

## Falls Prevention and Fracture Risk Awareness

### Course Description:

Falls are a major cause of disability and the leading cause of mortality resulting from injury in people aged over 75 in the UK. One-third to one-half of people aged over 65 fall each year. Falling, therefore, has an impact on quality of life, health and healthcare costs. Delegates attending this course will explore the content below to aid their organisation in achieving high standards regarding falls prevention and fracture risk.

### Course Outline:

- o Recognise the need for good bone health
- o Identify factors which contribute to increased fracture risk
- o Recognise how osteoporosis may lead to a fracture
- o Understand how diet and exercise can help good bone health
- o Understand the best way to take bone health medication
- o Identify the prevalence of falls
- o Identify the factors that contribute towards falls in older people
- o Discuss risk assessment tools for falls and fracture
- o Recognise factors to help prevent falls
- o Explore ways of reducing the risk to prevent falls and fractures
- o Explore ways of promoting health and wellbeing

### Course Duration:

3 hours

### Assessment:

Ongoing assessment, practical scenario, experiential learning, question and answer

