

Enquiries



For any enquiries, please contact:

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Falls Prevention

And Management

Course-Intermediate

TARGET AUDIENCE



Physiotherapists, Occupational Therapists, Registered Nurses and Enrolled Nurses

TEACHING METHODOLOGY



The course will be divided into 2 modules:

- Multidisciplinary module (for all participants)
- Professional module (Participants will be split into Therapy/Nursing or Residential/Centre-based grouping to facilitate group discussion)

COURSE FEES



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

Fees for Singaporeans & PRs = \$56.49 per pax

Fees for Foreigners = \$276.95 per pax

Fees for Singaporeans & PRs and any others = \$497.42 per pax

COURSE DURATION



1.5 Days

COURSE OUTLINE



MULTIDISCIPLINARY MODULE

1. Introduction, Ice breaker, Recap and Revision and Pre-Quiz
 - Predictors and risk factors for falls (intrinsic and extrinsic factors)
 - To facilitate discussion on what risk factors are present in different settings
 - To discuss some physiological changes in the elderly that predispose them to falls
 - The impacts of falls in the hospital, NH, Centre-based and Home-care
2. Medications and Medical Conditions that Predispose to Falls
3. Fall Risk and Functional Assessment
 - Understand fall risk stratification is important in all settings
 - Fall risk tools and fall risk assessment in different settings
 - Introducing evidence-based process for fall risk assessment in Community Care sector (e.g. Morse Fall Scale, STRATIFY, BBS, etc)
 - Case Study - Prepare a case study that require usage of fall stratification assessment and functional fall assessment

COURSE OUTLINE



PROFESSIONAL MODULE

1. Fall Risk and Functional Assessment
 - Pre survey issues identified in different setting
 - Challenges for fall prevention and management
 - Case Studies – group discussions
2. Developing Exercise Programme for Fall Prevention in different settings
 - Residential care
 - Home care
 - Centre-based
3. Optional (Home-care setting)
 - Checklists for conducting a home evaluation for home care settings
 - Share some of the practices of home modifications
 - Home assessment reports/templates
4. Post Fall Management
5. Conducting Audits and Tracking Fall
6. Assessment - MCQ