

Queensland
**Stay On
Your Feet®**

strength
& balance



health



safety

independence



April No Falls Guide

We would like to acknowledge Stay On Your Feet WA® April No Falls Day Event Coordinator Pack in the development of this guide.

April No Falls 2013 (1–30 April)

April No Falls, a national and international campaign, aims to educate and raise awareness of falls prevention and help those at risk of falling to stay on their feet.

This campaign incorporates key messages from:

- Queensland Stay On Your Feet®—a collaborative, statewide falls prevention program aimed at reducing the frequency and severity of fall-related injuries among older people.
- Ageing with Vitality: Your Everyday Guide to Healthy Active Living—based on healthy, active ageing principles.

April No Falls supports the:

- The department's Strategic Outcome 1—Queenslanders live longer, healthier and more independent lives
- National Safety and Quality Health Services Standards—Standard 10: Preventing falls and harm from falls.

Calls to action

To prevent patient falls, staff are encouraged to:

- complete a falls risk assessment
- educate patients on how to prevent falls
- develop a falls prevention plan with your patients
- complete the Falls Preventing Falls and Harm from Falls online education at: <https://ilearn.health.qld.gov.au/login/index.php>

Patients are encouraged to:

- complete either the Queensland Stay On Your Feet® Checklist or How to Stay On Your Feet® Checklist
- visit www.health.qld.gov.au/stayonyourfeet for more information and resources.

About the guide

This guide provides Hospital and Health Services with key information to promote April No Falls locally.

The guide includes:

- ideas for events and activities
- resources
- case studies of past events
- tools covering evaluation, foot health checklist, safe shoe checklist, sample newsletter article, crosswords and a word search.

What is a fall?

A fall is an event, which results in a person coming to rest unintentionally on the ground or other lower level. Most hospitalised fall injury cases are from falls on the same level from slipping, tripping and stumbling.

(AIHW 2009)

How many people have falls?

Falls and fall-related injuries are serious health issues and are the leading cause of injury hospitalisation for older people.

Every day, as a result of falls:

- 36 older people in Queensland are admitted to hospital (10 of these for hip fractures)
- more than one older person dies
- more than 32 hospital in-patient falls are reported.

It is expected over the next 20 years the number of people in our state aged 65 or older is projected to more than double to reach 1.1 million.

However, falls are not an inevitable part of ageing and there are a number of positive steps people can take to remain active, independent and on their feet.

Cost of falls to the Queensland public health system

Expenditure on hospital admitted patient services due to fall-related injuries among people aged 65 years and over was estimated to be \$118.9 million in 2008–09. An annual rise of around 11 per cent since 2006–07.

Of the 2008–09 costs, almost 70 per cent of this expenditure was on treating older females and more than 40 per cent on people aged 85 years or older.

Applying conservative projections, costs are likely to double by 2015 to over \$240 million per annum.

What are the consequences of falling?

As well as the economic costs to the public healthcare system, falls lead to individual physical and social costs, such as:

- negatively impacting on family and carers
- restricting activity
- increasing the fear of falling
- reducing quality of life and independence.

Further information

Email: stayonyourfeet@health.qld.gov.au

Website: www.health.qld.gov.au/stayonyourfeet

Ideas for events and activities

There are a variety of events and activities you can choose to do locally during the month of April.

These include:

- conduct a staff education session on the National Safety and Quality Health Service Standards, with particular focus on Standard 10: Preventing Falls and Harm from Falls, and the National Guidelines from the Australian Commission on Safety and Quality in Healthcare.
- provide education on statewide falls tools, including Falls Assessment and Management Plan and Post Fall Clinical Pathway (<http://health.qld.gov.au/psq/falls/resources.asp>), and begin local implementation
- create a display e.g. spot the hazard
- organise a stand within your hospital—staff can talk to patients about falls prevention and the available resources
- hold an official launch day for April No Falls and invite your local Member of Parliament, council member, HHS Chief Executive and/or Executive members and media
- conduct balance testing on staff and patients
- organise a best dressed ward/facility competition
- promote iLearn Falls Prevention Online Education (available to HHS staff) and hold a competition for ward/service with most staff completions
- focus on inpatient education—ensure every adult patient receives a “BE SAFE” brochure
- organise a Tai Chi or Otago Exercise Programme demonstration for staff, patients, residents and clients
- work with your local Public Affairs Officer to engage local media to promote your events and activities (see media examples below)
- conduct foot health checks and shoe safety assessments for staff, patients, residents and clients
- distribute activities, including crosswords and word searches combined with the Stay On Your Feet® brochures among staff, patients, residents and clients
- promote the suite of Stay On Your Feet® resources
- conduct a falls audit or measure the number of falls pre and post April No Falls.

Media examples

Take care you don't end up a fall guy

HUMPY Dumpty may look out of place at a hospital but the fairytale character has been busy educating patients and staff about falling and how to prevent it.

Falls are one of the largest causes of injury, with about one in four people over the age of 65 reporting a fall.

Because of this statistic, staff at

The Prince Charles Hospital this month dressed up as well-known fairytale characters, including Alice from *Alice in Wonderland*, adapted to Alice in Falls Land, during a campaign to highlight the connection between dehydration, diuretics and falls.

The Prince Charles Hospital falls officer Stephanie Gettens said as people got older, their

risk of falling increased and often resulted in serious injury.

"This can be due to a number of reasons including age, multiple medications, reduced mobility, cognitive impairment, poor nutrition, dehydration, or reduced balance and strength," she said.



