**Falls: Balancing Risk Question Bank**

**Course Aim:**

Falls are one of the major causes of injury amongst older people and can have devastating consequences. We explore ways of minimising the risk of falls while promoting independence.

**Learning Outcomes:**

* Define the meaning of the term ‘fall’ and identify the impact falls may have on quality of life (15%)
* Identify risk factors contributing to falls (35%)
* Outline strategies to minimise the number of falls and the injuries they can cause while maintaining independence (50%)

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| QUESTIONS | All countries |
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| Multiple Choice | 6 |
| True/False | 8 |
| Fill the Gap | 5 |

**Vocab**

A fall is when a person unintentionally goes from a higher to a lower point, either from a standing position, or from a chair.

The FRAT is a Falls Risk Assessment Tool, used to report on risk factors like recent falls, medications and cognitive status.

**Multiple Choice**

Medical conditions that may contribute to a fall can include:

Incontinence  
Malnutrition

Dementia

All of the other answers

Environmental factors that may contribute to a fall can include:

Slip or trip hazards

Medications

Muscle weakness  
Age

When should the FRAT (Falls Risk Assessment Tool) be conducted?  
When a resident is first admitted  
At regular intervals  
If there is a fall or a change in condition  
All of the other answers

Some residents may experience a sudden drop in blood pressure, known as a head rush. To reduce the risk of falling, staff should encourage older people to:  
Stand up slowly   
Stand up quickly

Only stand up with assistance

Avoid standing up

Which of the following is an example of an environmental falls risk?

A cluttered room

An unobstructed hallway

Non-slip strips used on stairs

Furniture in contrasting colours

Resident’s footwear should be:

Firm fitting and enclose the foot

Loose fitting and slip onto the foot

**True/False**

Falls represent the most serious and frequent type of accident in people aged 65 and over. True

The risk of falls decreases with age. False

Older people often recover more slowly from injuries associated with falls. True

Someone who has previously had a fall is not at risk of falling again. False

Any new or additional medication can potentially increase the risk of falls. True

A change in a person’s behaviour, such as restlessness or agitation, may indicate acute delirium. True

Age and gender do not impact on a person’s risk of falls. False

Patterned floors can cause perception issues for those living with dementia. True

**Fill the Gap**

Bruises, skin tears and fractures are all examples of …………… falls-related injuries.

physical psychological psychosocial

Vitamin D is essential for muscle function and bone density. The best source of Vitamin D is ……………

sunlight eggs oily fish

Alcohol consumption …………… a resident’s coordination and reaction time.  
can weaken will strengthen has no impact on

Impaired vision and hearing can have an impact on a resident’s …………….

balance blood pressure muscle strength

Engaging in gentle exercise will …………….. a resident’s risk of falls.  
reduce increase