

# Coordinator Resources

**Falls: Balancing Risk**

This pack contains resources for the Altura Learning Coordinator to utilise in order to further embed the learning of the participants completing the course.

Contained in this pack are the following:

- A **learning game** – this game will be an opportunity to have a bit of fun to have with the participants! It can be used as an ice breaker or to continue to engage participants after having watched the video.
- A **case scenario** is a fictional story of a person that allows learners to extrapolate and apply what they have learned to a practical scenario. You can present the case scenario to a group of staff for discussion or use it as a self-directed exercise. You could ask staff to relate the case scenario to the related policy and procedures at your organisation.
- **Essential Assessment Answers** are contained in this pack to allow you to mark the Essential Assessment with ease.

### Other Learning Resources:

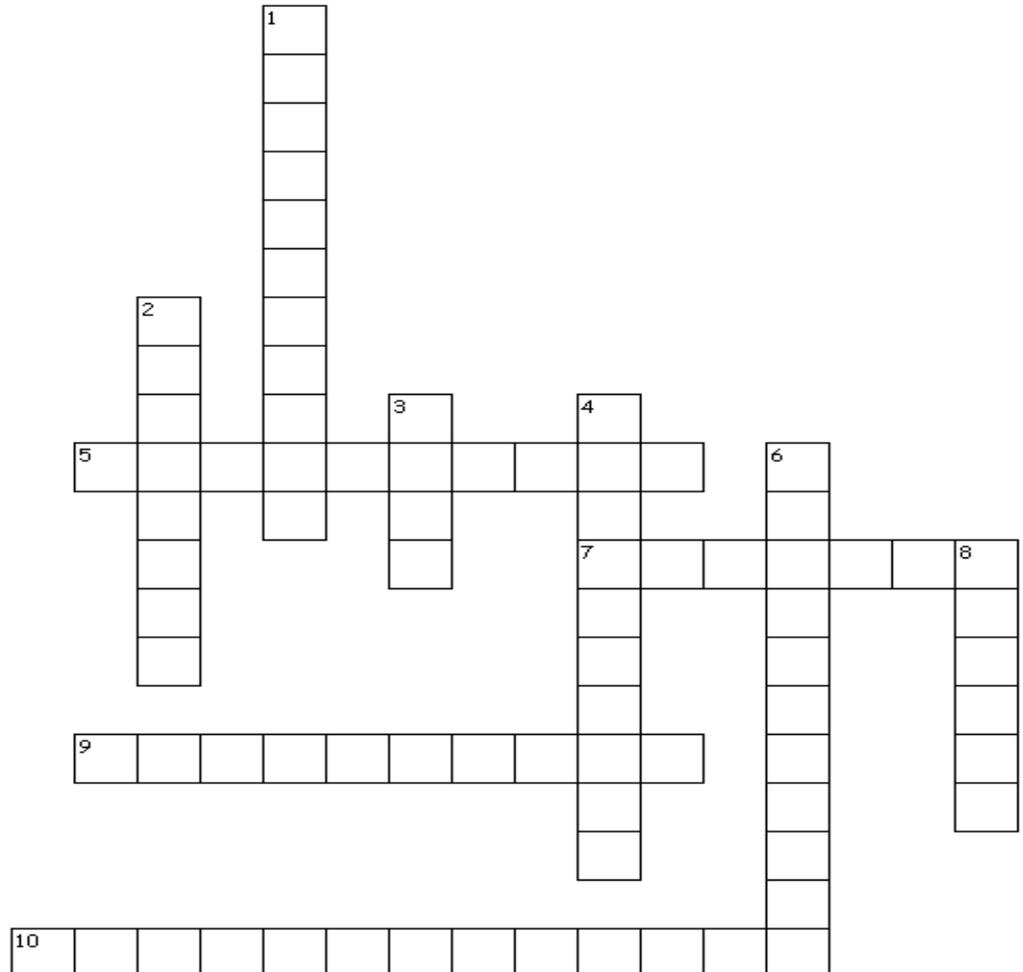
Altura Learning has three assessments available to test learner's knowledge or to apply what they have learned to the workplace. You will be able to download these assessments in a PDF version or they may be assessed online depending on how you access Altura Learning.