TOGETHER AGAIN: Prince Charles Hospital nurses Tracy Nowicki, Stephanie Gettens and Mathew Blaney make patient Cliff Wilkinson, second from left, aware of the dangers of a fall. Picture: PAUI

Staying active is key to enjoying old age: expert

By MEGAN POPE

GETTING older is a time for opportunity and freedom according to mental health expert professor Jane Fisher, who said Australian women should relish their time as they age.

"There is this stereotype of the lonely old woman outliving her partner and having a life that is not very gratifying," Professor Fisher said. "But as long as women maintain good mental and physical health, their later years can be quite fulfilling and rewarding."

Globally, the number of people aged over 80 is expected to quadruple to 395 million between now and 2050, with the Australia Bureau of

Statistics citing a 14 percent increase in people over 65 since June 2005.

Professor Fisher said mental health was a key problem in an aging population.

"Older women needed to take a proactive approach to their mental health," she said. "The evidence is clear that it is easier to maintain good health if you continue to engage yourself in activities that are stimulating and interesting."

"There is some suggestion that if you can accept some of the changes life throws at you, you will be more content in life."

For more information about healthy aging visit jeanhailes.org.au.

Resources

Falls injury prevention resources

- Clinical forms
 - Falls Assessment and Management Plan
 - Post Fall Clinical Pathway
 - Post Fall Clinical Flowchart
 - Residential Care Facility Falls Assessment and Management Plan
 - Residential Care Facility Post Fall Clinical Pathway
 - Community Falls Assessment and Management Plan
- Falls Injury Prevention Model Implementation Standard
- Falls Injury Prevention Model Policy

These resources are available at www.health.qld.gov.au/stayonyourfeet

Printed copies of the clinical forms are available for purchase via the Finance and Materials Management Information System (FAMMIS).

To order printed copies visit <http://gheps.health.qld.gov.au/fammis/home.htm>.

Online education

Preventing Falls and Harm from Falls online education is available to HHS staff.

The program includes:

- introduction to falls injury prevention
- impact of falls on patients, families and the healthcare system
- falls prevention strategies
- post fall management.

For more information visit <http://www.health.qld.gov.au/stayonyourfeet>

To access iLearn@QHealth visit <https://ilearn.health.qld.gov.au>



Queensland Stay On Your Feet®

Cross Continuum

Stay On Your Feet® Short Checklist



Comprehensive How to Stay On Your Feet® Checklist



To order resources:

These brochures can be ordered via:

External to Department of Health:

https://www.ordermax.com.au/Login.aspx?R=ProductDisplay.aspx&postmode=login&postusrid=D109031_PSCEXT&postpassword=D109031&Category= SXZ49

Department of Health staff:

https://www.ordermax.com.au/Login.aspx?R=ProductDisplay.aspx&postmode=login&postusrid=D109032_PSCHHS&postpassword=D109032&Category= SXZ49

Queensland Stay On Your Feet®

Hospital

Stay On Your Feet® in hospital and prevent falls—BE SAFE



Spotlight



Patient poster



Web banner



Screensaver



The patient poster, screensaver, web banner and spotlight can be downloaded from:
<http://www.health.qld.gov.au/stayonyourfeet>

To order resources:

The Stay On Your Feet® in hospital patient brochure can be ordered via:
External to Department of Health:

https://www.ordermax.com.au/Login.aspx?R=ProductDisplay.aspx&postmode=login&postuser=D109031_PSCEXT&postpassword=D109031&Category= SXZ49

Department of Health staff:

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Community

Ageing with Vitality: Your everyday guide to healthy active living



Ageing with Vitality workbook



To order resources:

The Ageing with Vitality resources can be ordered via:

External to Department of Health:

https://www.ordermax.com.au/Login.aspx?R=ProductDisplay.aspx&postmode=login&postuser=D109031_PSCEXT&postpassword=D109031&Category=SXZ49

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Otago Exercise Programme



The Otago Exercise Programme brochure is available at:

www.health.qld.gov.au/stayonyourfeet/for-professionals/otago.asp

Hospital Clinical forms

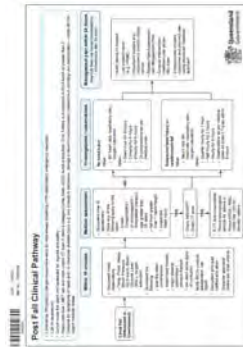
Falls Assessment and Management form

A thumbnail image of a form titled 'Falls Assessment and Management Plan' from Queensland Government. It includes fields for patient name, date, and a table for recording falls incidents.

Post Fall Clinical Pathway

A thumbnail image of a form titled 'Post Fall Clinical Pathway' from Queensland Government. It includes fields for patient name, date, and a table for recording clinical interventions and outcomes.

Post Fall Clinical Pathway Flow Chart



To order printed copies visit <http://qheps.health.qld.gov.au/fammis/home.htm>

Community Clinical form

Community Falls Assessment and Management Plan

A thumbnail image of a form titled 'Community Falls Assessment and Management Plan' from Queensland Government. It includes fields for patient name, date, and a table for recording falls incidents.

To order printed copies visit <http://qheps.health.qld.gov.au/fammis/home.htm>

Residential Care Facilities clinical forms

Residential Care Facility Falls Assessment and Management Plan

A thumbnail image of a form titled 'Residential Care Facility Falls Assessment and Management Plan' from Queensland Government. It includes fields for patient name, date, and a table for recording falls incidents.

Residential Care Facility Post Fall Clinical Pathway and Flow Chart

A thumbnail image of a form titled 'Residential Care Facility Post Fall Clinical Pathway' from Queensland Government. It includes fields for patient name, date, and a table for recording clinical interventions and outcomes.

