

# CAPAGE

Promoting academic and professional excellence in health care  
to meet the challenges of aging in Sri Lanka

## Falls and fall prevention

### Tutorial



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## Tutorial

1. Define the term “fall”.
2. Why are falls considered a major issue in older adults?
3. What is the global annual fall rate among community-dwelling adults >65 years?
4. What proportion of fall-related hip fracture patients die within 12 months?
5. List the physical consequences of falls.
6. What are the psychological consequences of falls?
7. List the intrinsic risk factors for fall.
8. List the extrinsic risk factors for fall.
9. What are the key preventive strategies recommended for older adults?
10. Why is family involvement important in fall prevention?

**Case Study:**

Mrs. Kumari, 72 years old, has hypertension and arthritis. She takes 5 medications daily, complains of poor eyesight, and recently fell while going down stairs at home.

- Identify the intrinsic and extrinsic risk factors in her case.
- Suggest 3 fall prevention strategies suitable for her.

**Answers**

1. A fall is an event which results in a person coming to rest inadvertently on the ground, floor, or other lower level.

OR

An unexpected event in which the participant comes to rest on the ground, floor, or lower level.

2. Because they are common, interfere with independence and quality of life, and are a leading cause of injury and death in older adults.
3. 1 in 3 older adults
4. 20–25%.
5. Fractures  
Skin tear

- Internal bleeding
  - Subdural hematoma
  - Immobilization
  - Hospitalization
6. Fear of falling, loss of confidence, social withdrawal, and reduced activity levels.
  7. Age
    - Gender
    - Age-related physiological changes
    - Chronic diseases
    - Sensory impairments
    - Cognitive impairments
    - Medication use
    - Previous history of falls
    - Fear of falling
  8. Poor lighting
    - Slippery or uneven surfaces
    - Unsafe stairs
    - Inappropriate footwear
    - Lack of assistive devices
    - Environmental hazards in the community
  9. Exercise programs focusing on balance, strength, and flexibility
    - Regular review of medications and health status (vision, hearing, chronic illness)
    - Home safety modifications (remove tripping hazards, install grab bars, improve lighting)
  10. Family support helps older adults follow safety practices, gain confidence, and maintain independence.