

Falls Management

AIMS

To be able to prevent falls, and to know what to do in the event of a fall

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Recognise the importance of Falls Management
- Be aware of fall risk factors
- Understand how falls can affect the quality of life of residents
- Understand what steps can be taken to prevent falls
- Know what to do in the event of a fall
- Understand how to undertake a falls assessment
- Be aware of equipment that can be used to prevent falls
- Understand how to report falls

LESSONS AND TOPICS

Importance of Falls Management

- Definitions
- Legislation
- Statistics
- What can we do?
- Responsibilities

Causes and Risk Factors

- What is a Risk Factor?
- Personal Risk Factors
- Understanding Common Risk Factors
- Environmental Risk Factors
- A Fall as a Warning Sign

Effects of Falling

- Quality of Life
- Physical
- Psychological
- Isolation After a Fall
- Fear of Falling

Prevention

- Key Things to Remember
- Getting Around
- Supporting Walking
- Shower and Bath Safety
- Walking Aids
- Looking After Feet
- Low Beds
- Footwear
- Nutrition and Hydration

What to do if Someone Falls

- Accident and Incident Reports
- 72-Hour Post Fall Monitoring
- Scatter Chart
- Body Maps

Management

- Monitoring and Supervision
- Mobility Aids
- Assistive Technology
- Summoning Support

Reporting

- Handover
- Accident and Incident Reports