To order printed copies visit <http://qheps.health.qld.gov.au/fammis/home.htm>

National Guidelines

Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals, Residential Aged Care Facilities and Community Care 2009 is available at www.safetyandquality.gov.au/our-work/falls-prevention/

PowerPoint presentations

The Patient Safety Unit has developed a PowerPoint presentation for hospitals, residential care facilities and community.

For more information or to obtain a copy please email <mailto:stayonyourfeet@health.qld.gov.au>

Case studies of past events

Case study one

Metro South Hospital and Health Service—April No Falls 2012



Metro South Health Service District ran a three-tiered approach to April No Falls Month in 2012, focusing on falls awareness, processes and training.

Wrapped gift boxes (filled with awareness raising and informational resources such as Community Best Practice Guidelines, Stay On Your Feet® crosswords, Checklists and Ageing with Vitality guides, workbooks and posters) were delivered to each community health centre (CHC) to capture the attention of staff.

Staff were encouraged to complete Stay On Your Feet® crosswords, review the resources, and have a think about what services do, or could do, to identify and manage clients at risk of falls in the community. A random prize draw occurred at each CHC site from all completed crossword entries in the box, and winners notified! A statewide 'community approach to falls prevention' videoconference presenting the Otago Exercise Programme was held at the end of April and the link to this presentation was sent out.

April No Falls days were held at Redland Health Service Centre and Moreton Bay Nursing Care Unit (MBNCU) Allied Health Dept. Activities and balance tests were facilitated by physiotherapists and therapy assistant. There was a poster competition and lots of healthy 'orange' food to matches the branding colour of Queensland Stay On Your Feet®. Staff, visitors and patients were provided with falls prevention information, quizzes, and Stay On Your Feet® pens and balloons. Staff who participated in the falls activities were provided with a Certificate of Attendance on completion. More than 80 staff from across the MBNCU campus participated in the falls activities so it was an effective day.

Renaye Daniells and the Metro South Stay On Your Feet® Working Party.

Case study two

Townsville Hospital and Health Service - April No Falls 2012

Representatives from Townsville Hospital and Health Service (THHS) were involved in a statewide video conference presentation sharing their experience with panels of experts from different settings showcasing their falls prevention activities.

The THHS presentation was titled 'Cross Continuum Approach to Falls Prevention and Management'. The presentations included:

Palliative Care Unit, Townsville Hospital

- Productive ward
- KPI falls prevention
- PRIME data and retrospective chart audit
- Falls working group
- Action plan
- Environmental surveys.

Charters Towers (rural setting)—a patient safety perspective:

- HEAPS/RCA's processes
- Recognising SAC 1 and SAC 2
- Falls Incident Analysis Checklist to use with the HEAPS tool based on Statewide Falls Pathways
- PRIME CI
- Role of the quality officer
- Institute of Rural Health Safer Practice Committee working in partnership throughout the community
- Community Tai Chi Exercise Program.

Public Health Unit

- TAFE training for Assistant in Nursing
- Partnership between Townsville Public Health Unit and THHS Clinical Nurse Consultant Falls Prevention
- Cross-continuum approach—community, hospitals and aged care
- Increasing access to physical activity
- Stay On Your Feet® grants and Swap it, Don't Stop it funding
- James Cook University (JCU) Research Project
- Investigating community-based physical activity opportunities that are effective to reduce the risk of falls, and improving strength and balance (assessment matrix).

Executive Support

- Nursing Directors—KPI for falls
- Active engagement
- Health Service Direction for Falls Prevention Management
- Organisational readiness.

Clinical Nurse Consultant Falls Prevention

- Standardisation of Falls Prevention Management Practices—Hospital, Residential and Community Care Settings
- National Safety and Quality Health Services—Standard 10 Falls
- KPI and Nursing Sensitive Indicator reports
- Quality improvement activities
- Working in partnership throughout the THHS and surrounding areas.

Other awareness activities

- Screen saver and flyers
- Resources
 - Exercise for osteoporosis and falls prevention
 - Tips for a good bone-health exercise program
 - Preventing osteoporosis: reduce your risk
- Staff wearing Stay On Your Feet® orange shirts throughout the THHS
- Certificates of Appreciation provided
- Staff education sessions
- Media releases in Townsville and rural area (Charters Towers)
- Write up in local newsletters
- Activities, including cross word and quiz competitions throughout THHS, community and residential care settings with prizes awarded
- Physical activity demonstrations—Tai Chi in the community rural areas.

Displays throughout THHS - Townsville Hospital, Residential Care, Rural and Community facilities with varying themes.

- Information available for patients/residents, their families and staff.
- Stay On Your Feet® resources (*pens, balloons, checklists & brochures and banners*) Ageing with Vitality guide and workbooks, HACCC resources, community support and exercise programs.
- aspects that affect the general older population such as inactivity, vision/hearing impairment, medication and nutrition etc
- individual issues such as health conditions and behaviours
- risk factors and interventions
- environmental risk factors
- Community Health (Charters Towers) had displays in local shopping centres and waiting (foyer) areas with a range of resources and promotional materials available to the public.

Was my event a success?

It is important to measure the success of your event to:

- ensure you are reaching your target audience
- identify what impact it had on staff, patients residents and clients
- identify improvements for next year.

You can evaluate your event through simple measures, such as:

- the number of resources distributed
- the number of people who attended your event or participated in an activity (see example attendance sheet)
- feedback received
- a short survey.

Possible survey questions

Staff

- Following this session/event/activity, my knowledge of falls prevention has improved.
- Reflecting on this session/event/activity, I will be able to action relevant falls prevention strategies in my workplace.
- Reflecting on this session/event/activity, I intend to change my falls prevention practices.
- The session/event/activity was well organised.

