



Winnipeg Regional  
Health Authority

*Caring for Health*

Office régional de la  
santé de Winnipeg

*À l'écoute de notre santé*

# Experience with Falls Prevention in the Winnipeg Regional Health Authority (WRHA) Home Care Program

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# WRHA Home Care Falls Challenge

- Data trends showed prevalence of falls increasing over time among long-stay clients in WRHA Home Care program
  - Prevalence steadily increased from 24% (2002) to 29% (2013)
- Clearly linked to increasing client complexity & need
- Monitor client status/profile and indicators with RAI-HC client assessment data

# Collaborative Aim

- By March, 2016 reduce the rate of falls in the one volunteer community Home Care area/office in WRHA by 5% (reduce falls from 1000 falls /quarter to 950 falls/quarter) through improved communication of the clients' fall risk and caregiver & staff education.

# Client/Family Engagement

- Engaged family caregiver
  - In-depth knowledge of Home Care Program
- WRHA Home Care Advisory Council involvement
  - Review of falls-related resources

# Falls Prevention Tools

- WRHA Resource Staying on Your Feet
- Alberta Finding Your Balance Pamphlet
- Victoria Lifeline One Pager
- Public Health Agency of Canada

## A Checklist to Help You Prevent Falls

Anyone can be injured due to a fall. However, if you are 65 years or over, a fall can result in serious injuries that affect your mobility, independence and lifestyle.

Here are some other facts that you should know about falling:

- One in three Canadians age 65 years and over fall at least once per year.
- Falling is not a normal part of aging.
- Most falls can be prevented.

The following checklist can help you to determine the things that put you at risk of falling. Please read and complete the section below to help you stay on your feet and prevent falls:

Do you spend less than 30 minutes per day being physically active?  
Do you have difficulty keeping your balance, or walking on your own or getting up from a chair?

Regular physical activity can make you stronger and improve your balance. Make a plan to be active every day doing activities you like to do and are

Do you wear shoes with high heels or slippery soles, or do your shoe Do you wear slippers or stocking feet when you are at home?

Proper footwear is a key to preventing falls. Wear shoes that fit well and, At home, wear shoes with a non-slip sole, not socks or slippers.

Are you taking three or more medications a day?

Are you taking sleeping pills, anti-depressants, anti-hypertensives, p other medications that make you drowsy or light headed?

Have your medications reviewed by your doctor, pharmacist or nurse onc new medications are started. This will reduce side effects and interaction more likely to fall. This includes over-the-counter drugs and herbal supp

Has it been more than 12 months since your eyes were tested or yo Do you have trouble seeing well enough to move safely at home or i

Your vision may have changed without you noticing. Have your eyes che eye doctor, at least every second year. If you have trouble seeing, get the to move around safely.



## Chronic conditions and the risk of falling

1 in 3 seniors fall each year



Chronic disease and other factors affecting overall health and well-being for adults 65 years and older



For more information, visit [www.stayingonfeet.ca](http://www.stayingonfeet.ca)

One in 3 Canadians aged 65 and over fall at least once a year. Many of these fall result in serious injury and loss of mobility and independence. Most falls can be prevented.

**TAKE ACTION... to prevent falls**

Public Health Agency of Canada / Agence de la santé publique du Canada

Staying On Your Feet - Taking Steps to Prevent Falls

La version française du livret est disponible de [www.preventfalls.ca](http://www.preventfalls.ca)

Public Health Agency of Canada / Agence de la santé publique du Canada



**You CAN prevent falls!**

## The facts

- 1 in 3 seniors will experience a fall each year, and half of those more than once.
- 40% of seniors' falls result in hip fractures.
- 20% of injury-related deaths among seniors can be traced back to a fall.
- Seniors are injured at home more than any other location. The bathroom and stairs are particularly dangerous.



**ANYONE CAN FALL**  
Prevent it from happening to you



**CATCH THE Wave 1**

1. Statistics Canada, 2014. Falls among seniors in Canada. [www150.statcan.gc.ca/n1/pub/82-625-x/2014001/article/11821-eng.htm](http://www150.statcan.gc.ca/n1/pub/82-625-x/2014001/article/11821-eng.htm)

