

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

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

## Fall and Injury Prevention Links

BC Injury Research & Prevention Unit  
[www.injuryresearch.bc.ca/](http://www.injuryresearch.bc.ca/)

BC Patient Safety & Quality Council  
[www.bcpsqc.ca/](http://www.bcpsqc.ca/)

Canadian Patient Safety Institute  
[www.patientsafetyinstitute.ca/](http://www.patientsafetyinstitute.ca/)

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

Ontario Osteoporosis Strategy for Long-term Care  
<http://www.osteostratgy.on.ca/>

Public Health Agency of Canada  
[www.publichealth.gc.ca](http://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/](http://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

**Dr. Heather McKay**, Director of the Centre for Hip Health and Mobility; Professor, Departments of Orthopaedics and Family Practice, UBC

**Dr. Stephen Robinovitch**, Associate Professor, School of Kinesiology, SFU

**Dr. Maureen Ashe**, Assistant Professor, Department of Family Practice, UBC

## CEMFIA Partners

Centre for Hip Health & Mobility

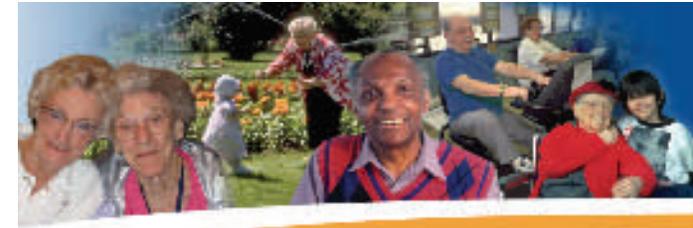
BC Injury Research & Prevention Unit

BC Fall & Injury Prevention Coalition

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

BC Ministry of Healthy Living & Sport

**For more information go to:**  
<http://www.hiphealth.ca/CEMFIA>



# Prevention of Falls and Related Injuries in Residential Care



## *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.
- \* 95% 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 Fractures*

- \* 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, see the Residential Care Summit Report to be posted on the CEMFIA website in January 2010.  
<http://www.hiphealth.ca/CEMFIA>