Patient, resident and client

- Following this session/event/activity, my knowledge of falls prevention has improved.
- Reflecting on this session/event/activity, I will be able to action relevant healthy active ageing and/or falls prevention strategies in my life.
- Reflecting on this session/event/activity, I intend to make changes to be more active and/or prevent falls.
- The session/event/activity was well organised.

Are your feet healthy?

Foot pain and foot problems need not be part of the natural ageing process. Foot problems should be treated as they can affect the way you walk and your balance. Please take a few minutes to complete this checklist.

Questions	Yes	No
Do you suffer from pain in your feet? Foot pain is associated with a greater risk of falling.		
Do you suffer from corns or calluses? This can indicate poorly fitting footwear or foot deformity.		
Are your feet or toes an unusual shape? Foot deformity can mean the feet are not able to function normally. Deformity can also make finding suitable shoes difficult.		
Do you wear ill fitting or unsafe shoes? A safe shoe has: <ul style="list-style-type: none"> ▪ A low (less than 2.5cm) broad heel with good ground contact ▪ Adjustable fastenings ▪ A firm supportive heel counter ▪ A non slip sole ▪ Allows the toes to spread naturally in the shoe ▪ Is comfortable and fits your foot well Unsuitable footwear such as loose fitting slippers contribute to many trips and slips.		
Do you have reduced sensation in your feet? Reduced sensation in the feet can affect balance and put the feet at greater risk of injury.		
Do you have a medical condition which affects your feet or the way you walk? Medical conditions such as diabetes, stroke, Parkinson's disease and arthritis can affect the feet and balance.		
Do you have reduced flexibility and strength in your feet and legs? Reduced flexibility and strength make people more unsteady on their feet.		

If you have ticked yes for any of these questions please see a podiatrist, orthotist or your local general practitioner for professional advice regarding treatment of your foot problems.

Safe shoe checklist

The requirement for safe, well fitting shoes varies, depending on the individual and their level of activity. The features outlined below may help in the selection of an appropriate shoe. The shoe should:

Heel		Have a low heel (i.e. less than 2.5cm) to ensure stability and better pressure distribution on the foot. A straight-through sole is also recommended.
		Have a broad heel with good ground contact
		Have a firm heel counter to provide support for the shoe.
Sole		Have a cushioned, flexible, non-slip sole,. Rubber soles provide better stability and shock absorption than leather soles. However, rubber soles do have a tendency to stick on some surfaces.
Weight		Be light weight
Toe box		Have adequate width, depth and height in the toe box to allow for natural spread of toes.
Fastenings		Have laces, buckles, elastic or velcro to hold the shoe securely onto the foot.
Uppers		Be made from accommodating material. Leather holds its shape and breathes well; however, many people find walking shoes with soft material more comfortable.
Safety		Protect feet from injury
Shape		Be the same shape as the feet, without causing pressure or friction to the foot.
Purpose		Be appropriate for the activity being undertaken during their use. Sports or walking shoes may be ideal for daily wear. Slippers generally provide poor foot support and may only be appropriate when sitting.
Orthoses		Have comfortably accommodating orthoses, such as ankle foot orthoses or other supports, if required. The podiatrist, orthotist or physiotherapist can advise the best style of shoe if orthoses are used.

This is a general guide only. Some people may require the specialist advice for the prescription of appropriate footwear for their individual needs.

Newsletter article for patients, clients and aged care residents

April No Falls—are your feet in good health?

In Queensland, one in three people over the age of 65 will suffer a fall at least once a year and, of those people, approximately one-third require medical treatment.

Held 1–30 April, April No Falls aims to educate and raise awareness of fall prevention and help those at risk of falling to stay on their feet.

During this month, Queensland Health is encouraging people to complete the foot health and shoe safety checklist available from health services promoting April No Falls month or www.health.qld.gov.au/stayonyourfeet If you have identified any foot health problems please seek health professional advice.

Our feet bear an enormous burden of daily living—as well as carrying the weight of our body, they also twist and flex with increased impact and strain when we move.

Simple day-to-day activities, such as standing and walking, can injure your feet if not looked after or supported properly.

Foot ailments and pain can make it difficult or impossible for people to work and to participate in social activities. It can alter a person's walking pattern and may increase their risk of falling.

Up to 80 per cent of older people experience foot complaints which can interfere with daily activities and restrict mobility.

Older people with foot problems may:

- walk more slowly
- have difficulty doing housework or shopping
- have difficulty in cutting their toenails.

Studies indicate most people with foot problems do not seek professional health care assistance because they do not consider foot problems to be a medical condition.

In addition, it has been reported that poorly fitting shoes, such as slippers, slip on shoes, shoes with narrow or high heels and shoes that have worn down, have played a role in people being hospitalised for falls.

It is important to wear the correct shoes to protect your feet. Foot health and safe shoes are vital to live quality, independent and satisfying lives.

For more information visit www.health.qld.gov.au/stayonyourfeet

Newsletter article for community

Don't be a 'fall' this April complete the Stay On Your Feet® Checklist

In Queensland, one in three people over the age of 65 will suffer a fall at least once a year and, of those people, approximately one-third require medical treatment.

During this month, Queensland Health is encouraging older people to complete either the:

- Queensland Stay On Your Feet® Checklist; or
- How to Stay On Your Feet® Checklist.

Available at www.health.qld.gov.au/stayonyourfeet

There are many risks that contribute to a person having a fall. These checklists can help people to identify risks, such as:

- poor balance
- lack of lower limb strength
- poor vision
- taking multiple medications.

If you are at risk of a fall seek advice from a health professional to help you stay active and independent.

For more information about how to stay on your visit: www.health.qld.gov.au/stayonyourfeet

Newsletter article (staff newsletters to support staff action)

April No Falls—stay on your feet

In Queensland, one in three people over the age of 65 will suffer a fall at least once a year and, of these, approximately one-third will require medical treatment.

