Falls Prevention Resources

Esther Vance

www.NeuRA.edu.au
Falls Prevention Resources

NSW Falls Prevention Network
https://fallsnetwork.neura.edu.au

- Events
- Resources
- News
- Links
Events

Annual forums

Sydney 2013

Rural Forums

Batemans Bay

Dubbo
Resources – Policies and Best Practice Guidelines

Prevention of Falls and Harm from Falls among Older People
2011–2015

NSW Health
Resources – Information

NSW Falls Prevention Network

Information Resources

Courses
Information Resources
Links
Reports
Research
Initiatives

Information for Health Professionals

Acute Care | Community Care | Residential Aged Care | Healthy Ageing | Physical Activity

Resources Summaries for Care Settings

Resources for Hospital Care
Resources for Community Care
Resources for Residential Care
Information for the Community
Falls Resources for Care Settings

Subject: RE: Purchasing of beds appropriate for falls prevention (acute care facility)

Hello Next,

We recently trialled the P5 Premium LiftCare high low bed — Supplier is AjoHuntleigh.
Advantages of the P5 LiftCare bed include its low height range to minimise patient falls and injury from falls; it has a SWL of 260 kg; Trendelenburg & reverse; battery back-up lasts up to 4.5 hours; attendant controlled fixed panel on bed-end plus hand control and lock out feature; light on underside of bed.

Whilst it did have excellent height range it did not meet our requirements for a number of reasons:
- The motor is located in a fixed bed end (which enables the bed to be lowered to the floor), but a bed mover did not fit the bed
- Bed head could not be removed in case of emergencies
- Although it had CPR release which lowered the bed — it did not also raise it if the backrest was angled.
- The bed was too wide for the doorways, in our current old hospital, which are narrow
- The bed was very difficult to push and steer even with two staff.
- The castors were 125mm — smaller than our newer bed castors of 180mm
- The brakes were difficult to put on in certain positions and there was no central locking of brakes.

Regards,

Cathie Cummins

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http://fallsnetwork.neura.edu.au
Active and Healthy website

www.activeandhealthy.nsw.gov.au
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Parkinson’s Disease

Research shows that regular exercise improves mobility in people with Parkinson’s disease. In particular, it appears that balance exercises (including tai chi) and leg muscle strengthening exercises are important in reducing risk of falling, especially in the early stages of the disease. If you have experienced repeated falls or a fall resulting in injury or have blacked out when you fell it is recommended that you consult with your medical practitioner.

If you are in the early stages of the disease and are independently mobile at home and the community, you may wish to take advantage of some of the group exercise programs listed on this website. You may also like to consider tai-chi (http://www.taichiaustralia.com.au/InTheMedia/Parkinsons.htm) or dancing (http://danceforparkinsonsaustralia.org/) opportunities designed specifically for people with Parkinson’s disease.
Staying active and on your feet
Falls Prevention Videos

Staying active and healthy to prevent falls

http://www.activeandhealthy.nsw.gov.au
Falls Prevention Videos

Falls Prevention and Bone health

http://www.activeandhealthy.nsw.gov.au
CEC Falls Prevention Program Website

CHOPS Website

NSW Falls Prevention Network

Upcoming Events
NSW Falls Prevention Network Rural Forum
Friday 28th February 2014, 10 am – 3 pm
Coffs Harbour Health Campus Education Room ED016
Forum Flyer
Registration Form

Helpful Resources
New Resources
April Falls Day/Month 2014 – Medicare right to stay upright
An opportunity to promote falls prevention messages to:
• staff and patients
• families and carers
• community services
• general community
Resources including posters, presentations, flyers and further information can be accessed at CIEC
NSW Falls Prevention Program
NSLHD order form for Falls Brochures, bookmarks and magnets

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