

# Falls Prevention and Management Workshop (Basic)

Falls are preventable. Join this course to be equipped with the knowledge and skills to provide individualised care of patients so as to prevent falls.

## Course objectives

- Verbalise definition of a fall
- State the age-related physiological changes (organs, muscles, etc.)
- Identify the risk factors contributing to a fall
- List the common consequences of a fall
- Identify falls preventive measures and plan the appropriate care interventions
- Assess and care for restless patients
- Develop an individualised falls prevention care plan for patients

## Course outline

- Understand the definition of a fall
- Understand the age-related physiological changes (organs, muscles, etc)
- Understand the risk factors contributing to a fall
- Understand the common consequences of a fall
- Learn about falls preventive measures and care interventions
- Assessment and care of restless patients
- Develop an individualised falls prevention care plan for patients in the hospital setting

## Training methodology

Lectures, experiential learning activity, case-based scenarios, discussion of fall risk assessment tools

## Trainers profile

**Nancy Chua**, Senior Nurse Manager and **Jasmine Tan**, Senior Staff Nurse practise at St Luke's Hospital, the first hospital in Singapore dedicated to the elderly sick. Nancy is a member of the hospital's Falls Prevention Committee. She heads the ward safety committee in advocating falls prevention. Jasmine's specialty includes gerontology as well as nursing training and education.



**Target audience:** Enrolled Nurses, Nursing Aides, Therapy Aides, Therapy Assistants, Healthcare Assistants

**Course duration (1 Full Day):**  
9am – 6pm

## Course dates:

Month	Course Date
Aug 2019	14
Nov 2019	20
May 2020	20

**Course fee:** \$197.95 (before GST)  
Prevailing course fee subsidy at **90%** for Singaporeans/PRs and **45%** for foreign staff working in eligible community care organisations.

**Venue:** St Luke's Hospital  
2 Bukit Batok Street 11  
Singapore 659674

## REGISTER

through your organisation's designated AIC LMS Administrator:

[https://lms.aic-learn.sg/lms/app/SYS\\_login.aspx](https://lms.aic-learn.sg/lms/app/SYS_login.aspx)



## Enquiries

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