

Injury Alert:
New Fall Prevention Knowledge Products for Health Care Providers
October 26, 2018

Fall prevention education is an important quality improvement strategy within the Winnipeg Regional Health Authority as nurses and other health-care providers responsible for implementing practice recommendations require current evidence-informed knowledge. We are happy to announce that new fall prevention knowledge products were recently developed in conjunction with **Fall Prevention Month*. The resources share the latest evidence with respect to falls and fall related injuries in community-dwelling older adults, and provide implementation strategies on how they can be translated to practice. The knowledge products:

- provide a summary of current evidence;
- address why reducing falls and injury from falls is a public health issue;
- highlight the burden of falls – frequency, outcomes and costs to the healthcare system; and
- list fall risks factors and provide evidenced-informed multi-factorial interventions.

Resources are now available online and include the following:

[*After a Fall: An Older Adult’s Journey:](#)

What happens after an older adult falls? This infographic shows the journey a community-dwelling older adult takes through the health care system after having a fall resulting in injury. Eight steps to reduce the risk of a fall and fall injury are offered. Intended for the public (primarily older adults and their caregivers), as well as health care professionals.

[*The Impact of Falls on our Healthcare System:](#)

Falls are the leading cause of significant injury among older adults. While an older adult’s care can result in a variety of health care system usages and intensities, the impact is burdensome to our health care system. This infographic shows the staggering and lengthy effect falls have on our health care system. Intended for health care professionals.

[*The Cost of the Falls for our Healthcare System:](#)

Each year in Manitoba, falls are the most expensive injury and cost our health care system \$345 million. This infographic describes the costly impacts associated with a fall, from the acute portion of care to after discharge, such as home care, residential care and disability. Intended for health care professionals.

**To view, please use Chrome, Firefox or Safari browser. Not compatible with Internet Explorer or Edge at this time.*

The Burden of Falls among Older Adults

This document includes current and impactful evidence describing the personal, economic and healthcare system burden of falls among older adults in Canada, Manitoba and Winnipeg, as well as the role of place and income in fall injury. Colleagues and community partners may wish to consult this document for a more comprehensive understanding of the current landscape of falls, to ensure consistency of evidence among professionals, as well as to merit fall prevention and injury reduction efforts.

Evidence to Practice Backgrounder: Reducing Falls and Injury from Falls in Community-dwelling Older Adults

This document is intended for health care providers and created to provide implementation strategies based on emerging evidence for practice across the health care continuum. The document will be updated on an on-going basis as required.

Staying on Your Feet Website

The Staying on Your Feet website has been updated to reflect evidence informed practices for reducing falls, fall-related injuries and risks. The website is intended for older adults, their families, parents of young children and professionals. Visit www.preventfalls.ca

***November is Fall Prevention Month**

The theme for 2018 is ***We all have a role to play***. In Manitoba, the province will be proclaiming the week of November 5-9, 2018 as fall prevention week. Many programs and organizations across the Winnipeg health region will be promoting this important awareness campaign for a day, a week and some, throughout the month. WRHA Corporate Communications will be tweeting on WRHA Twitter (@WinnipegRHA) and posting on [WRHA Facebook](#) to help promote the campaign. Join us on social media and share your stories!

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