Falls in the Community

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Case study....

- 87y.o. independent living woman
- Fall in the front garden
- Injury – neck fracture (C2), skin tears, bruising
- Treatment – 1 week hospitalisation, private rehab centre, brace for 12 weeks
Case study....

- **What is the Impact?**
  - Loss of independence
  - Reliance on family members for caring, assistance with personal hygiene
  - Decrease in social activities
  - Effects carer role for others
Could this have been prevented?

<table>
<thead>
<tr>
<th>Relevant risk factors</th>
<th>Other risk factors</th>
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<tbody>
<tr>
<td>Increased age</td>
<td>Chronic conditions</td>
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<tr>
<td>Female gender</td>
<td>Multiple medications</td>
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<tr>
<td>▼ Muscle strength</td>
<td>Sensory problems</td>
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<tr>
<td>Low body mass</td>
<td>Dizziness</td>
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<td>Osteoporosis</td>
<td>Impaired cognition</td>
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<td>Depression</td>
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<td>Fear of falling</td>
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<td>Low levels of PA</td>
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<td>Past history of falls</td>
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Extrinsic risk factors
How?

- Education / awareness raising
- Exercise
- Environment
- Clinical assessment and review
- Injury minimisation
Challenges for falls prevention in the community.

- 10% – serious injury. The other 90%?
- A number of different target groups
- Social marketing issues
- Working with available evidence
- Reliance on behaviour change model