

# Falls Prevention It's No Accident CDROM Training Resource

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## Introduction

Central Bayside Division of General Practice received funding by the Australian Government Department of Health and Ageing through the National Falls Prevention for Older People Initiative for a Kingston/Bayside Falls Prevention Collaboration project.

## Aim

To develop and produce a sustainable Falls Prevention training resource in CDROM format to support health professionals (General Practitioners, Allied Health Professionals and Council Home Care Coordinators/Workers) in maintaining a multi-targeted approach to risk screening, assessment and management.

## The Resources

A CDROM and Booklet containing:

- 2 x 12min videos focusing on clinically specific elements of falls prevention
- Falls prevention print information and resources that accompany the video in booklet form
- Electronic copies of the project screening and assessment tool in Medical Director format
- Electronic copies of a falls prevention community self-checklist
- A directory of project agencies including their referral information.
- Pre and post-test questionnaires that enable GPs to receive Continuing Professional Development points through the Royal Australian College of General Practice.

## Project Outcomes

The outcomes of the component of the training resource aimed at General Practitioners are to:

- 1 Enable GPs to develop skills to perform a comprehensive falls risk analysis.
- 2 Enable GPs to develop skills to prepare an action and care plan for patients who are at risk of falls.
- 3 Provide GPs with falls management options such as vestibular training.

The outcomes of the component of training resource aimed at allied health professionals and Council Home Care Coordinators/Workers are to:

- 4 Promote general awareness of the importance of falls prevention.
- 5 Increase awareness of signs and risk factors that may indicate that an older person is at risk of falls.

## Evaluation

Effectiveness of the CDROM training resource in increasing knowledge of falls prevention in older people and the ability to undertake falls risk assessments is the focus of the evaluation. Completed by February 2005.

CDROM produced by  
**With Direction Pty Ltd**  
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Australian Government  
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