

Course Information Sheet

Falls: Balancing Risk

Course Code	AOC17052-B-R-NZ	Course Series	Risk Management
Learning Pathway	Developing		

Course Description 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 whilst promoting independence.

In this course, you will learn the risk factors that contribute to a fall and explore the impact that falls have on a person’s quality of life. This course also presents practical strategies for minimising the risk of falls or injury whilst maintaining a person’s independence.

Subjects covered include

Injury – Psychological Impact – Physical Impact – Biological Risk Factors – Behavioural Risk Factors – Environmental Risk Factors – Socioeconomic Risk Factors – Falls Risk Assessment Tool (FRAT) – Minimising Risk – Care Plan – Strategies – Documenting Falls

Target Audience Care Staff, Registered Nurses, Management

Learning Outcomes

After viewing this course, participants should be able to:

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

Did You Know?

- Falls are the second leading cause of death by accidental or unintentional injury worldwide. Over 600,000 falls related deaths occur each year.
- Falls are the most serious and frequent type of accident in people aged 65 or older¹.

¹ World Health Organization.
<https://www.who.int/news-room/fact-sheets/detail/falls>

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Subject Matter Expert

Margaret Armstrong is the Falls Prevention Coordinator for the Northern Sydney Local Health District. Margaret has been the NSLHD Falls Prevention Coordinator since 2006; inclusive of managing falls prevention in acute, community and residential aged care settings, and the Stepping On programs. She has a background in acute and community Occupational Therapy, Injury Management in Health Promotion, and a master’s degree in Health Science Education.

Key Definitions

Fall	A fall is when a person unintentionally goes from a higher to a lower point, either from a standing position, or from a chair.
FRAT	The FRAT is a Falls Risk Assessment Tool, used to report on risk factors like recent falls, medications and cognitive status.

Resources to Support Your Learning

Falls Prevention: New Zealand module – Releasing Time to Care (The Productive Ward)
<https://www.hqsc.govt.nz/our-programmes/reducing-harm-from-falls/projects/releasing-time-to-care/>
<https://www.hqsc.govt.nz/assets/Falls/PR/RTC-NZ-falls-module-Apr-2016.pdf>

Preventing falls
<https://www.healthnavigator.org.nz/health-a-z/f/falls-and-falls-prevention/>

Stay Independent Falls Prevention Toolkit
<https://bpac.org.nz/falls/>

Staying safe from trips and falls
<https://www.acc.co.nz/preventing-injury/trips-falls/>

WHO Global Report on Falls Prevention in Older Age
https://www.who.int/ageing/publications/Falls_prevention7March.pdf

Active Learning Hours

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This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

DISCLAIMER:

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