Management of falls risk factors
or
How do I stop someone from falling over (again...)?
Terms Used

- Falls Prevention
- Minimising falls risk
- Minimising fall-related injuries
- Managing falls risk factors
Assessment Completed

• A Score?
• Rating of Severity?
  – High
  – Medium
  – Low

Now What?
Interventions can be:

OR
Consider:

• The term ‘falls prevention’ can be unfamiliar and a difficult concept

• What changes are people willing to make

• What might be some of the barriers to taking action

• There is a risk that offering several interventions may be confusing and provides conflicting advice so staged and integrated manner of delivery may be appropriate.
• Observation

  – Cues in the environment
  – Cues in a person’s functional ability
  – Cues in the person’s behaviour
  – Cues in the person’s physical appearance
  – Cues from time of day and other events
Contributors to risk

Examples

• Bed rest
• Medical problems (acute and/or chronic)
• Medications
• Changes in the environment
• Dehydration
• Time
• Inappropriate footwear
Review of Assessment

• Case Study – Mrs A

• What management options are there for each risk factor?
ACTIVITY
5 Examples of Risk Factors

• Vision Impairment

• Inappropriate Footwear

• Poor balance

• Incontinence

• Fear of falling
Examples of interventions:

• Exercise interventions
• Vitamin D supplementation
• Medication review and withdrawal
• Cardiac pacemaker insertion
• Home safety programs
• Cataract Surgery
• Falls prevention programs e.g. Stepping On program, Stay On Your Feet program
Management Options

- Individual Responsibility / Self Help
- Referrals / Services / Information
- Policy / Program Development / Research
Exercise Interventions

• Challenging balance safely
  – Exercise in standing
  – Minimal upper limb support
  – Minimal base of support
  – Controlled movements of the body’s centre of mass

• Dose of exercise
  – Unknown? At least 2 hours of exercise over 25 weeks but effect may be lost if stopped

• Walking programs
  – Unclear evidence
Implementation of Action List

• Where is the plan placed?

• Who is responsible for implementation?

• When does implementation occur?

• How is the plan reviewed?
Exercising always reminds me why I hate exercising.
Top Tip

Nothing is effective if it’s not done!