



RELATIONSHIP BETWEEN ROOM HEAD SUPERVISION AND NURSES COMPLIANCE IN IMPLEMENTING FALL RISK PREVENTION IN THE INPATIENT ROOM OF ARIFIN ACHMAD HOSPITAL

Muttakhidatul Hikmah[✉], Wice Purwani Suci^{*}, Stephanie Dwi Guna[✉]

Original Research

Faculty of Nursing, Universitas Riau, Indonesia

ABSTRACT

Introduction: The purpose of this research was to determine the relationship between room head supervision and nurses' compliance in implementing fall risk prevention in the inpatient room at Arifin Achmad Hospital. **Methods:** This research used a descriptive correlative design with a cross-sectional approach. The research sample consisted of 76 respondents, selected using the total sampling technique. Supervision was measured using a 28-item questionnaire, consisting of 17 favorable items and 11 unfavorable items, with a Cronbach's alpha reliability coefficient of 0.912. Nurse compliance was measured using a 9-item questionnaire, with a Cronbach's alpha reliability coefficient of 0.973. Data were analyzed using bivariate analysis with the chi-square test. **Results:** The results of the study showed that 39 nurses (51.3%) were in the compliant category in implementing fall risk prevention. Most of the compliant nurses received good supervision from the head room, as reported by 29 nurses (72.5%). Meanwhile, among the 37 nurses (48.7%) in the less compliant category, the majority received poor supervision from the head room, as stated by 26 nurses (72.2%). The statistical test results showed a p-value of 0.000 (< 0.05), indicating that the null hypothesis (H_0) was rejected. **Conclusions:** It can be concluded that there is a significant relationship between head room supervision and nurses' compliance in implementing fall risk prevention in the inpatient rooms of Arifin Achmad Hospital.

ARTICLE INFO

Received December 24, 2024

Accepted February 19, 2025

Online October 30, 2025

*Correspondence:
Wice Purwani Suci

E-mail :
wice.purwani@lecturer.unri.ac.id

Keywords:
Supervision of Room Head, Nurse Compliance, Prevention of Fall Risk

INTRODUCTION

Patient falls are a condition that occurs when people suddenly fall to the floor, sit, or move to a lower level than their original position (Takase, 2023). Falls can be caused by slipping, tripping, cognitive impairment, weakness in the lower extremities, or vertigo. Falls can result in limitations in daily activities, fractures, worsening of existing medical conditions, and increased hospital care costs due to the use of diagnostic equipment that should not normally be required by patients, such as CT scans, X-rays, MRIs, and others (Pelicioni et al., 2019).

The World Health Organization (WHO) states that one of the most common and serious incidents occurring in hospitals is patient falls, with an incidence rate ranging from 3 to 5 per 1,000 beds per day, and more than one-third of these incidents result in injury. In Indonesia, according to the Ministry of Health's Patient Safety Incident Report on April 12, 2019, there were 7,310 recorded incidents, of which 5,405 did not result in injury, 1,167 caused minor injuries, 421 caused moderate injuries, 85 caused serious injuries, and 233 resulted in death (Muharani, 2023).

The incidence of patient falls based on the report from the Hospital Committee of Arifin Achmad Hospital, Pekanbaru, shows that in 2017, there were 8 patient

falls, and in 2018, there were 3. This number exceeds the tolerance limit set by Permenkes No. 129/Th. 2008 concerning the Minimum Service Standards (SPM) for hospitals, which stipulate a 0% target for fall incidents, also known as the "zero defect" standard (Santri, Erwin and Zuhra, 2023).

Nurses constitute the largest group of healthcare workers in hospitals, comprising 40–60% of the workforce. This means that nurses interact with patients more frequently than other healthcare professionals and carry significant duties and responsibilities in preventing patient falls. Nurses' compliance with patient safety principles, including adherence to fall risk prevention measures, is expected to reduce the incidence of patient falls, thereby minimizing patient safety incidents overall (Vaismoradi et al., 2020).

