

# info Prevention Sensitisation

Bulletin to families, visitors, residents, volunteers and employees working in the establishments



November 10<sup>th</sup>, 2022

## Fall Prevention Awareness Month

Did you know that a previous fall within the last year **triples** the risk of another fall over the course of the following year?

Did you know that **the fear of falling** is **characterized** by **marked anxiety** or **a resistance to transfers** and a change in walking pattern than can lead to less autonomy, reduced mobility, greater isolation and symptoms of depression leading to restricted activities and an increase in the risk of falling again?

That's why it's important for all of us to be vigilant about the resident's environment.

Together, we must:

- ❖ Make sure that the rooms, bathrooms and hallways are not **cluttered** or poorly lit and that the floor is not slippery.
- ❖ Make sure that the bed is **not too high**, that the **bedrail is not broken** and that the chairs are stable.
- ❖ Make sure that **technical aids (walker, wheelchair) are within the resident's reach at all times.**
- ❖ Make sure that the alarm pads/securing clips (Tabs monitor) are **functioning properly.**
- ❖ Make sure that clothes, shoes and slippers **are suitable and accessible**, that clothes are **not too long** and do not hinder movement, and that belts are not dragging on the floor.
- ❖ Make sure that the **call cord** is always **within reach** and working.
- ❖ Make sure that the resident's personal effects are within reach when you leave their room.
- ❖ Make sure to report to the nurse any situation that could pose a risk to the resident's safety.

The contribution and vigilance of each and every one of us are essential to the **safety of our residents.**

Stay tuned for another awareness-raising feature in our next edition in two weeks.

DIRECTION OF NURSING, MULTIDISCIPLINARY SERVICES AND CONTINUOUS QUALITY IMPROVEMENT.