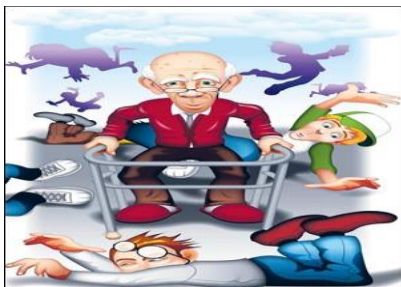


March 2016

## Prevention of falls



### Injuries due to falls

95% of hip fractures are caused by falls

Fractures of pelvis, wrist, arms, and back are commonly seen

Neck fractures and head traumas are seen in 2% to 10% of all falls



## Checklist for the Prevention of Falls

- Do you exercise regularly?
- Ask your doctor or pharmacist to have a look at all the medications you are taking, including over-the-counter medications.
- When last did you go for a vision test? It should be done annually
- Get up slowly when you have been sitting or lying down
- Always wear shoes – both inside and outside
- Do you have adequate lighting to all areas you access in your house?
- Aim for ‘fall free’ areas in the home. Remove debris on the floor and awkward furniture.
- In a bathroom, be aware of soap on the floor and at the base of the bath
- A bedside lamp switched on at night will facilitate the walk to the bathroom
- A torch at one’s bedside is also a good idea
- Exercise regularly, keep fit and healthy, watch your blood pressure
- Adequate lighting at night is essential

## How to get help when you have fallen

### You need to know:

- Who to call
- Where you are
- What is wrong
- What number to contact you on



Falls – Assessment / Screening Tool

	RISK	YES	NO
Previous falls			
Cardiac arrhythmias			
Transient ischemic attacks (TIAs)			
Stroke			
Parkinson's Disease			
Delirium			
Dementia			
Depression			
Musculoskeletal disorders (e.g., osteoporosis, myopathy)			
Altered mobility or gait			
Previous history of fractures			
Orthostatic hypotension			
Bowel or bladder incontinence			
Sensory impairments (vision, hearing, tactile)			
Dizziness			
Dehydration			
Acute illness (e.g., infection)			
Use of restraints			

SCORE	
In the yes column	
0 – 5	Low Risk
6 – 10	Moderate Risk
11+	High Risk

Contact us at  
[injury.prevention@netcare.co.za](mailto:injury.prevention@netcare.co.za)  
 for the full “Risk for Fall Assessment” Tool

### Important Emergency Numbers

**Netcare 911:**                      **SAPS:**  
**082 911**                                      **1011**

**Netcare Union Hospital**  
**011 724 2114**

[Injury.Prevention@netcare.co.za](mailto:Injury.Prevention@netcare.co.za)