Held 1–30 April, April No Falls aims to educate and raise awareness of fall prevention and help those at risk of falling to stay on their feet.

XX HHS, xxxx, says “falls and fall-related injuries are the leading cause of injury hospitalisations for older people and every day, more than 32 hospital in-patients falls are reported”.

“April No Falls supports the National Safety and Quality Health Services Standards—‘Standard 10: Preventing Falls and Harm from Falls’. Our health professionals play an important role in preventing falls”.

To prevent patient falls staff are encouraged to:

- complete a falls risk assessment
- educate patients on how to prevent falls
- develop a falls prevention plan with your patients
- complete the Preventing Falls and Harm from Falls online education at iLearn@QHealth <https://ilearn.health.qld.gov.au/login/index.php>

"To ensure the safety of our patients, clients and residents we must take action and implement falls prevention intervention as a fall can lead to a serious injury."

For further information on falls prevention visit:

- Queensland Stay On Your Feet® www.health.qld.gov.au/stayonyourfeet
- iLearn@QHealth <https://ilearn.health.qld.gov.au/login/index.php>
- April No Falls www.health.qld.gov.au/stayonyourfeet

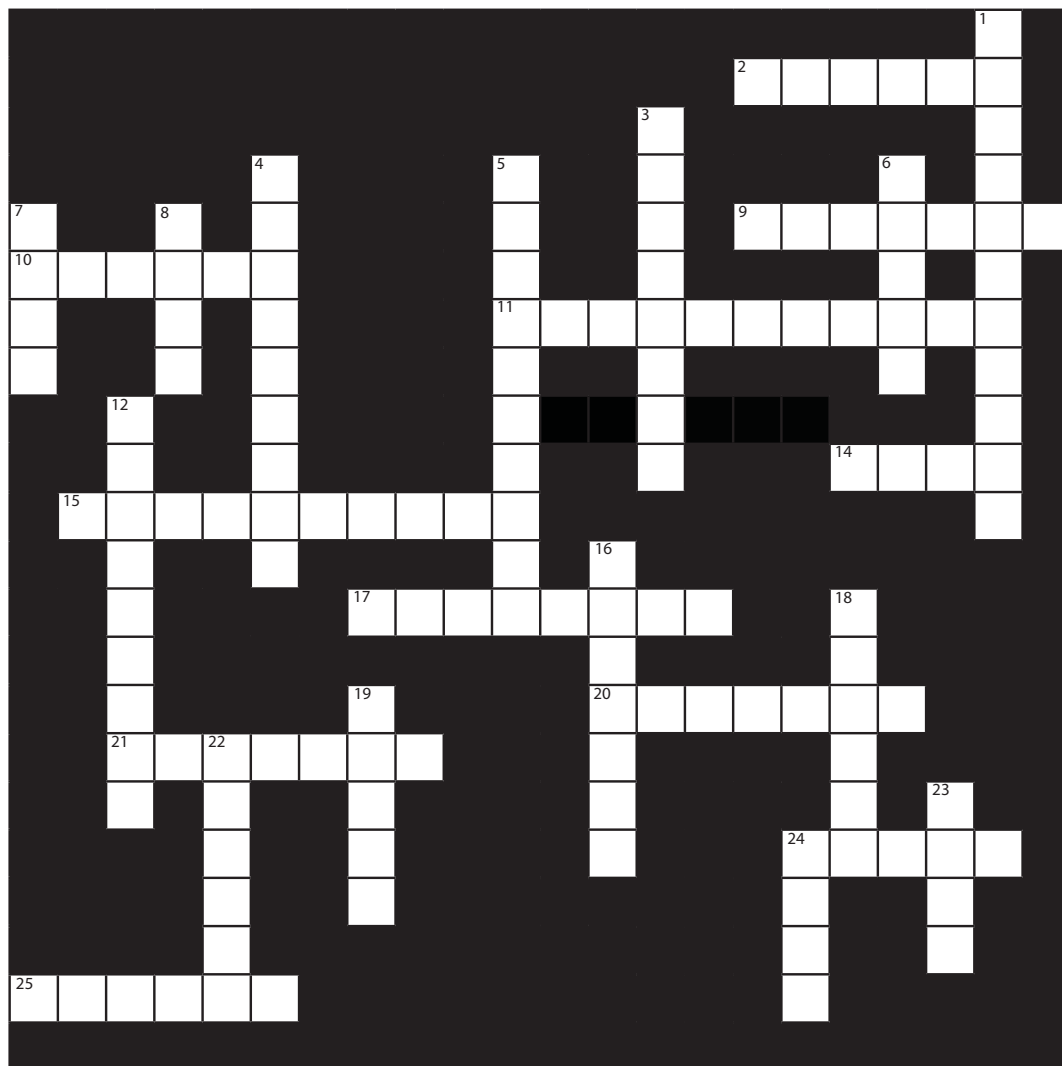
April No Falls cross word

The Patient Safety Unit aims to help people to stay on their feet by promoting April No Falls month.

A range of activities have been organised to increase people's awareness of what can be done to Stay On Your Feet®.

When completing this crossword the clues are about risk factors for falls, health professionals that can assist you or actions you can take to prevent a fall.

You will find hints to complete this cross word in the How to Stay On Your Feet® in hospital and prevent falls - BE SAFE brochure.

