

GP Falls Ax tool

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Falls and Balance Clinic
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Falls

Ask why?

Rationale

- Means for GPs to be able to Ax patients while on the FABC waiting list
- ED intervention studies
 - why were some successful and others not
 - Kenny and Close studies – obligatory medical assessment in intervention group
- CRC doctors see very few of the patients
- Not role of ED, often doesn't happen as IP

Falls from a GP perspective

- Falls seen as an Allied Health issue
- Assessing fallers is complex
- GPs don't know how to assess fallers
- GPs have little time
- Targeted approach
- Use the practice nurses
- Request for computer based tool

Rose Ann Kenny study-risk factors

- Balance 93%
- Gait 80%
- Medications 53%
- Home hazards 48%
- Visual impairment 27%
- Neurology 17%
- Orthostatic hypotension 37%
- Vasovagal 6%
- Carotid sinus hypersensitivity 14 paced

Medical - PROFET

- **Cardiovascular 17%**
- **vision 59%**
- **leg weakness 28%**
- **peripheral neuropathy 20%**
- **poor high level balance 72%**
- **cognitive impairment 34%**

WALK THE PATIENT DATE: _____ TIME: _____ WALKER: _____ WALKER # _____		Patient: _____ Date: _____ Time: _____ Walker: _____
WALK THE PATIENT CHECKLIST 1. Check for correct walker type 2. Check for correct walker size 3. Check for correct walker height 4. Check for correct walker weight 5. Check for correct walker color 6. Check for correct walker material 7. Check for correct walker padding 8. Check for correct walker wheels 9. Check for correct walker brakes 10. Check for correct walker straps 11. Check for correct walker buckles 12. Check for correct walker adjusters 13. Check for correct walker instructions 14. Check for correct walker manual 15. Check for correct walker warranty		
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Guide to generating Victorian Statewide National Form (VSNF) - revised 2005

This document provides the user of the online Victorian Statewide National Form (VSNF) with information on how to generate the VSNF. The VSNF is a form that is used to collect information on the health and safety of Victorian workers. The VSNF is a form that is used to collect information on the health and safety of Victorian workers. The VSNF is a form that is used to collect information on the health and safety of Victorian workers.

- As part of the process of generating the VSNF, you will need to:
- Log on to the VSNF system
 - Create a new VSNF form
 - Enter the relevant information
 - Save the VSNF form
 - Print the VSNF form

How to use the VSNF system



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The measurement is taken between the heel and the ball of the foot. The ball of the foot is positioned 2.5 cm anterior to the heel of the foot.

ORDERING THE DON'T FALL FOR IT BOOK

Phone: [1800 588 855](tel:1800588855)

Email: phl.publications@wdfh.gov.au

Many languages

FOOTWEAR AND FALLS

Prepared by Falls & Balance Clinic, Ingleburn Centre, Ph 2265 1411

Strength, feeling and flexibility of the feet and ankles are important aspects of balance and safe walking. The type of shoes we wear can affect our balance. For those with problems of poor sensation in the feet, or problems with painful conditions of the feet eg corns, bunions, toenail infections, the type of footwear selected is especially critical to reducing the risk of falls. Regular visits to the podiatrist are also essential to prevent problems developing.

In general, shoes should have

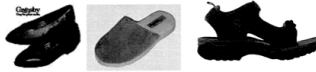
- low, wide heels (less than 1" high)
- a firm fastening mechanism eg laces, Velcro, firm elastic
- firm support around the back of the heel (not just a strap)
- a thin, hard sole
- slip-resistant soles/tread patterns

If you have "hard to fit" feet or problems with swelling or pain, specialist shoe stores* are able to assist you with finding suitable footwear. Wearing sloppy slippers or loose sandals is a risky alternative to good-fitting shoes and may contribute to poor balance and falls.

Good Shoe Choice:



Poor Shoe Choice:



*Extra Depth Footwear, 1E Staniland Gve, Elsternwick, Ph 8528 5774
Custom Fit Australia, 884 Nepean Hwy, Moorabbin, Ph 8552 2511
Gilmours Shoe Shop, 1187 Glenhuntly Road, Glenhuntly, Ph 9571 2233

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P.O. Box 12224, Cleveland QLD 4101
A.B.N. 32 087 239 171
Web: www.hipsaver.com.au Ph: 1300 767 999
Email: info@hipsaver.com.au Ph: 1300 767 999

PRIORITY ORDER



Please RUSH this order for:

31st July 2008 - Supersedes all previous order forms

Enter Wearer's Name _____		Ordered By (print name) _____	
Send Bill To: (please obtain bill payer's approval before ordering)		Deliver To: (leave empty if same as the Bill To address)	
Full Name _____		Facility Name _____	
Address _____		Address _____	
Suburb _____ State _____ Post Code _____		Suburb _____ State _____ Post Code _____	
Daytime Telephone Number (required) _____		Telephone Number (required) _____	

Credit terms for individuals are strictly net 14 days with a \$20 late fee applying on default. Credit terms for facilities with an A.B.N. are net E.O.M. after 10 D.M. Accepted methods of payment are Visa, MasterCard, Cheque, Money Order and E.T.F.