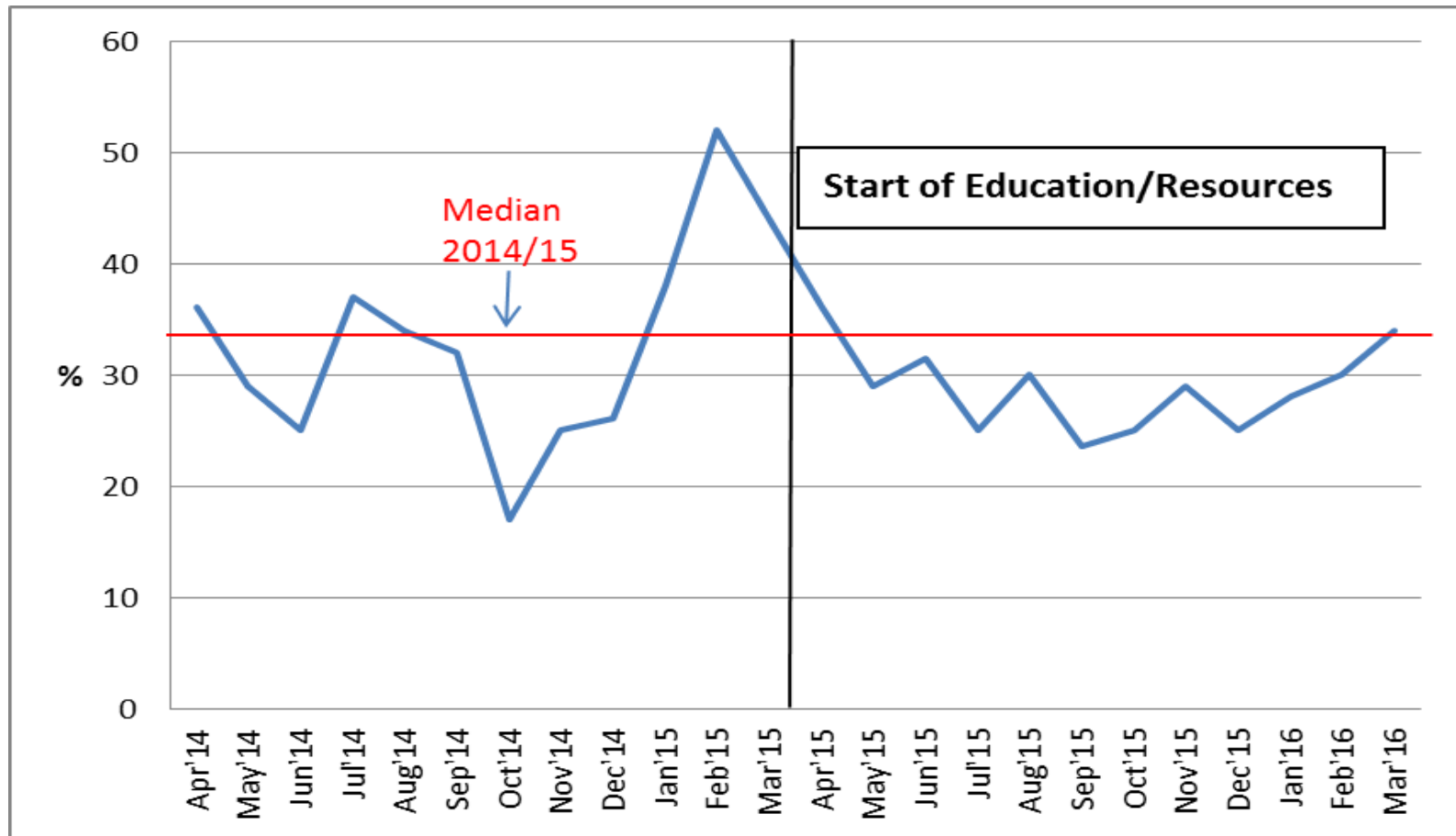
2. Statistics Canada, 2014. Falls among seniors in Canada. [www150.statcan.gc.ca/n1/pub/82-625-x/2014001/article/11821-eng.htm](http://www150.statcan.gc.ca/n1/pub/82-625-x/2014001/article/11821-eng.htm)

# Changes Tested

- Electronic voice-over presentation for nurses
- Home Care Advisory Council feedback on client falls prevention/awareness resources
- Staff education resources (e.g., Drugs and Risk of Falling)
- Audit of client charts for adherence to falls prevention guidelines → education
- ❖ **Increased clients' falls risk communication among staff care teams**



# Outcomes – Prevalence of Falls, Target Site Pre & Post



# Lessons Learned

## 1. Major keys to success

- Team effort
- Sponsor support
- Identified some really good resources moving forward
- Engaging client/family advisors in improvement efforts/plans

## 2. Barriers

- Competing priorities!!
- Tight timelines

## 3. Aha moments

- Always test your assumptions



# What's Next?



- Continue to monitor falls through assessment and occurrence reports
- Incorporate falls audits in peer-review chart audit process
- Provide annual reminder of falls prevention algorithms (e.g., staff meetings, voice over presentations)
- Use client and caregiver feedback to develop falls prevention resources
- Collaborate with Public Health with falls information for the public
- Enhance communication of falls risk with visuals