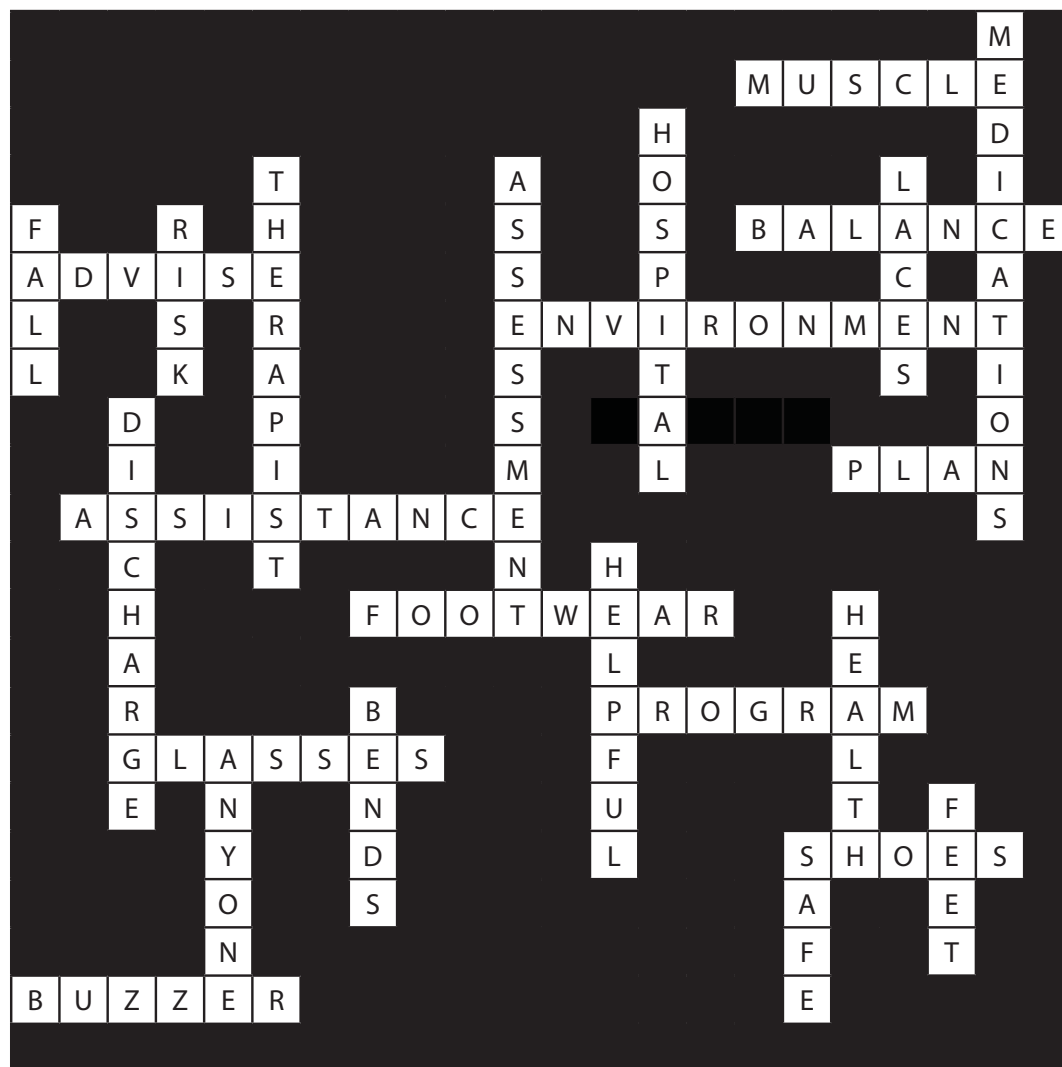


Across

- 2 Some fall incidents are results of...weakness
- 9 if your.... is impaired
- 10 The In patient brochure will.... you
- 11 In hospital familiarise yourself with the....
- 14 A.... is designed for you to limit harm from a fall
- 15 When getting out of bed ask for....
- 17 Do not walk without....
- 20 A tailor made.... will help you stay on your feet.
- 21 Remember to bring your.... to see
- 24 Bring and wear low heeled, non slip....
- 25 With what device do you contact nurses?

Down

- 1 Are you taking three or more....
- 3 An institution where the sick and injured are cared for is called....
- 4 People training in balance and mobility are physio and occupational....
- 5 Staff will complete a falls risk....
- 6 Shoes should be fastened with...or velcro
- 7 In hospital we want to prevent a....
- 8 Are you at....!
- 12 Before you go home, plan for....
- 16 Contact numbers for ...organisations
- 18 If there are any issues about your.... talk to us
- 19 A good shoe sole is one that....
- 22 A fall can happen to....
- 23 Take care of your....
- 24 In hospital we want to prevent falls and be....