<p>Step 1 Select Style →</p> <p>UNDERGARMENTS Tick ✓</p> <ul style="list-style-type: none"> Nursing Home <input type="checkbox"/> QuickChange <input type="checkbox"/> SlimFit <input type="checkbox"/> Open-Bottom <input type="checkbox"/> 	<p>Step 2 Select Gender →</p> <p>Female <input type="checkbox"/> Male <input type="checkbox"/></p> <p>When assessing wearer's size, measure all the way around the widest part of the hips, over any incontinence product if applicable.</p>	<p>Step 3 Select Size →</p> <table border="1"> <tr> <th>Hip Measurement</th> <th>Size</th> </tr> <tr> <td>70 cm to 81 cm (28" to 31")</td> <td>XS</td> </tr> <tr> <td>82 cm to 92 cm (32" to 36")</td> <td>S</td> </tr> <tr> <td>93 cm to 102 cm (36" to 39")</td> <td>M</td> </tr> <tr> <td>103 cm to 114 cm (40" to 44")</td> <td>L</td> </tr> <tr> <td>115 cm to 127 cm (45" to 50")</td> <td>XL</td> </tr> <tr> <td>128 cm to 146 cm (51" to 57")</td> <td>XXL</td> </tr> </table>	Hip Measurement	Size	70 cm to 81 cm (28" to 31")	XS	82 cm to 92 cm (32" to 36")	S	93 cm to 102 cm (36" to 39")	M	103 cm to 114 cm (40" to 44")	L	115 cm to 127 cm (45" to 50")	XL	128 cm to 146 cm (51" to 57")	XXL	<p>Step 4 Select Model And Enter Quantity Required</p> <ul style="list-style-type: none"> High Compliance <input type="checkbox"/> All Prices Inc. GST 1 pant with hip protecting pads permanently sewn in. \$89.00 each High Compliance with Tailbone <input type="checkbox"/> 1 pant with hip and tailbone protecting pads permanently sewn in. (not available in Open-Bottom) \$99.00 each Starter Kit <input type="checkbox"/> 3 pants and 1 set of removable interchangeable hip protecting pads. \$166.00 each Veterans Kit (equal to annual DVA entitlement) <input type="checkbox"/> 4 pants and 2 sets of removable interchangeable hip protecting pads. \$254.00 each Protective Pads Only <input type="checkbox"/> 1 set of hip protecting pads i.e. 2 pads. (No protective pads not included) \$49.00 pair Paint Only <input type="checkbox"/> 1 pant for holding hip protecting pads. \$39.00 each
Hip Measurement	Size																
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OVERGARMENTS (All are unisex with protective pads permanently sewn in. May be used by multiple wearers.)
1. Select Hip Size On Chart Above* 2. Enter Quantity Required Below 3. Select Options Below 4. For Orders:
• Shorts \$89.00 each All overgarments are available with optional Tailbone Protection. (Add \$10.00 per garment)
• Interim ¾ Length Overpant \$89.00 each Track Pants are also available with optional Knee Protection. (Add \$10.00 per garment)
• Track Pants - Select Wearer's Height Under 57" Over 57" \$99.00 each

Offer valid only

For more info & order forms please visit: www.hipsaver.com.au

Add \$13.50 per order for Postage, Packaging & Handling
NB: When ordering for a DVA client a DVA RFP form D992 must also be completed. This DVA form is available on request or downloadable from www.hipsaver.com.au.
Step 5
Fax To → **1300 767 999**

Nutrition & Dietetics Department - Kingston Centre, Southern Health
Calcium Requirements for Older Adults

Current research shows that older adults have increased calcium requirements.

Recommended Daily Intake (RDI) for Calcium - Women 2000

Category	Age	Amount
Menopausal	51-70 yrs	1300mg
	>70 yrs	1500mg
Men	51-70 yrs	1000mg
	>70 yrs	1500mg

Dairy products and fortified soy products are the best source of dietary calcium. It is recommended that older adults consume **3 - 4 servings of dairy or calcium-fortified soy products each day** as part of a varied diet.

- 1 serving (approx 300mg calcium) =**
- 250ml cows milk or calcium fortified soy milk
 - 25g cheddar (1 slice)
 - 20g yogurt (1 small tub)

FOOD SOURCES OF CALCIUM

Check your daily calcium intake using the table below.