One of the factors influencing nurses' compliance in implementing fall risk prevention is the supervision provided by the head nurse. Nursing supervision is a professional interaction between nurses and nursing supervisors, such as the head of nursing, head nurse, or team leader, through which nurses receive guidance, direction, assistance, evaluation, and feedback from their supervisors in order to ensure appropriate and



high-quality nursing care for patients (Nopita Wati, Prihatiningsih and Nanik Haryani, 2019). r. Achmad Hospital, located in Pekanbaru City, Riau Province, is a teaching hospital with duties, authority, and functions in providing individualized health services and serving as a training facility for students from health education institutions. The hospital provides facilities and services for patients requiring special care and supervision within its inpatient units. The inpatient units at Arifin Achmad Hospital include the Surgical Inpatient Unit and the Medical Inpatient Unit (Rahmadi Islam, 2018).

Based on research conducted by Ardelia in 2020, with a total of 60 respondents, it was found that there was a significant relationship between supervision by the head nurse and nurses' compliance in implementing standard operating procedures for fall risk prevention in the inpatient room of RS PKU Muhammadiyah Yogyakarta, with a moderate correlation (Ardelia, Ardani and Imallah, 2020).

Based on a preliminary study conducted by researchers at Arifin Achmad Hospital through observations and interviews, nurses stated that fall risk assessments were carried out for every new patient. However, nurses also reported that if a patient was identified as being at high risk of falling, follow-up assessments were only conducted once every five days. Nurses further explained that patients at risk of falling were provided with yellow wristbands and had bed rails installed; however, incidents of patient falls still occurred in the hospital, such as falls in the bathroom or from the bed. Fortunately, these incidents did not cause significant injury to the patients. Nurses also stated that during supervision activities, the head nurse provided guidance and evaluation related to fall risk prevention efforts. Therefore, the purpose of this study

was to determine the relationship between head nurse supervision and nurses' compliance in implementing fall risk prevention measures in the inpatient rooms of Arifin Achmad Hospital.

MATERIALS AND METHODS

The design used in this study was descriptive correlative using a cross-sectional approach. The population in this study consisted of implementing nurses who served in class III inpatient rooms in Medical (Kenanga, Krisan) and Surgical (Dahlia, Edelweiss) Arifin Achmad Hospital, Riau Province, with a total of 76 respondents. The research ethics number was 473 /UN19.5.1.8/ KEIPK.FKp/2024. The sample in this study included all nurses in the population. The instrument used by the researcher in this study was a questionnaire developed by Khotimah (2021), which was adapted from the health management textbook by Kuntoro (2010) to measure the supervision of the head of the room. This questionnaire had previously been tested for validity and reliability. The results of the validity test showed that all statement items were valid with a calculated r value $>$ the r table value of 0.361, and an alpha reliability value of 0.912 (Khotimah, 2021). The nurse compliance questionnaire in implementing fall risk prevention was a questionnaire developed by Aprilia (2011) which refers to International Patient Safety Goal guidelines. This questionnaire was also tested for validity and reliability with a Cronbach alpha value of 0.973 (Aprilia, 2011). Univariate analysis in this study was used to describe the characteristics of respondents consisting of age, gender, last education, length of service at Arifin Achmad Hospital, and patient safety training. Bivariate analysis in this study used the chi-square test with a 95% confidence level and a significance limit ($\alpha = 0.05$). Based

RESULTS

Table 1. Characteristics respondents based on age, gender, last education, patient safety training, length of service at Arifin Achmad Hospital Riau, 2024.

Age	Frequency (F)	Percentage (%)
Early Adulthood (18-40 years)	61	80.3
Middle Adulthood (41-60 years)	15	19.7
Gender	Frequency (F)	Percentage (%)
Male	11	14.5
Female	65	85.5
Last Education	Frequency (F)	Percentage (%)
D3 Nursing	29	38.2
S1Ners Nursing	47	61.8
Patient Safety Training	Frequency (F)	Percentage (%)
Never	8	10.5
Ever	68	89.5
Length of Service	Frequency (F)	Percentage (%)
<1 year	1	1.3
1-5 years	25	32.9
5-10 years	10	13.2
>10 years	40	52.6
Total	76	100.0

Based on table 1, shows that of the 76 respondents, the majority of respondents were in early adulthood (18-40 years) totaling 61 nurses (80.3%), 65 nurses (85.5%) of respondents were female, most of the respondents' last education was S1 Nursing total of 47 nurses (61.8%), most respondents had attended patient safety training with a total of 68 nurses (89.5%), and more than half of the respondents had a length of service at Arifin Achmad Hospital >10 years total of 40 nurses (52.6%).