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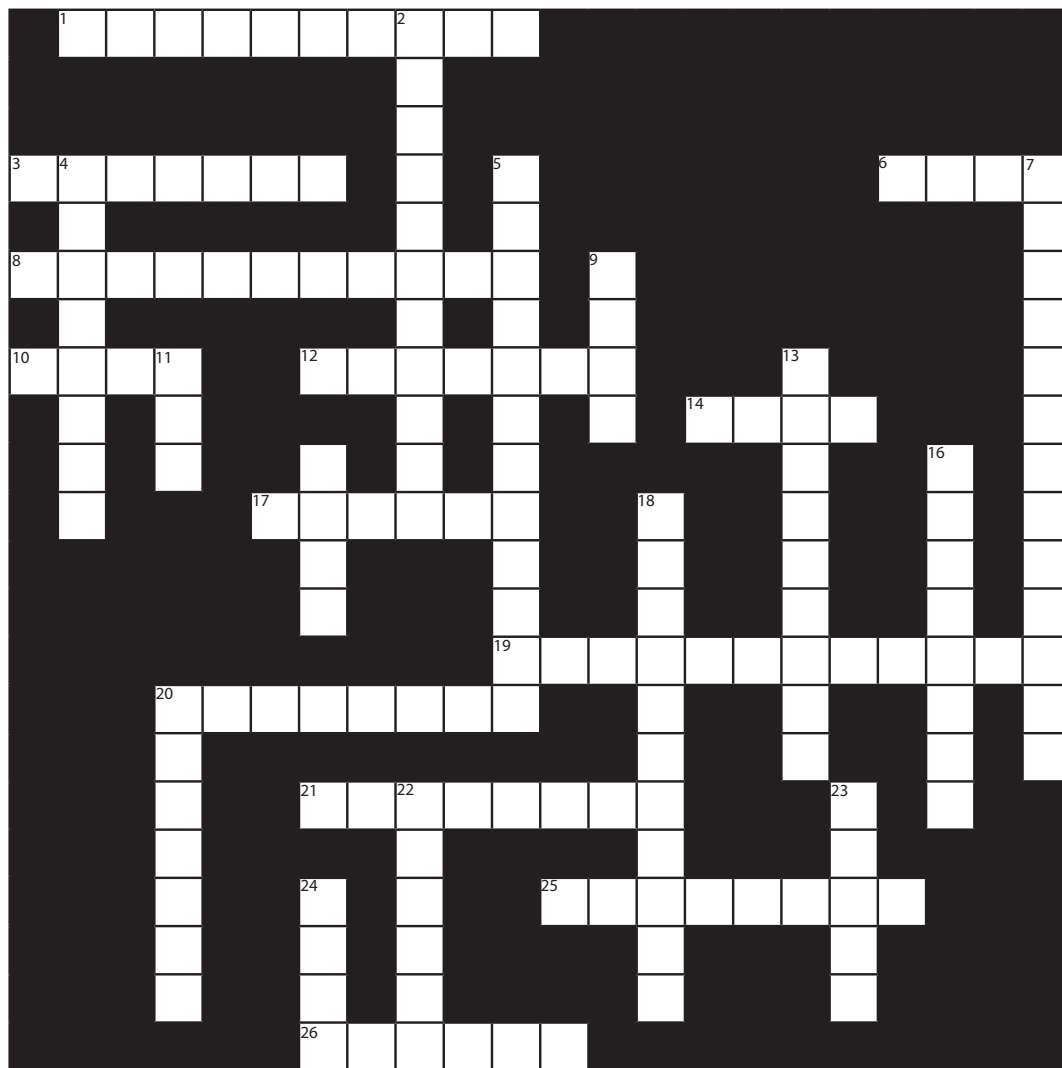
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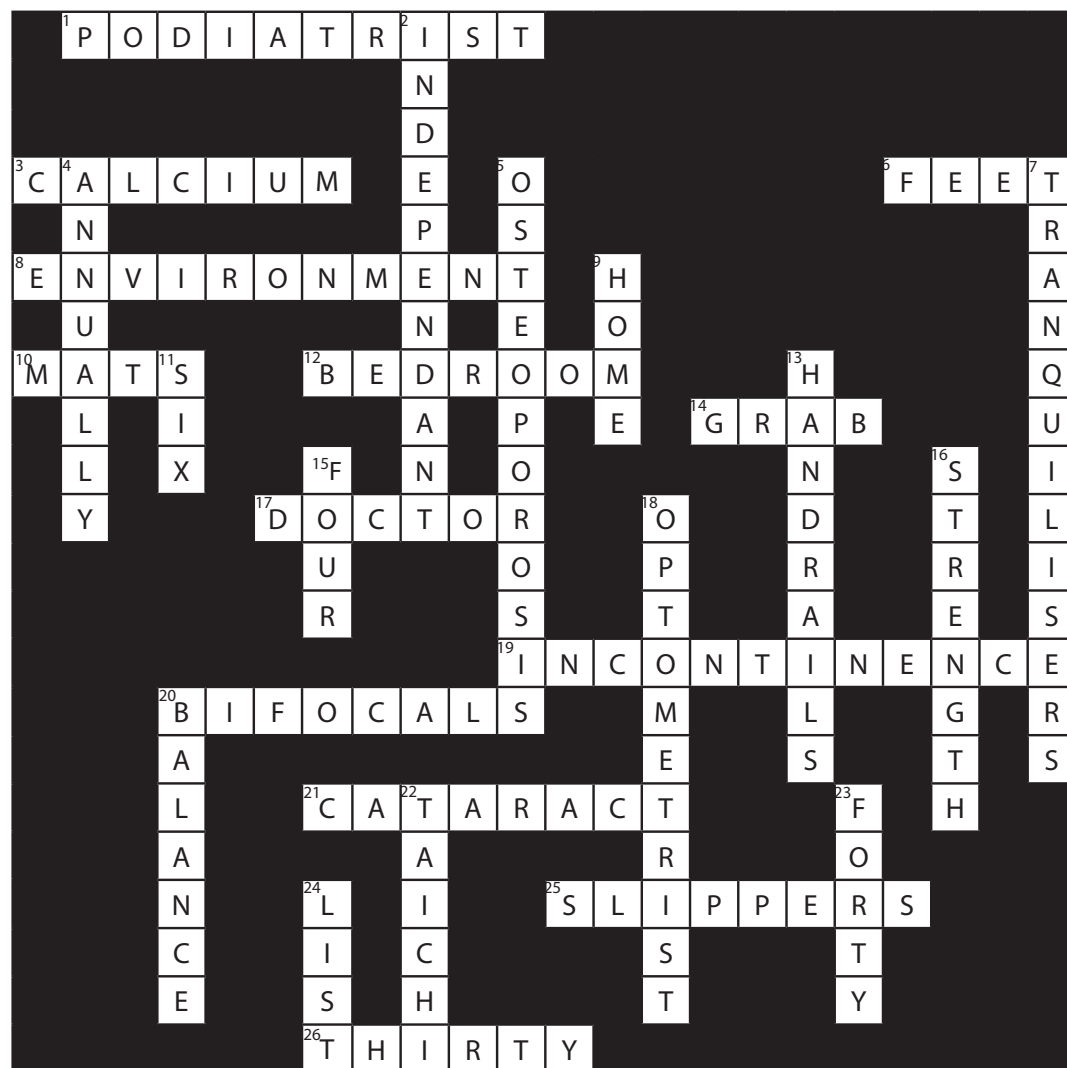