- **Essential Assessment** – this assessment demonstrates that the learner has understood the information contained in the video.
- **Extension Assessment** – this assessment asks the learner to reflect on the subject discussed in the video. This requires short answers which are marked by the Coordinator.
- **Evidence Assessment** – overall there may be a variety of these assessments offered depending on the subject matter of the course, but they are all designed for the learner to demonstrate that they have the skills to implement the care or service in the workplace.

In addition to these assessments, Altura Learning supports each course with the following resources:

- **Quick Reference Guide** – this contains the key points of the information in the course. It can be used for a quick face to face up date (toolbox talk), placed in a folder, noticeboard or in a staff area.
- **Course Information Sheet** – this is an informational sheet that directs learners to further resources, information, definitions and who the Subject Matter Expert is. This is useful to have prior to viewing the course.
- **Certificate** – a certificate is issued for each course to be completed by the Coordinator. Hours of active learning can be recorded on the certificate for learners who are required to maintain a record of continuing professional development.
- **Poster** – a poster is available for each course.
- **Infographic** – This document supports the concept of microlearning and is supplied to aid any staff who learn in different ways and may need help to retain information. It represents the key information from the course. Use it as a poster or email it to staff to refresh a key message. It could be used as a screen saver or you could attach it to pay slips.

## Training Game — Crossword Puzzle



### Across

5. The type and amount of this can contribute to a person having a fall.
7. There are a number of these that can contribute to a fall.
9. The Falls Risk .....Tool is commonly used to report on risk factors such as medications.
10. Clutter and poor lighting are examples of this type of risk factor.

### Down

1. Living alone is a ..... factor that can increase the risk of someone falling.
2. This is one of the medical conditions that can contribute to a fall.
3. When a person unintentionally goes from a higher to a lower height.
4. The fear of falling can lead people to have reduced .....
6. Strength and mobility can be adversely affected if a person's ..... intake is poor.
8. Older people often recover more ..... from injury.

### Word bank

assessment confidence dementia demographic environmental factors fall medication nutritional slowly

### Case Study 1

Mrs Harris is 86 years old and has been a resident of the aged care facility for 18 months. She has a mild cognitive impairment, hypertension and osteoarthritis. She uses a walking frame when mobilising.

Mrs Harris is on medication for her blood pressure and takes regular pain relief for her osteoarthritis. She has become increasingly confused over the past few days and has a noticeably decreased appetite.

Last night, Mrs Harris was found on the floor in her bathroom, without her walking aid. There were no lights on.

#### Questions to consider:

1. What risk factors may have contributed to Mrs Harris falling?
2. What strategies might be implemented to minimise the risk of Mrs Harris falling again?

*Learner's response should include medication conditions (e.g. cognitive impairment, hypertension, acute delirium), medications & environmental factors. Strategies may include checking for acute delirium, conducting a medication review & ensuring the bathroom has adequate light.*

### Case Study 2

Mr Laghari is 78 years old and has been a resident of the aged care facility for 10 months. He uses a walking stick when mobilising.

He has diabetes, depression and ongoing incontinence issues. He wears glasses and has a hearing aid in his left ear.

Mr Laghari has fallen twice over the past 6 months - once in the facility garden and once in the shopping centre, when he was out with his daughter. Mr Laghari states that these falls have made him "a bit nervous about walking outdoors," so he avoids going outside and prefers to stay in his room, in his armchair.

The staff have encouraged Mr Laghari to press his call bell when he needs to go to the toilet, as he is increasingly unsteady on his feet.

This morning, the staff found Mr Laghari on the floor in his bedroom, next to his armchair. Mr Laghari states that he had "pins and needles" in his feet and his slide-on shoes slipped off his feet as he got up from his armchair to go to the toilet.

#### Questions to consider:

1. What risk factors may have contributed to Mr Laghari falling?
2. What strategies might be implemented to minimise the risk of Mr Laghari falling again?

*Learner's response should include medication conditions (e.g. diabetes, depression, incontinence), sensorimotor function (e.g. vision, hearing), & his history of falls. Strategies may include encouraging regular exercise, using non-slip footwear and to consider using a walking frame.*

## Essential Assessment Answers

### Part A

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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

## 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

## Part C

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

- Bruises, skin tears and fractures are all examples of ..... falls-related injuries.
  - psychological
  - physical
  - 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.
  - will strengthen
  - has no impact on
  - can weaken
- Impaired vision and hearing can have an impact on a resident's .....
  - muscle strength
  - balance
  - blood pressure
- Engaging in gentle exercise will .....a resident's risk of falls.
  - reduce
  - increase

**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.