Table 2. Distribution of room head supervision at Arifin Achmad Hospital Riau, 2024

Room head supervision	Frequency (F)	Percentage (%)
Not good enough	36	47,4
Good	40	52,6
Total	76	100.0

Based on table 2, shows that of the 76 respondents, more than half of the ward head's supervision was in the good category namely 40 nurses (52.6%).

Table 3. Distribution of Nurse compliance in implementing fall risk prevention at Arifin Achmad Hospital Riau, 2024.

Nurse compliance in implementing fall risk prevention	Frequency (F)	Percentage (%)
Not obedient enough	36	47,4
Obedient	40	52,6
Total	76	100.0

Based on table 3, shows that of the 76 respondents, It was found that the majority of nurses' compliance in implementing fall risk prevention fell into the compliant category, namely 39 nurses (51.3%).

Table 4. Relationship between room head supervision and nurse compliance in implementing fall risk prevention at Arifin Achmad Hospital Riau, 2024.

Supervision of the head of the room	Nurse Compliance						P-Value
	Not obedient enough		Obedient		Total		
	F	%	F	%	F	%	
Not good enough	26	72.2	10	27.8	36	100	0.000
Good	11	27.5	29	72.5	40	100	
Total	37	48.7	39	51.3	76	100	

on Table 4, it can be seen that the results of the analysis of the relationship between the head nurse supervision variable and nurse compliance in implementing fall risk prevention in the inpatient ward of Arifin Achmad Hospital show that out of 36 nurses who stated that head nurse supervision was inadequate, 26 nurses (72.2%) were not compliant in implementing fall risk prevention, and the remaining 10 nurses (27.8%) were compliant. In the category of nurses who stated that head nurse supervision was good, out of 40 nurses, 29 nurses (72.5%) were compliant in implementing fall risk prevention, and the remaining 11 nurses (27.5%) were not compliant. The results of the statistical test using the chi-square test showed a p-value of $0.00 < \alpha (0.05)$, indicating that H_0 is rejected, which means there is a significant relationship between head nurse supervision and nurse compliance in implementing fall risk prevention in the inpatient ward of Arifin Achmad Hospital.

DISCUSSION

Characteristic of respondents

Respondent characteristics based on age showed that the majority of respondents were in early adulthood. According to Hurlock's theory (1996 theory, early

adulthood ranges from ages 18 to 40 years, marking the transition from adolescence to adulthood. Early adulthood is a developmental stage in which individuals carry out their developmental tasks, such as becoming productive and entering the workforce. At this stage, individuals are expected to possess good work skills in order to develop within their professional environment (Putri, 2018; Merida, Rifayanti and Putri, 2021). Respondent characteristics based on gender showed that most respondents were female. The number of nurses is dominated by women rather than men. Although women are the most dominant, this does not mean that only female nurses carry out fall risk prevention, because patient safety is the responsibility of all nurses working in hospitals. Respondent characteristics based on the last level of education show that the respondents' education was dominated by nurses with a Bachelor's degree in Nursing (S1). Nurses who hold a Bachelor's degree are considered to have a more comprehensive academic foundation, both theoretically and practically, in nursing services, and therefore possess greater knowledge related to fall risk prevention. Respondent characteristics based on participation in patient safety training show that most respondents had participated in patient safety

training. Participation in such training is expected to increase nurses' knowledge and skills related to fall risk prevention. Respondent characteristics based on length of service showed that more than half of the respondents had worked at Arifin Achmad Hospital for more than 10 years. Length of service is considered to have a positive influence on a nurse's experience. The longer a nurse has worked, the more experienced they become in carrying out their duties and developing nursing skills related to fall risk prevention (Rudyarti, 2020).