Across

- 1 A health professional who can assist with sore feet
- 3 Eating foods high in this will help keep bones strong
- 6 Tired and aching..... interferes with staying active
- 8 I should keep this clear of clutter
- 10 Remove these as they are trip hazards
- 12 At home most falls occur in this room
- 14 A type of rail installed in bathrooms and toilets
- 17 Who should I talk to about concerns with falling
- 19 Accidental or involuntary loss of urine from the bladder or bowel motion
- 20 Do not wear this type of glasses when walking
- 21 An eye condition that causes a clouding of the clear lens in the eye and blurred vision
- 25 Footwear worn in hospital or at night which can increase the risk of falling
- 26 How many minutes of moderate physical activity is needed each day

Down

- 2 An occupational therapist can help you stay..... at home
- 4 How often do you need to have medication reviewed
- 5 A condition where bones become fragile and brittle, leading to a higher risk of fractures
- 7 A commonly used medication that increases the risk of falls
- 9 Where most people fall
- 11 A predictor of falling is if you have had a slip, trip or fall in the last.....months.
- 13 These are needed on both sides of stairs
- 15 When you take this number of medications or more this increases your risk of falling
- 16 Having difficulty getting up from a chair is a loss of upper leg
- 18 If I am having trouble with my eye sight I would visit an
- 20 To prevent falls these type of exercises should be done twice per week
- 22 A type of exercise that helps to improve balance
- 23 Changes in my vision occur at this age
- 24 This will help me and health professionals know what medication I am taking



Across

- 1 A health professional who can assist with sore feet
- 3 Eating foods high in this will help keep bones strong
- 6 Tired and aching..... interferes with staying active
- 8 I should keep this clear of clutter
- 10 Remove these as they are trip hazards
- 12 At home most falls occur in this room
- 14 A type of rail installed in bathrooms and toilets
- 17 Who should I talk to about concerns with falling
- 19 Accidental or involuntary loss of urine from the bladder or bowel motion
- 20 Do not wear this type of glasses when walking
- 21 An eye condition that causes a clouding of the clear lens in the eye and blurred vision
- 25 Footwear worn in hospital or at night which can increase the risk of falling
- 26 How many minutes of moderate physical activity is needed each day

Down

- 2 An occupational therapist can help you stay..... at home
- 4 How often do you need to have medication reviewed
- 5 A condition where bones become fragile and brittle, leading to a higher risk of fractures
- 7 A commonly used medication that increases the risk of falls
- 9 Where most people fall
- 11 A predictor of falling is if you have had a slip, trip or fall in the last.....months.
- 13 These are needed on both sides of stairs
- 15 When you take this number of medications or more this increases your risk of falling
- 16 Having difficulty getting up from a chair is a loss of upper leg
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April No Falls word search

The Patient Safety Unit aims to help people to stay on their feet by promoting April No Falls month.

A range of activities have been organised to increase people's awareness of what can be done to Stay On Your Feet®.

When completing this crossword the clues are about risk factors for falls, health professionals that can assist you or actions you can take to prevent a fall.

You will find hints to complete this word search in the How to Stay On Your Feet® checklist.

T R A I L S Z M U I C L A C P B F L F L W
 V S S I S O R O P O E T S O C K O Z L X D
 B T I S A F E T Y I U C Y T Z M B N T Y Y
 T H J P Y Z R U S H I N G W F Q I C E F Q
 S D C Q A L T Z M I J G I M C W J L M S R
 B R C Z V R D S H S N O I T A C I D E M Z
 O Y A E C N E N I T N O C N I F A J C T T
 I Y R E A T P H Y H D O C T O R Q M S C S
 S N B U W C R Q T S E P I Y P M L I T Z I
 S X D R J T T A F O O H H C G I C Z S P R
 T R T E E N O I N H I M K C M A S Z I C T
 D V E P P C I O V Q Z S G X M F W L R L A
 V U E P S E N Z F E U F Y R A O F H T U I
 Y Y F C P T N A G C D I A H P K A T E T D
 Q T F R W I U D L W G H L T P C L G M T O
 B Q I S L E L Q E A P O I I Z J L N O E P
 Y W R V O O V S Q N B G J E S R S E T R S
 W S W V I Y E O E Y C Q B D I E A R P L C
 D M Y A Q T X U R X Q E N I X H R T O C J
 Z B W Y Z X C I J T Z Y F O I T U S G F H
 D J R V P K O A K F O Q K R H O M E P Y B

ACTIVE	INJURY
ACTIVITY	MEDICATIONS
BALANCE	OPTOMETRIST
BONES	OSTEOPOROSIS
CALCIUM	PHARMACIST
CLUTTER	PHYSIOTHERAPIST
DOCTOR	PODIATRIST
FALLS	RAILS
FEET	RUSHING
FOOTWEAR	SAFETY
HOME	SLIPPERS
INCONTINENCE	STRENGTH
INDEPENDENCE	TRANQUILISERS