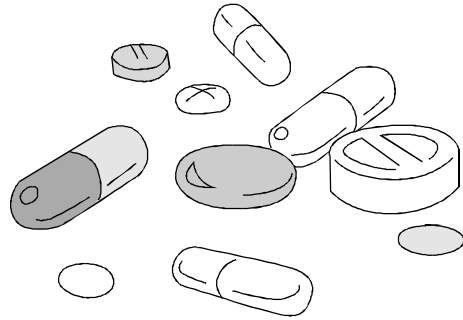
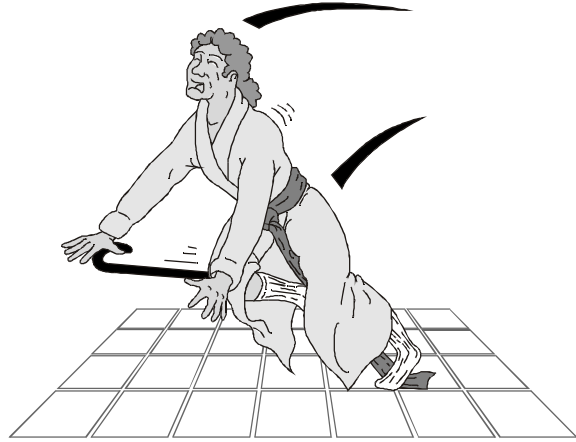
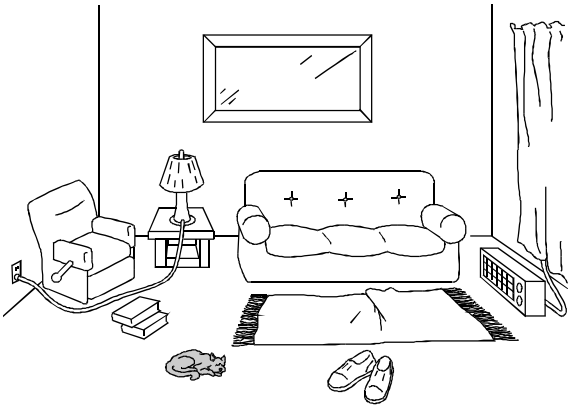


Preventing

FALLS

in the Elderly



HARTMAN PUBLISHING INC.

Kathlene Benson, BSN, RN, C

Preventing

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NOTICE TO THE READER

Though the guidelines contained in this text are based on consultations with healthcare professionals, they should not be considered absolute recommendations. The instructor and readers should follow employer, local, state, and federal guidelines concerning healthcare practices. These guidelines change, and it is the reader's responsibility to be aware of these changes and of the policies and procedures of her or his healthcare facility/agency.

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CREDITS

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THANKS

The publisher would like to thank -

Cindy R. Bromke, RN, for permission to use her real-life story as the basis for "The Case of the Fallen Resident"

ISBN 1-888343-28-1

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FYI

One of every three persons over age 65 falls each year. The consequences can be anything from minor bruises to fractures and life-threatening injuries. In addition to physical injuries, people who suffer from falls can easily lose confidence in their own abilities, leading to an increased loss of independence. Injuries and hospitalization from serious falls cost an average of \$1,400 per person per year. That makes the total cost of fall injuries over 20 billion dollars a year!

Caregivers who work with the elderly and “at risk” must be able to recognize the risk factors for falling and find ways to help reduce those risks and prevent falls before they ever happen.

This in-service SourceBook is designed to teach participants about the dangers of falling among the elderly, as well as preventative measures that participants can take to reduce the chances of falling.

Please note that limited permission is granted to photocopy the handouts for use at the site originally purchasing this in-service.

Photocopying other parts of this in-service, including the lesson plan, is expressly prohibited.

To use the handouts, photocopy the number needed for your group. Consider using different colors of paper to organize the different handouts or to make some stand out.

Convert transparency masters to acetates for use with an overhead projector. You can do this by purchasing transparency film at an office supply store and photocopying the transparency masters onto the acetates, or you can have a copy company do it for you. If overhead projection is not convenient for your presentation area, you may wish to copy the information from the transparency masters onto a chalkboard or flip chart.

We hope you find this in-service helpful. And, as always, we welcome your comments and suggestions.

Happy Teaching!

Introduction and Assessment

Estimated Time: 10-15 minutes

Tools: Handout Intro-1 Assessment A
Handout Intro-2 Assessment A Answer Key
Handout Intro-3 Note-Taking Worksheet
Handout Intro-4 Key Terms

**Distribute
Handout Intro-1
Assessment A**

Allow participants enough time to finish the assessment. Go over the answers and discuss.

**Distribute
Handout Intro-3
Note-Taking
Worksheet**

Tell participants to take notes on the worksheet during all the lectures and discussion. This will help them learn and retain the information and provide them with a review of the in-service later on.

**Distribute
Handout Intro-4
Key Terms**

Tell participants to keep this handout and read over it.

Assessment A

Name: _____ Date: _____

True or False. For each of the following statements, write “T” for true or “F” for false.

1. ___ The number of falls per year has decreased as the elderly population increases.
2. ___ Women are at an increased risk for fractures from falling, because they are more likely to have osteoporosis than men.
3. ___ Little or no exercise is not a risk factor for falling.
4. ___ Certain medications could cause someone to fall.
5. ___ Physical changes due to the normal aging process do not increase someone’s risk for falling.
6. ___ Cardiovascular diseases, Parkinson’s disease, and stroke can all present symptoms that increase the risk factors for falling.
7. ___ Refusing to ask for help can increase an older person’s risk for falling.
8. ___ The bathroom is one of the most likely places for a fall to occur.
9. ___ Having pets around can keep the older person more alert, and therefore reduce the risk of falling.
10. ___ In addition to fractures and other injuries, falls may cause a person to lose confidence, making it more difficult to be independent.

Assessment A Answer Key

1. False. The number of falls per year has actually increased as the elderly population increases.

2. True.

3. False. Little or no exercise can be a risk factor for falling.

4. True.

5. False. Physical changes due to the normal aging process, such as vision and hearing loss, can increase someone's risk for falling.

6. True.

7. True.

8. True.

9. False. Having pets around can increase the risk of falling, because they often get underfoot.

10. True.

Note-Taking Worksheet

Name: _____ Date: _____

1-1 List four important facts or statistics about falls:

1. _____
2. _____
3. _____
4. _____

2-1 List three physical problems that could be risk factors for falling:

1. _____
2. _____
3. _____

2-2 List two mental or social problems that could be risk factors for falling:

1. _____
2. _____

2-3 List one environmental problem that could be a risk factor for falling:

1. _____

3-1 List five normal changes of aging that may lead to falls:

1. _____
2. _____
3. _____
4. _____
5. _____

3-2 How would you feel if you had limited mobility, vision, hearing, or suffered from arthritis? _____

4-1 List five disease processes that could lead to falls. Briefly describe why.

1. _____
2. _____
3. _____
4. _____
5. _____

5-1 List five changes in mental status that could lead to falls:

1. _____
2. _____
3. _____
4. _____
5. _____