

Preventing Falls Together- Project Summary

Project Name: Professional Falls Risk Education

Developing Coalition: Annapolis Kings

Project Summary:

We identified that elderly patients were being referred to physiotherapy for treatment of conditions like fragility fractures and the fact that they were at risk for falls and osteoporosis was not being discussed with them. The professional falls risk education package was developed to ensure that falls prevention education and osteoporosis prevention was addressed with patients of rehab services. An educational presentation was developed for delivery to Occupational Therapists and Physiotherapists of the Annapolis Valley District Health Authority. The purpose of this professional development was to increase their awareness of these risks so that they in turn could provide the proper education, interventions and/or referrals to their clients.

Notes and Tips:

- Education is an essential component that must be integrated into falls prevention initiatives, but education alone does little to reduce the risk of falls and fall-related injuries (adapted from Nova Scotia Department of Health Promotion and Protection, *Preventing Fall-Related Injuries Among Older Nova Scotians: A Strategic Framework*, 2007). Try to add an action component to your presentations.

PFT Staff Contact:

Carla Malay-Field Worker Western NS

nswest@preventingfallstogether.ca

Provincial Office: admin@preventingfallstogether.ca

(902) 422-0914 FAX: 422-9322