

# 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.