

Conversation Tool: Falls Prevention MOVE/IMPROVE/REMOVE # PMH 1201

There are many things that we can do to prevent a fall. Universal risk factors alone or in combination make everyone at risk to fall.

Universal Risk Factor	Suggested conversation
Lack of Exercise	Are you physically active? Do you spend 30 mins per day doing activities that you enjoy ie: walking, bowling, swimming etc.
Balance and Gait deficit	Do you do any exercises that improve your strength and balance such as yoga, weights, use of resistance bands or tai chi? There are many everyday activities that help to improve balance such as unloading a dishwasher, gardening.
Vitamin D deficiency	Do you take Vitamin D? Consider a supplement of 800-1000 iu per day. Pamphlet PMH 1263 If you start this vitamin discuss with your pharmacist, physician or nurse practitioner.
Medication effects	Are you taking 3 or more medications per day? Are you aware of potential side effects of these medications (ie lower b/p, confusion)? Discuss potential side effects with your pharmacist on your next visit (ie RX refill)
Inappropriate clothing and footwear	Do your shoes have high heels, slippery soles or fit poorly? Do you wear slippers, socks or stocking without shoes indoors and outdoors? Wear shoes that fit and provide good support indoors and outdoors.
Misuse of alcohol or drugs	Have you considered the possible interactions with drug or alcohol use? Are you aware of the Canadian intake guidelines? 10 drinks per week for a female (no more than 2 drinks per day) 15 drinks per week for male (no more than 3 drinks per day). Consider referral to AFM, mental health services, physician or nurse practitioner. Discuss potential interactions with your pharmacist on your next visit (ie RX refill)

Additional discussion comments:

Before beginning any exercise program it's important to check with your doctor or nurse practitioner to make sure it's safe and right for you.

Many third party benefits (ie EIA, Blue Cross, Veteran's Affairs) provide coverage for interventions to prevent falls (ie incontinence products, vitamin D prescriptions). Encourage the client to connect with their insurer/agency or worker to discuss benefits coverage.