

Essential Assessment

Falls: Balancing Risk

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

Part A

Select tick if the statement is TRUE or FALSE.

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

True

False

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

True

False

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

True

False

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

True

False

5. Age and gender do not impact on a person's risk of falls.

True

False

Essential Assessment

Part B

Select the *MOST CORRECT* answer from the options below each question.

1. Environmental factors that may contribute to a fall can include:
 - A. Age
 - B. Muscle weakness
 - C. Slip or trip hazards
 - D. Medications

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

3. 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:
 - A. Avoid standing up
 - B. Only stand up with assistance
 - C. Stand up quickly
 - D. Stand up slowly

4. Resident's footwear should be:
 - A. Firm fitting and enclose the foot
 - B. Loose fitting and slip on to the foot

5. Medical conditions that may contribute to a fall can include:
 - A. Incontinence
 - B. Malnutrition
 - C. Dementia
 - D. All of the other answers

Essential Assessment

Part C

Select the **MOST CORRECT** word or phrase to complete the sentence

1. Bruises, skin tears and fractures are all examples of falls-related injuries.
 - A. psychological
 - B. physical
 - C. psychosocial

2. Vitamin D is essential for muscle function and bone density. The best source of Vitamin D is
 - A. sunlight
 - B. eggs
 - C. oily fish

3. Alcohol consumption a resident's coordination and reaction time.
 - A. will strengthen
 - B. has no impact on
 - C. can weaken

4. Impaired vision and hearing can have an impact on a resident's
 - A. muscle strength
 - B. balance
 - C. blood pressure

5. Engaging in gentle exercise willa resident's risk of falls.
 - A. reduce
 - B. increase

Essential Assessment

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2020. The contents of these Learning Resources remain the property of Altura Learning. They are for the exclusive use of current members of Altura Learning; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements. Altura Learning and Engage. Inform. Inspire are registered trademarks of Altura Learning.