Room head supervision

Based on the results of the research that was conducted, it was found that more than half of the room head supervision was categorized as good. This illustrates that the supervision carried out by the head of the room has been implemented effectively in the inpatient ward of Arifin Achmad Hospital. The results of this study are in line with the research conducted by (Khotimah and Febriani, 2022), which showed that the majority of room head supervision was categorized as good, with 48 nurses (68.6%). This is because the supervision was conducted regularly, which had a positive influence on the performance of implementing nurses, both in terms of guidance, direction, motivation, and work evaluation. A similar study was conducted by (Al-hijrah et al., 2023) also showed that the majority of supervision carried out by the head of the room was categorized as good, with 103 nurses (88%). This is because the head of the room understood and fulfilled their responsibilities effectively.

The implementation of supervision by the head of the room can be categorized as good if the head of the room is able to organize implementing nurses by delegating tasks according to each nurse's expertise, building positive relationships and maintaining effective communication with the implementing nurses, and providing guidance and direction in delivering safe nursing care. Meanwhile, suboptimal supervision can be identified from the lack of coordination between the head of the room as a supervisor and the implementing nurses (Asnawati and Simbala, 2021).

Nurse compliance in implementing fall risk prevention

Based on the results of the research that was conducted, it was found that more than half of the nurses were compliant in implementing fall risk prevention. This shows that nurses' compliance in implementing fall risk prevention in the inpatient ward of Arifin Achmad Hospital was generally good, especially in terms of fall risk assessment, observation, and interventions for patients at risk of falling. This finding is in line with research conducted by (Ardelia, Ardani and Imallah, 2020) which showed that most nurses were compliant in implementing the fall risk SOP, with 25 nurses (41.7%) categorized as compliant. A similar study by (Wijayanti, Nabhani and Andrian., 2022) also reported that the majority of nurses were categorized as compliant in fall risk management, with 14 nurses (70%).

Nurse compliance is an attitude of adherence in which nurses follow the rules and standards applied in the hospital. Compliance is a fundamental aspect that must be possessed by nurses as providers of nursing services to patients, as it directly concerns patient health and safety. The regulations established by hospital management are expected to be properly followed (Purnomo et al., 2019). The results of this study also indicate that there are still nurses who are less compliant in implementing fall risk prevention. This may be influenced by various external and internal factors. External factors include workload, work environment, and the presence or absence of rewards and punishments. Internal factors include nurses' knowledge related to fall risk prevention, attitudes, perceptions, motivation, and individual skills in carrying out fall risk prevention measures.

Relationship between room head supervision and nurse compliance in implementing fall risk prevention

Based on the results of the research that was conducted, it was found that the results of the Chi-Square statistical test showed a p-value of 0.00 (< 0.05). This indicates that the null hypothesis (H_0) is rejected, so it can be concluded that there is a significant relationship between the supervision of the head of the room and nurse compliance in implementing fall risk prevention in the inpatient ward of Arifin Achmad Hospital. Supervision is one of the primary responsibilities of a room leader in maintaining service quality and ensuring patient safety, including preventing the risk of falls within their area of responsibility. In the inpatient ward, this supervisory role is carried out by the head of the room as the unit leader. One of the tasks of the head nurse's supervision is to monitor and evaluate implementing nurses in delivering nursing care. According to Gibson et al. (2012), one of the factors influencing a person's compliance is the presence of supervision or oversight from a leader. Nurses are more likely to comply and follow the standards for implementing fall risk prevention in hospitals if they are regularly supervised, as such supervision influences their career progression and performance evaluation. This indicates a positive relationship, where consistent and routine supervision enhances nurse compliance in implementing fall risk prevention measures, thereby improving service quality and hospital accreditation (Lumban and Bunga, 2023).

Research conducted by on reducing patient fall risks through supervision by the head of the ward found that there was a decrease in patient fall incidents as a result of effective supervision. Such supervision allows nurses to reflect on their duties, maintain accountability, and improve the quality of nursing care, including fall risk prevention.

