Fall Prevention is EVERYONE’s Responsibility

Preventing Falls Will Reduce Injuries
Falls are the leading cause of injury in Nova Scotia Health Authority (NSHA)

All Patients Are at Risk for Falls
- ASSESS for Universal Falls Risk Factors
- IMPLEMENT Universal Falls Interventions

To help prevent falls, everyone should:
MOVE, IMPROVE and REMOVE

MOVE your body
- Balance and gait: Promote strengthening exercises.
- Lack of exercise: Promote 150 minutes of activity per week for ages 18+ and 60 minutes daily for ages 5–17.

IMPROVE your health
- Impaired vision/hearing: Have eyes/ears been tested every two years
- Impaired cognition: Lack of sleep, stimulation and increased stress can affect cognition/thinking.
- Medication effects: Some medication(s) can increase falls.
- Vitamin D deficiency: Consider taking the recommended daily supplement of 1000–2000 IU daily.
- Incontinence: Consider regular bathroom use and/or incontinence products.
- Inadequate nutrition/hydration: Eat a balanced diet according to the Canada Food Guide.
- Social isolation: Stay connected to family, friends and your health team.
- Foot Condition(s): Consider having feet assessed and treated by a trained foot care professional.

REMOVE hazards and obstacles
- Clothing and footwear: Wear low heeled, soled shoes or non-slip socks, clothing maintained and sized to avoid tripping.
- Home Safety: Remove clutter and mats, improve home lighting, install handrails or ramps where appropriate. Report to the managers of public housing/buildings if poor accessibility or maintenance.
- Misuse of alcohol and drugs: Consider the effects of alcohol and drugs and possible interactions and their impact on falls: practice moderation.