



# Manitoba Fall Prevention Webinar

## Orientation to Fall Prevention Tools and Resources

March 14, 2017

# Webinar etiquette

Please  
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your  
phone



# Introduce Yourself

Take a moment to introduce yourself within the **CHAT** section of the webinar

## *Ideas...*

- Name
- Role
- Where are you calling from today?
- What do you hope to learn?



# Webinar access information

To join the online meeting:

- Go to <https://manitoba-ehealth.webex.com/manitoba-ehealth/j.php?MTID=m5c0c94bc8079269d09ab8e7da6963d9e>  
If requested, enter your name and email address.
- **Meeting Number:** 921 160 705
- **Meeting Password:** 9pJGgJ6V
- Click **“Join”**

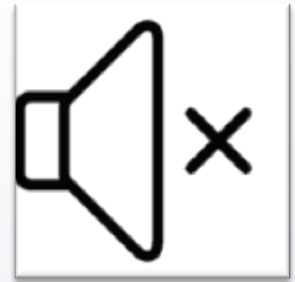
**Teleconference**  
1-866-464-4026  
**Conference Code**  
15 18 20 71 88

# Webinar etiquette

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# Webinar etiquette



- Mute your speakerphone
- Remember not to put your phone ***on hold*** during the webinar
- Use the chat section within the webinar to type questions or comment

# Presenter

**Cynthia Menzies**

Program Specialist

Injury Prevention

Population and Public Health

WRHA







# Manitoba Fall Prevention Webinar

## Orientation to Fall Prevention Tools and Resources

March 14, 2017



# Partnership

- Healthy Living and Healthy Populations Unit of Manitoba Health, Seniors and Active Living
- Winnipeg Regional Health Authority, Injury Prevention, Public Health Program

# Working together

## Key areas:

- RHA consultation
- **RESOURCE AND TOOL DEVELOPMENT**
- Children and youth evidence review
- **PROFESSIONAL EDUCATION**
- Communication and knowledge translation
- Surveillance



# Webinar purpose

- Orientation of new and existing fall prevention tools and resources for health care professionals working with older adults in Manitoba communities



# Target group

Health care professionals working with older adults in community settings across Manitoba



# Let's begin!

1. **NEW!** Fall prevention resources
2. Existing fall prevention resources
3. Fall prevention community of practice
4. Provincial/regional committee/groups

# NEW! Resources

1. **Handout:** 8 Steps to Stay on Your Feet
2. [Pow Toon Video](#): 8 Steps to Prevent a Fall
3. [Pow Toon Video](#): Exercise & Balance
4. [Pow Toon Video](#): Manage your medications
5. **Conversation Tool:** Falls Prevention  
MOVE/IMPROVE/REMOVE



# 8 Steps to Stay on Your Feet



1

## Improve your balance

- Exercise to improve your balance for 2 hours each week, or about 20 minutes every day.
- Do balance exercises in addition to your other physical activities.
- Visit [www.preventfalls.ca](http://www.preventfalls.ca) or ask your physiotherapist for simple exercises you can do at home.

Are you doing balance exercises for 20 minutes every day?



2

## Stay active and exercise daily

- Stay strong and healthy by doing activities that you enjoy such as walking, swimming, cycling or exercising in a group.
- Start slowly and work up to 20 - 30 minutes every day.
- If you are just starting to exercise, talk to your doctor first.

Do you do less than 30 minutes of physical activity each day?



3

## Manage your medications

- Have your prescriptions, over-the-counter drugs (such as pain relievers), vitamins and herbal supplements reviewed by your doctor, pharmacist or nurse once a year and when you start a new medication.
- Keep an up-to-date list of the names and doses of your medications.
- Take your medications as directed: the correct dose at the proper time.

When was the last time you had your medications reviewed?



4

## Vitamin D and healthy eating

- Take a 1000 IU vitamin D supplement each day.
- Eat nutritious foods from all four food groups.
- Drink 9 cups of fluid every day, such as water, milk or tea.
- Limit your alcohol intake to no more than 1 or 2 drinks a day.

Are you getting enough vitamin D?



5

## Manage your health conditions

- Have regular checkups with your health care provider to manage your chronic health conditions, get early treatment and prevent complications.
- Learn about your health conditions and follow advice to keep up your abilities and health.
- See your health care provider if you don't feel right, or if you feel weak, dizzy or unsteady.

Do you sometimes feel weak, dizzy, or unsteady?

*Take steps now to reduce your risk of falling*



# Pow Toon Videos

1. 8 Steps to Prevent a Fall
2. Exercise and Balance
3. Manage your medications

**The good news is...**

***There are steps you can take to help prevent a fall***



**TO PREVENT FALLS**

- Improve your balance
- Stay Active
- Manage your medications
- Vitamin D & healthy eating
- Manage health conditions
- Foot care & safe footwear
- Take care of eyesight
- Remove & report hazards

# Conversation Tool: Falls Prevention MOVE/IMPROVE/REMOVE

**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.

September 1, 2018  
PMH1201

PRAIRIE MOUNTAIN HEALTH

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

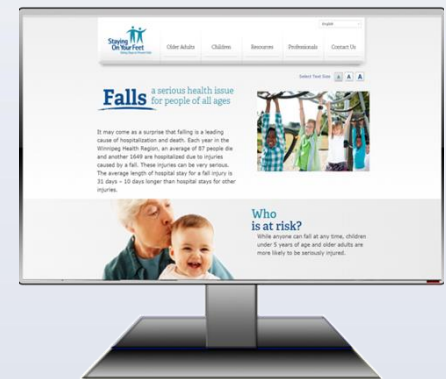
There are many things that we can do to prevent a fall. Universal risk factors alone or in combination make everyone at risk to fall.