A similar by (Ardelia, Ardani and Imallah, 2020) also found a significant relationship between supervision by the head of the ward and nurse compliance in implementing the fall risk SOP. The study concluded that

the better the supervision, the more compliant nurses were in implementing the fall risk SOP, which in turn helped reduce and prevent fall incidents.

Another study conducted by (Khotimah and Febriani, 2022) found that the head of the ward plays an important role in providing support and motivation to implementing nurses through routine supervisory activities aimed at evaluating fall risk prevention. The crucial role of the head of the ward increases nurses' sense of responsibility in implementing fall risk prevention. Nevertheless, implementing nurses—whether directly supervised or not—must consistently comply with all fall risk prevention procedures established by the hospital to ensure safe and comfortable nursing care for patients.

CONCLUSIONS

Based on the research conducted, it can be concluded that there is a significant relationship between the supervision of the head of the ward and nurse compliance in implementing fall risk prevention in the inpatient ward of Arifin Achmad Hospital. Nurses, whether under direct supervision or not, must consistently adhere to all hospital-established procedures for fall risk prevention to ensure safe and comfortable nursing care for patients.

ACKNOWLEDGEMENTS

The authors would like to express their gratitude to the Faculty of Nursing, University of Riau, and Arifin Achmad Regional General Hospital for granting permission to conduct this research, which enabled the authors to publish this article in the Vocational of Nursing Journal.

AUTHORS' CONTRIBUTIONS

The first author acted as the researcher, collected the data, and performed the data analysis. The second and third authors served as advisors.

CONFLICT OF INTEREST

There are no conflicts of interest associated with this research.

FUNDING

This research was self-funded by the researcher.

REFERENCES

Al-Hijrah, M.F., Musdalifa., Irwan, Muhammad., Ananda, Rusda., Page Muhammad Taufik., Mubarak, Muhammad Hosni., Panggeleng, Andi Mifta Farid. (2023). Hubungan Supervisi Kepala Ruangan Dengan Pendokumentasian Asuhan Keperawatan Di Ruang Rawat Inap Rsud Majene. *Jurnal Promotif Preventif*, 6(5), 724–732. <https://doi.org/10.47650/jpp.v6i5.945>

Aprilia, S. (2011) Faktor-Faktor Yang Mempengaruhi Perawat Dalam Penerapan Ipsg. Universitas Indonesia. Retrieved April 15, 2024, from <https://lontar.ui.ac.id/detail?id=20296654&lokasi=lokal>

Ardelia, Y., Ardani., Imallah, R.N. (2020). Hubungan Supervisi Kepala Ruang Dengan Kepatuhan Perawat Melaksanakan Spo Risiko Jatuh Di Rs Swasta Yogyakarta. Universitas. Aisyiyah Yogyakarta.

Asnawati, R., Simbala, I., Runtunuwu, Yudi. (2021). Supervisi Kepala Ruangan Dengan Kinerja Perawat Dalam Pelaksanaan Asuhan Keperawatan. *ZA/TUN (Jurnal Ilmu Kesehatan)*, 9(1), 925-932. <https://doi.org/10.31314/Zijk.V9i1.1116>

Khotimah, K. (2021). Hubungan Peran Supervisi Kepala Ruangan Dengan Motivasi Perawat Dalam Pencegahan Risiko Jatuh Di Ruang Rawat Inap Rsud Kota Bogor. Retrieved April 15, 2024, from <http://repository.upnvj.ac.id/11674/>

Khotimah, L.K., Febriani, N. (2022). Peran Supervisi Kepala Ruangan Dalam Memotivasi Perawat Pada Pencegahan Risiko Jatuh Di Rumah Sakit. *Jurnal Keperawatan Widya Gantari Indonesia*, 6(2), 49-59. <https://doi.org/10.52020/Jkwgi.V6i2.4111>

Lumban, G.R., Bunga, A.L. (2023). Pengaruh Supervisi Kepala Ruang Rawat Inap Dan Kompetensi Perawat Terhadap Pencegahan Risiko Jatuh : Literature Review. *Media Publikasi Promosi Kesehatan Indonesia*, 6(11), 2142–2150. <https://doi.org/10.56338/Mppki.V6i11.4250>

