-1_103-1.pdf</p> <p>Lord, S. R. (2013). <i>Falls in older people: Risk factors and strategies for prevention</i>. Cambridge: Cambridge University Press.</p> <p>Retrieved from: injuryprevention.bmj.com › Archive › Volume 9, Issue 1</p>	Guided Discussion	20 minutes

Below is a table that you can utilize to complete your assignment. Please remember to ask questions if you are unclear. Add as many extra rows to the grid as you need.

References

Please write out your references in proper APA format. Your evaluation submission for your project will include a formal reference page, so this portion of the assignment will allow your coach to make comments for improvement.

Bulsara, C., Khong, L., Hill, K., & Hill, A. M. (2016). Investigating Community Perspectives on Falls Prevention Information Seeking and Delivery: Older Person Perceptions Regarding Preferences For Falls Prevention Education Using A World Cafe Approach. *Journal of Community Psychology*.

Clemson, L., & Munro, J. (2017). Conceptual Model of Habit Reforming to Improve Balance and Prevent Falls. *Encyclopedia of Geropsychology*

Gray, B. (n.d.). Overview. *Slips, Stumbles, and Falls: Pedestrian Footwear and Surfaces*.

In Ackley, B. J., In Ladwig, G. B., & In Makic, M. B. (2017). *Nursing diagnosis handbook: An evidence-based guide to planning care*.

Hsiao, P. (2016). *Fall Prevention and Protection: Principles, Guidelines, and Practices*. Boca Raton: CRC Press.

Lamb, S. E., & Lamb, J. E. (2015). Better balance, fewer falls. *BMJ*, h3930.

Lord, S. R., Sherrington, C., Menz, H. B., & Close, J. C. (n.d.). Prevention of falls in hospitals and residential aged care facilities. *Falls in Older People*

Lord, S. (2013). *Falls in Older People: Risk Factors and Strategies for Prevention*. Cambridge: Cambridge UP

Short, A., & Cubitt, L. (2017). Slips, Trips, and Falls. *Handbook of Human Motion*