

Veterans' Service Falls Management Program

Camp Hill Veterans'
Memorial Building (VMB)

We are here to help you.
We are interested in your ideas and
suggestions. If you have any questions,
please ask.

Veterans' Service Falls Management Program

Falls among older adults are a common problem. Up to half of residents in long-term care may fall each year. Research shows that physical restraints do not prevent falls. In fact, more serious injuries may happen when physical restraints are used to prevent falls.

At the VMB, we have a unique Falls Management Program that uses an assessment tool to make sure that each Veteran's risk of falling is identified early. This means that interventions can be put in place as soon as possible. The whole health care team also meets regularly to review falls and work with Veterans and their families to prioritize safety and well-being. Each team member assesses the best measures and equipment that may be helpful for the Veteran. **Our goal is to lower the risk of falls.** At the VMB, every fall is reviewed and analyzed.

When do falls happen?

Most falls happen during transfers from sitting to standing, or changing location. This may be switching from a bed to a wheelchair, or from walking to sitting. Veterans who can get up by themselves, but not stand or walk alone, are most likely to fall.

Am I at risk of falling?

The following may raise your risk of falling:

- › Having less balance or strength
- › Problems seeing
- › Confusion
- › Falls in the past
- › Age 80 years and older
- › Needing to get to the bathroom quickly
- › Cluttered spaces or pathways
- › Taking multiple medications that may cause drowsiness, confusion, or a drop in blood pressure or blood sugar
- › An acute illness – an illness that comes on fast and doesn't last long (like strep throat, infection, or flu)
- › General weakness
- › The wrong kind of footwear
- › Health conditions, such as Parkinson's disease, depression, arthritis, stroke, dementia, diabetes, and others



Falls may lead to physical injuries, a loss of independence, and a fear of falling again. It is important to talk with your health care team about falls when they happen.

What can I do to lower my risk of falling?

While living in the Veterans' Memorial Building, staff may ask you or your family to take certain precautions. These may be things like calling for the nurse before getting up, wearing sturdy footwear inside, using equipment for walking and moving around, or making changes to your room. Research has shown that these precautions may prevent falls and/or protect you from serious injury if a fall happens.

Please take these precautions seriously.

This program helps us to identify people who are at risk of falling, and to make changes to lower the risk. We want to act early to prevent serious injuries and we need your help.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

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If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.