Merida, D.A., Rifayanti, R., Putri, E.T. (2021). Efikasi Diri Dengan Kesiapan Kerja Pada Dewasa Awal Di Kota Samarinda. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(4), 900-908. <https://doi.org/10.30872/Psikoborneo.V9i4.6842>

Muharani, A. (2023). Pentingnya Pengetahuan Perawat Terhadap Sasaran Keselamatan Pasien Di Rumah Sakit. In Seminar Informasi Kesehatan Nasional (Sikesnas). Retrieved January 07, 2024, from <https://osf.io/6xqrj/download>

Nopita Wati, N.M., Prihatiningsih, D., Nanik Haryani, N.P. (2019). Hubungan Supervisi Keperawatan Dengan Pelaksanaan Budaya Safety. *Adi Husada Nursing Journal*, 4(2), 56-65. <https://doi.org/10.37036/Ahnj.V4i2.126>

Pelicioni, P.H.S., Menant, Jasmine., Latt, Mark D., Lord, Stephen R. (2019). Falls In Parkinson 's Disease Subtypes : Risk Factors , Locations And Circumstances. *International Journal Of Environmental Research And Public Health*, 16(12), P. 2216. <https://doi.org/10.3390/Ijerp16122216>

Purnomo, L., Kristina, Tri Nur., Santoso, Agus. (2019). Gambaran Kepatuhan Perawat Dalam Pencegahan Risiko Jatuh. *Jurnal Smart Keperawatan*, 6(1), 55–58. <http://dx.doi.org/10.34310/jskp.v6i1.244>

Putri, A.F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *Schoulid: Indonesian Journal Of School Counseling*, 3(2), 35-40. <https://doi.org/10.23916/08430011>

Rahmadi Islam (2018). Faktor - Faktor Yang Berhubungan Dengan Burnout Pada Perawat Di Rsud Arifin Achmad Provinsi Riau Tahun 2023. Universitas Andalas.

- Rudyarti, E. (2020). Analisis Hubungan Stres Kerja, Umur, Masa Kerja Dan Iklim Kerja Dengan Perasaan Kelelahan Kerja Pada Perawat. *Seminar Nasional Kesehatan Masyarakat*, 1(1), 240–249.
- Sahpitra, D., Yulia, S., Triwijayanti, R. (2019). Penurunan Resiko Jatuh Pasien Melalui Supervisi Kepala Ruang Perawatan. *Jurnal Kepemimpinan Dan Manajemen Keperawatan*, 2(2), 45. <https://doi.org/10.32584/jkmm.v2i2.328>
- Santri, A., Erwin., Zukhra, R.M. (2023). Gambaran Penerapan Patient Safety Resiko Jatuh Oleh Perawat Di Ruang Rawat Inap Kelas III Rsud Arifin Achmad. *Jurnal Medika Utama*, 04(03), 3472-3481.
- Takase, M. (2023). International Journal Of Nursing Sciences Falls As The Result Of Interplay Between Nurses , Patient And The Environment : Using Text-Mining To Uncover How And Why Falls Happen. *International Journal Of Nursing Sciences*, 10(1), 30–37. <https://doi.org/10.1016/j.ijnss.2022.12.003>
- Vaismoradi, Mojtaba., Tella, Susanna., Logan, Patricia A., Khakurel, Jayden., Moreno, Flores Vizcaya. (2020). Nurses' Adherence To Patient Safety Principles : A Systematic Review'. *International Journal Of Environmental Research And Public Health*, 17(6), 1–15. <https://doi.org/10.3390/ijerph17062028>
- Who (2023). Patient Safety. Retrieved September 28, 2023, from <https://iris.who.int/handle/10665/255507>
- Wijayanti, Nabhani., Andrian., W. (2022). Gambaran Pengetahuan Risiko Jatuh Dan Kepatuhan Perawat Tentang Manajemen Risiko Jatuh. *Jurnal Ilmiah Kedokteran Dan Kesehatan*, 1(2), 98–103. <https://doi.org/10.55606/klinik.v1i2.717>.