**Paying attention to falls means that you are paying attention to good geriatric care.**

*(Dr. Shaun Peck, former Deputy Provincial Health Officer)*

**Link to the Residential Care Fall Prevention Framework and Toolkit:**

BC Injury Research & Prevention Unit
www.injuryresearch.bc.ca/

**Other Fall and Injury Prevention Links**

BC Patient Safety & Quality Council
www.bcpsqc.ca/

Canadian Patient Safety Institute
www.patientsafetyinstitute.ca/

Falls in Long-Term Care
http://www.fallsinltc.ca/about.htm

Ontario Osteoporosis Strategy for Long-term Care
http://www.osteostrategy.on.ca/

Public Health Agency of Canada
www.publichealth.gc.ca

Red Cross Health Equipment Instruction Sheets
http://www.redcross.ca/article.asp?id=15831&tid=001

RNAO Best Practices Toolkit: Implementing and Sustaining Change in Long-Term Care
http://ltctoolkit.rnao.ca/resources/falls

Safer Healthcare Now
www.saferhealthcarenow.ca/

CEMFIA represents a unique collaborative of researchers, health care providers and policy makers with a shared goal of improving the health and safety of older British Columbians.

**CEMFIA Leadership**

**Dr. Vicky Scott,** CEMFIA Director; Senior Advisor on Fall and Injury Prevention, BC Injury Research & Prevention Unit.

**Dr. Karim Khan,** Professor, Department of Family Practice, UBC

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**Dr. Stephen Robinovitch,** Professor, School of Kinesiology, Simon Fraser University

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**CEMFIA Partners**

Centre for Hip Health & Mobility

BC Injury Research & Prevention Unit

BC Fall & Injury Prevention Coalition

BC Regional Health Authorities, Seniors’ Fall and Injury Prevention Managers

For more information go to:
http://www.hiphealth.ca/CEMFIA
**Facts of Falling in Residential Care**

- The annual average rate of falls in residential care is about 2.6 per person.
- 10-20% of falls result in serious injuries, with 2-6% resulting in fractures.
- Fall-related hospitalizations are 3.6 times greater for those from residential care.
- Ninety-five percent of hip fractures are due to a fall.

**Who is at Risk for Falls in Residential Care?**

- All residents in residential care are at risk for falls.
- The greatest risk is found among those with balance, gait, vision and cognitive impairments.
- High risk groups include those with dementia, incontinence, low blood pressure and those with Parkinson’s disease.

**Tips for the Prevention of Falls**

- Assess for individual fall risk factors and conduct post fall assessments.
- Implement fall prevention plan tailored to individual fall risk profiles.
- Maintain good hydration—1.5L of fluid each day.
- Strength and balance training.
- Routine toileting, particularly for those with incontinence or urgency.
- Routine medication reviews to reduce medications that increase fall risk.
- Create safe environments—remove clutter, install handrails and grab bars, wipe up spills, etc.
- Provide staff, family and resident education on fall risk and prevention.

**Tips for the Prevention of Injury**

- Just as prior falls are the greatest predictor of future falls, prior fractures are the greatest predictor of future fractures.
- Fracture prevention strategies include preventing falls, and the use of hip protectors, bedside mats, sensor mats and resistant flooring.
- Bone strengthening strategies include routine weight bearing exercise, Vitamin D and calcium supplements and, for those with osteoporosis, use of bone enhancing medications (e.g., bisphosphonates).

For more information on fall and injury prevention:
http://www.injuryresearch.bc.ca
http://www.hiphealth.ca/CEMFIA