

Where: PR2 - Topic 2 – Module 2.2 – third video on Video resources: “Elderly Fall Prevention”

<https://edusexage-mooc.eu/topic2/>

#### **VIDEO: Elderly Fall Prevention**

Doug Douglas, RN, CAMAC Trauma Services: Every day we see a shar of falls come into the emergency department. We see more falls in senior population, especially in the age group over 65 years of age and older. One over five of these falls is a serious injury, whether it is an arm fracture, leg fracture, pelvic fracture, hip fractur or worst-case scenarios of brain injuries, traumatic brain injury or other head injuries. We receive about 8000 admissions a year, nationwide. In CAMC General Hospital, last year, we had 1149 injuries admitted, just from fall and fall related injuries. That is catching attention of our trauma surgeons and trauma society. Common causes of falls are obesity, general weakness of lower extremities, sedentary lifestyle, use or misuse of medications, poor lightning or vision problems (not having proper lightning around the house, not having a clear pathway, when you go to bathroom at night). Sometimes even pets cause people to fall. So, what can we do to prevent does falls?

Elisha Young, PT, CAMC Physical Therapy Center: *Fall prevention tips*. There are multiple steps, that you can take to help prevent falling. One of them is to make your home safer. Install grab bars in the bathroom, around the shower and when you come out. Make sure you have proper lightning and at night, to have a night light., especially in the hallways. Also, avoid trip hazards, if you have cord on the floor, make sure those are picked up. Avoid throw rugs. Also make sure you use proper shoes, so you don't have flipflops or slip-ons. Make sure you have a good, healthy diet, et foods rich in calcium, drink at least six to eight glasses of water daily, make sure you get enough vitamin D. talk to your doctor. Make sure they are evaluating medications you are on and have them assist your fall risk, if you have a fear of falling or a history of falling. Make sure they are aware, because in that way they can help you get to the next step that you need. Also promote good health by participating in exercise (walking, aerobics and leg strengthening exercise). Maintain proper body strength and balance is a huge key to avoiding falls. You can do this with exercise classes in your local gyms, such as aerobics or tai chi. Also if you need additional testing, physical therapist can preformed tests such as TUG (timed up and go) test and the 30 seconds sit to stand test, which will help determent exactly in what arears your weak and also balance imperilments that can make a specific plan for you.