

BONE HEALTH

Falls Prevention, Part 1

STARTER ACTIVITY

- Complete the “Keeping your home safe” quiz on the first page of your **Falls Prevention, Part 1 - Workshop Guide**
- We will return to this quiz throughout the workshop

Agenda

1. Preventing a Fall Before it Happens
2. Postural Hypotension
3. Additional Strategies to Avoid Falls

LEARNING OBJECTIVES

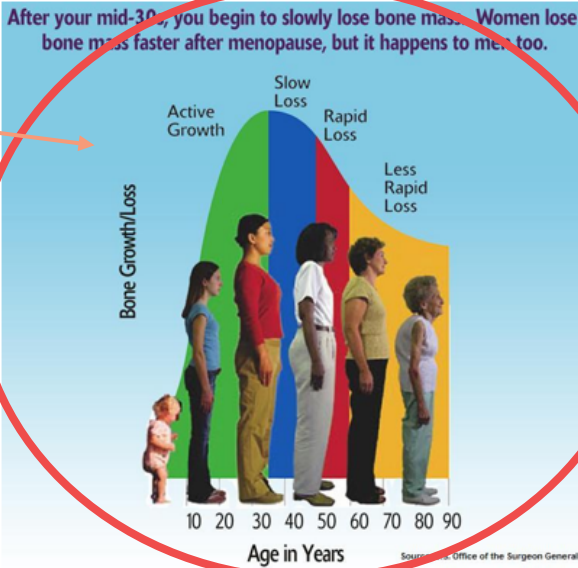
I will be able to...

- Identify 5 potential hazards that might increase my risk of falling and be able to identify one method for preventing each potential hazard
- Briefly describe postural hypotension including its potential symptoms
- Identify a minimum of three methods for managing low blood pressure
- Identify a minimum of five potential strategies for preventing falls within the home

HOW TO NAVIGATE THE SLIDES

BONE GROWTH CYCLE

After your mid-30s, you begin to slowly lose bone mass. Women lose bone mass faster after menopause, but it happens to men, too.



- bones are living tissue and are constantly changing
- This process is called “modelling”

I will be able to briefly describe the bone growth cycle.

slide title

slide image

key information

learning objective

WORKSHOP GUIDE

As we progress through this workshop, please ensure to complete the appropriate sections of the **Workshop Guide** provided for you.

This will be your quick reference following this workshop to aid you on your bone health journey.

SECTION 1

Preventing a Fall Before it Happens

KEEPING YOUR HOME SAFE

- Review your “Keeping your home safe” quiz on the first page of your **Falls Prevention, Part 1 - Workshop Guide**
- Go through each section and identify any “No” responses
 - Are there any patterns that you notice?
 - What are the major problem areas identified by your quiz?

I will be able to identify 5 potential hazards that might increase the risk of falling and be able to identify one method for preventing each potential hazard.

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- In your groups, share your major problem areas or patterns and identify any common areas shared by everyone or most of the group
 - Select one question per heading and, as a group, come up with a solution to each problem that you can all implement to help prevent a potential fall
 - You will have 15 minutes
 - Record your ideas in your

Falls Prevention, Part 1 - Workshop Guide



I will be able to identify 5 potential hazards that might increase the risk of falling and be able to identify one method for preventing each potential hazard.

SECTION 2

Postural Hypotension

WHAT IS POSTURAL HYPOTENSION?

- Postural Hypotension occurs when there is a drop in your blood pressure when you stand up from sitting or lying down
 - it can happen when you get up from a chair or when you are standing
- Symptoms
 - feeling dizzy
 - feeling light-headed
 - blurred vision
 - passing out
- This sudden change in blood pressure can lead to a fall

I will be able to briefly describe postural hypotension including its potential symptoms.

MANAGING LOW BLOOD PRESSURE

With the person beside you, discuss the following question:

- What can you do to manage low blood pressure?

I will be able to identify a minimum of three methods for managing low blood pressure.

MANAGING LOW BLOOD PRESSURE

Things you can do to help manage low blood pressure:

- After lying in a bed or sitting in a chair, change your position slowly
- Avoid alcohol and heat (hot showers, baths and weather)
- If you feel dizzy, sit down or lie down immediately
 - When the feeling goes away, get up slowly

I will be able to identify a minimum of three methods for managing low blood pressure.

MANAGING LOW BLOOD PRESSURE

Things you can do to help manage low blood pressure:

- Eat 5-6 small meals each day, rather than 2-3 larger meals
- Discuss with your physician if you are drinking enough fluids
 - Too little water can lower your blood pressure.

I will be able to identify a minimum of three methods for managing low blood pressure.

MANAGING LOW BLOOD PRESSURE

Things you can do to help manage low blood pressure:

- Before you sit or stand up
 - squeeze and relax the muscles in your legs
 - squeeze and relax your entire body
 - bend forward with your arms crossed over your belly
 - squeeze and relax your fists as you squeeze and relax the muscles in your arms
 - squat

I will be able to identify a minimum of three methods for managing low blood pressure.

MANAGING LOW BLOOD PRESSURE

Things you can do to help manage low blood pressure:

- Wear support stocking and/or abdominal binder
 - talk to your doctor about these options

I will be able to identify a minimum of three methods for managing low blood pressure.

SECTION 3

Additional Strategies to Avoid Falls

EXERCISE

- Physiotherapists can assist with a falls prevention program and advise on programs run in the community
 - supervised resistance training to strengthen muscles
 - balance exercises, for example, heel-to-toe walking, Tai Chi

I will be able to identify a minimum of five potential strategies for preventing falls within the home.

MEDICAL REVIEW

- Ask your doctor to review any conditions or medications that may be causing your poor balance or dizziness
- Your doctor may recommend a visit to an optometrist to correct your vision and/or a podiatrist for proper footwear
- Ensure to maintain a regular dialogue with your doctor, including regularly reviewing your medication

I will be able to identify a minimum of five potential strategies for preventing falls within the home.

NUTRITION

- Speak to your doctor about how you can improve your nutrition, including how to you ensure adequate calcium and vitamin D levels
- Eat regular meals and snacks throughout the day
 - it is better to eat 5-6 smaller meals than 2-3 large meals

I will be able to identify a minimum of five potential strategies for preventing falls within the home.

AROUND THE HOME

- Occupational Therapists can conduct a home audit and suggest important changes to the home environment or recommend walking aids if needed
- Use a “home checklist”
 - much like the checklist used in this workshop

I will be able to identify a minimum of five potential strategies for preventing falls within the home.

COOL-DOWN ACTIVITY

Review your “Keeping your home safe” quiz from the starter activity and the solution you came up with as a group to correct any problem areas in your **Falls Prevention, Part 1 - Workshop Guide**

Create an action plan where you indicate 3 changes that you can implement in the next day, in the next week and in the next month, that will help you prevent a fall before it happens

I will be able to identify a minimum of five potential strategies for preventing falls within the home.

ADDITIONAL RESOURCES

Osteoporosis Canada

- osteoporosis.ca

Dr. David Hanley Osteoporosis Centre

- osteoporosiscalgary.com

National Osteoporosis Foundation

- nof.org

SPONSORS



BIBLIOGRAPHY

Osteoporosis Australia. (2016). *Exercise Consumer Guide* [PDF File].

Public Health Agency of Canada. (2015). *The Safe Living Guide: A guide to home safety for seniors*. (pp. 9-17).

Alberta Health Services. (2015). *Managing Postural Hypotension* [PDF File].