

# Course : Preventing the risk of falls in the elderly

## Practical course - 2d - 14h - Ref. PAY

Falls can cause serious complications in the elderly. After a fall, the risk of falling again is multiplied by 20! This training course is designed to help you assess your balance, identify risk factors and take preventive action on environmental factors.

### Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Define the concept of a fall and understand the regulatory framework for preventing falls in the workplace
- ✓ Identify the psychomotor mechanisms involved in the falling process
- ✓ Know the risk factors for falls and identify those linked to the environment.
- ✓ Identifying people at risk
- ✓ Identify ways of preventing falls, depending on the person concerned and the environment.
- ✓ Knowing what to do in the event of a fall

### Intended audience

Staff working in the medical-social sector.

### Prerequisites

No special knowledge required.

### Practical details

#### Group discussion

Analysis of cases brought in by participants and collective reflection on proposals for improving risk situations.

#### Teaching methods

A practical, pragmatic approach based on active methods: alternating short theoretical presentations, analysis of at-risk situations and falls reporting forms.

### Course schedule

#### PARTICIPANTS

Staff working in the medical-social sector.

#### PREREQUISITES

No special knowledge required.

#### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

#### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

#### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## 1 Falls: definition, analysis and challenges

- Preliminary definition: falls, repeated falls, psychomotor mechanisms involved in the falling process.
- The consequences: physical and psychological trauma and impact on autonomy and dependence.
- Intrinsic, personal risk factors.
- Extrinsic factors, linked to the environment.
- Analyzing falls data: what are the issues at my facility?

### Hands-on work

Analysis of situations in sub-groups and transposition of the elements identified to each participant's establishment.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

## 2 Haute Autorité de Santé (HAS) regulations and recommendations

- Regulatory framework on freedom of movement.
- Assessment and management of elderly people with repeated falls (HAS 2009).
- Recommendation on the prevention of accidental falls in the elderly (HAS November 2005).

### Storyboarding workshops

Analysis of Haute Autorité de Santé (HAS) recommendations and group discussions.

## 3 General precautions against falls

- Caring behaviors.
- Technical aids, adapting living spaces and the environment
- Principles of monitoring and maintaining capabilities.

### Hands-on work

Self-diagnosis on the implementation of universal fall prevention rules in participants' establishments.

## 4 Specific means of prevention

- Preventive measures based on the analysis of reporting forms.
- Observation practices and formalization tools.
- The falls risk assessment process: who, when, how?
- Physical restraint: the benefit-risk ratio, a reminder of best practices and precautions for use.

### Group discussion

Discussions on the specific situations encountered by participants.

## 5 Falls management and follow-up

- Behaviors and immediate management after a fall.
- Long-term follow-up and care following a fall.
- Continuous adaptation of prevention procedures.

### Hands-on work

Formalization of achievements and areas for improvement in the form of an action plan.