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 <u>iu</u> 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:**

# Existing resources

- [A Checklist to Help You Prevent Falls](#) helps you identify what is putting you at risk of falling
- [Take Action To Prevent Falls Booklet](#) contains the above checklist to help you identify what is putting you at risk of falling, provides information on what you can do to reduce the risks and has tools to help you make a plan
- [Home Balance and Strength Exercises](#) contains pictures and step-by-step instructions of five exercises that you can do at home to improve your strength and balance



# Existing resources

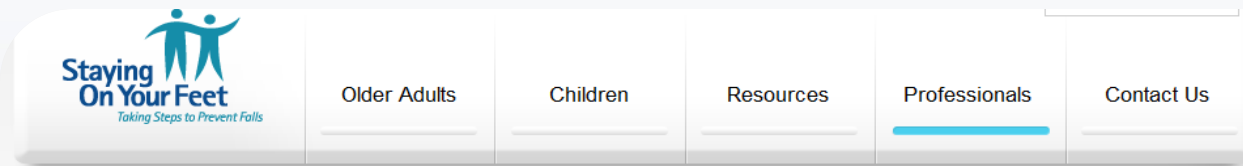
- [Proper Footwear Can Help Prevent Falls](#) helps you choose the best footwear to decrease your risk of falling
- [Exercise for Strength and Balance](#) – 11 x 17" poster
- [Vitamin D, Prevent Falls and Injuries](#) – 11 x 17" poster
- [Medications and Risk of Falling](#) – 11 x 17" poster
- [Proper Footwear Prevents Falls](#) – 11 x 17" poster
- [Staying on Your Feet Community Presentation](#)-a public presentation that aims to promote healthy, active aging for older adults living in the community in order to reduce falls and fall-related injuries.

All of these resources are available free of charge for public health professionals through the [Materials Distribution Agency \(MDA\)](#).



# Online community of practice

[www.preventfalls.ca](http://www.preventfalls.ca)



## Professionals

Select Text Size [A](#) [A](#) [A](#)

Resources and Tools  
Training  
Environmental Checklists  
FROP Screening Tool  
News and Updates  
Briefings and Backgrounders  
[Manitoba Falls Prevention Network](#)

### Manitoba Falls Prevention Network

The Manitoba Falls Prevention Network is a community of practice that provides an opportunity to connect, share best practices and highlight innovative research projects for the purpose of preventing falls and reducing severity of injuries from falls in Manitoba. Led by [Manitoba Health, Seniors and Active Living](#) and in collaboration with the Winnipeg Regional Health Authority, the Manitoba Falls Prevention Network is comprised of experts in the field of falls prevention with members from various organizations. Organizations represented include the provincial government, academic institutions and non-government organizations as well as local regional health authorities. The Falls Prevention Network facilitates the implementation of evidence-informed falls prevention programming.

The network is guided by the following principles:


- Provincial-wide access to falls prevention resources and programming.
- Programming that is inclusive of all ages in all settings of practice (e.g. community, acute care, residential, personal care).
- Provide leadership, support, coordination and access to falls prevention information

• provide leadership, support, coordination and access to falls prevention information  
care, residential, personal care)  
• programming that is inclusive of all ages in all settings of practice (e.g. community, acute  
• provincial-wide access to falls prevention information


**Staying On Your Feet**  
Taking Steps to Prevent Falls

# Online community of practice

www.fallsloop.com



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**CYNTHIA MENZIES**  
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MEMBER SEARCH

Search for a member by organization.

## WELCOME TO LOOP


Loop is a place where fall prevention practitioners can connect, share information, get inspired, find new partners, ask for advice, and learn how others are tackling the issue of falls.


What would you like to do today?


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## ACTIVE DISCUSSIONS


[VIEW MORE](#)


**Steady, Strong and Safe**  
[1 COMMENT](#)


**HÉLÈNE GAGNÉ** ★ LOOP TEAM  
commented on March 9, 2017


**Toolkit for November as Fall Prevention Month 2017 - want to help? Want to learn more?**  
[5 COMMENTS](#)


**EMILY POWELL**  
commented on March 8, 2017

**Fall Prevention in Seniors Seminar: Focusing on Protecting Those who may also have Dementia**  
[2 COMMENTS](#)

**JULIA MILLER**  
commented on March 7, 2017

**Grip strength and frailty risk: a predictive measure for fall risk and**

**NATASHA KURAN**  
added on March 7, 2017

Staying On Your Feet   
Taking Steps to Prevent Falls

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# Fall Prevention Group/Committee

- Manitoba Falls Prevention Advisory Committee
- Manitoba Falls Prevention Network
- Regional Falls Prevention Leadership Committee
- Community and Ambulatory Care Fall Prevention and Management Virtual Interest Group



# Falls Prevention Education

## Canadian Falls Prevention Curriculum (CFPC)

The CFPC is a resource which provides health professionals with the knowledge and skills required to design, implement and evaluate falls prevention programs



# Questions



*We are*  
**public health.**

**We work to prevent fall injuries in older adults.**

Falls are the leading cause of injury and death in adults over 65, but the good news is that with education and support, older adults can reduce their risk of debilitating falls.



# Contact

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