

# Enquiries



For any enquiries, please contact:

**Jasmine Kam**  
(ILTC Manpower Development & Resourcing Division)

**Agency for Integrated Care**  
Tel : 6603 6886  
Fax : 6820 0735



**Falls Prevention**

**And Management**

**Course-Basic**

## TARGET AUDIENCE

Therapy Assistants, Nursing Aides & Care Associates from ILTC sector

## TEACHING METHODOLOGY

Lectures, Facilitated Group Discussions, Skills Demonstrations and Hands-on Practices etc

## COURSE FEES

For Healthcare VWOs and Nursing Homes with Portable Subsidies (inclusive of GST):

Fees for Singaporeans & PRs = \$32.82 per pax

Fees for Foreigners = \$146.77 per pax

Fees for Singaporeans & PRs and any others = \$260.74 per pax

## COURSE DURATION

1.5 Days

## COURSE OUTLINE

### Day 1

1. Understand the age related changes in the elderly (physiological changes that might be related to fall risks)
2. Common measuring indicators of fall incidences.
3. Common consequences of falls
4. Learn predictors and risk factors for falls. (intrinsic & extrinsic factors)
5. Fall risk assessment\_stratification Fall Risks

- Medical conditions and medications associated with increased risk of falls
- Behavioral factors
- Environmental factors associated with increased risk of falls.
- Functional factors

### 6. Practical sessions for fall prevention

- Learn how to use appropriate techniques, devices to carry out daily patient care in order to prevent fall risks.
- Identify factors that might contribute to fall for
  - Patient who are bed/chair bound
  - Patient who are semi-ambulant and require aids and assistance for mobility.
  - Patient who has predisposing medical conditions that might increase fall risk.
- Exercise strategies for strengthening and balancing
  - Demonstrate the Otago group exercise in full version where Otago is applied for clients who are Chair Bound, Ambulant with assistance & Ambulant independently.

## COURSE OUTLINE

### Day 2 / 3

7. Case presentation by participants and using case studies presented to facilitate how to do documentation and develop Nursing/ Therapy Care Plan.

8. Discuss fall management

- How to manage fall incident using algorithm flow chart to identify if client requires emergency medical attention or escalation protocol.
- Post fall management
  - Incident reporting written and/or verbal
  - What to take note of when client is returning to the care facilities.

