

Falls Prevention is **EVERYONE's** Responsibility

Falls are the leading cause of injury in Prairie Mountain Health.

Preventing Falls Will Reduce Injuries.

PMH has a new policy - **Falls Prevention and Management PPG-00557**. Take the time to review this policy and how it affects your work.

All Clients Are Considered At Risk For Falls.

ASSESS for Universal Falls Risk Factors
IMPLEMENT Universal Falls Interventions

To help prevent falls, everyone should:

MOVE, IMPROVE and REMOVE

MOVE your body

- ◆ **Balance and gait** – Promote strengthening exercises.
- ◆ **Lack of exercise** – Promote 150 minutes of activity per week for ages 18+ and 60 minutes daily for ages 5-17.

IMPROVE your health

- ◆ **Impaired vision/hearing** – Have eyes/ears been tested in the last two years?
- ◆ **Impaired cognition** – Consider how lack of sleep and stimulation and increased stress affect cognition.
- ◆ **Medication effects** – Consider how medication(s) impact falls.
- ◆ **Vitamin D deficiency** – Consider the recommended daily supplement of 800-1000 IU per day for healthy clients over one year of age.
- ◆ **Incontinence** – Consider regular bathroom use and/or incontinence products.
- ◆ **Inadequate nutrition/hydration** – Eat a balanced diet according to the Canada Food Guide.
- ◆ **Social isolation** – Stay connected to family, friends and health team.
- ◆ **Foot Condition(s)** – Consider having feet assessed and treated by a trained foot care professional.

REMOVE hazards and obstacles

- ◆ **Clothing and footwear** – Wear low heeled, soled shoes or non-slip socks, clothing maintained and sized to avoid tripping.
- ◆ **Safety hazards and obstacles** – Remove clutter and rugs, improve home lighting
- ◆ **Poor building design and maintenance** – Use handrails or ramps where available. Report to the managers of public housing/buildings poor accessibility or maintenance.
- ◆ **Misuse of alcohol and drugs** – Consider the effects of alcohol and drugs and possible interactions and their impact on falls; practice moderation.