Beverages	mg Calcium	Dairy Products	mg Calcium
Milk, Physique 200ml	438	Yoghurt	
Physique, No fat 200ml	438	Heath A&W - calcium, 150g	430
Pure Tone (no fat) 200ml	431	Yogurt Lite (heath), 200g	240
Pure Light Sport 200ml	490	Yogurt, 200g	208
Pure Edge 200ml	430	Belle Light + Health, 200g	320
Onionade Plain (no LACT) 200ml	428	So Delicious vanilla, 200g	218
Milk, KDV 200ml	375	So Natural Soy Yoghurt 200g	200
Onionade milk, 200ml	375	Primo, tart, 200g	158
Onionade Dairy Vanilla 200ml	375	Primo, plain, 200g	148
Softway, light 200ml	280	Cheese, mozzarella, per lb, 30g	314
Big in Milkshake 200ml	343	Mozzarella, 20g	283
Milkshake Dairy Vanilla 200ml	312	Whites (kraft), 27g	240
Onionade Fruit (no LACT) 200ml	300	Cheddar, cheddar 20g	232
Softway soy milk, 200ml	300	Cheddar, 30g	144
So Natural Soy Milk 200ml	300	Provelon, 1 slice 11g	130
Soy Milk (no fat) 200ml	280	Milk, 40g	30
Santitas Organic Soy 200ml	280	Cheddar, 40g	28
Pure milk 200ml	280	Yogurt Lite, 100g	115
Onionade Fruit (no LACT) 200ml	280	Pure's Trim Content, 100g	160
Santitas So Good, 200ml	280	Dairy Parmesan Custard, 100ml	88
Bulk drinking yogurt 200ml	280	So Light P's Yoghurt, 100ml	100
Vanilla Cado-Pod 200ml	280	Low-meat, 80g (2 waffles)	62
Apple Piezen OJ (+ Calcium) 200ml	280	Cheese, cheddar, 20g	11
Onionade Fruit 200ml	280	Butter, 1 tbsp	4

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 Calcium by website.doc

Meat, Eggs & Fish

	mg Calcium
Beefsteak, Ground 6 oz 100g	32
Salmon, pink, canned 100g	258
Chicken, raw 12	243
Flounder, 80g, 100g 1 serving	222
Salmon, red, canned 100g	207
Pork, 1 slice	20
Chicken, 3oz	26
Egg, whole 1	22
Red or white meat, as above	18
Tuna, canned 100g	8

Vegetables

	mg Calcium
Spinach, 1 serving 100g	62
Onion, 1 serving 110g	39
Cabbage, 1 serving 90g	34
Broccoli, 1 cup 100g	33
Pumpkin, 100g	29
Beets, green, 1 serving	19
Cornish, 1 medium	18
Peas, 1 serving 80g	15
Cauliflower, 1 serving	12
Winter squash, 1 serving (1)	12
Asparagus, 2 spears	8
Zucchini, 1 gram	7
Potato, 1 medium	6
Onion, 1 small	4
Corn, 1 ear	3
Mushrooms, 1/2 cup	1

Grains & Cereal Foods

	mg Calcium
Special K cereal, 30g	280
Cereal, whole grain, 1/2 c	58
Muesli, unsweetened, 80g	24
All-bran, 30g	24
Corn, 1/2 cup, 50g	21
Wheat-flk, 2 biscuits	8
Rice, brown, white, red 1 cup	8
Cardamom, 20g	7

Beans & Nuts

	mg Calcium
Tofu, 100g	300-350*
Almonds, raw, 25 nuts	10
Soybeans, drained 100g	99
Black beans, 100g	66
Walnuts, 1 serving	27
Sunflower seeds, 20g	23
Peanuts, 20g	17
Beans, white, 20g	12
Custard, 30g	11
Coconut milk, canned 200ml	9

Fruit

	mg Calcium
Kiwiapple, 1 medium	10
Orange, 1 medium	58
Strawberry, 1 cup	27
Rhubarb, rhubarb, 100g	19
Pink grape 200ml	17
Strawberries, 5 portions	10
Raspberries, 80g	15
Lemon, 1 medium	12
Apple, 1 medium	8
Banana, 1 medium	5

*Note: Calcium content of tofu varies significantly between brands, check product label.

Miscellaneous

	mg Calcium
Heath Market Milk, 200g	100
Milk, evaporated, 200g	128
Almond, 10g	120
Synogen Protein, 10g	116
Milk, 20g	110
Synogen, Cholesterol, 10g	88

Watch For -

- High sodium (salt) intake - can increase calcium losses in the urine
- High caffeine intake (1-2 cups of coffee / tea each day) - can increase calcium losses in urine
- Too much alcohol - can reduce calcium absorption from food

Disclaimer: Every product food product labels and Foodservice computer program development in SMC Nutrition & Dietetics Department for the use of their educational materials in the presentation of this dietary guide.



SLEEP HYGIENE



If you have trouble getting the sleep you need, work shifts, or simply cannot seem to find the time for sleep, then "sleep hygiene" is a practice that you need to work on more than others.

- Go to bed only when sleepy. Try a relaxing bedtime routine (e.g., soaking in a bath).
- Establish a good sleep environment with limited distractions (noise, light, temperature).
- Avoid foods, beverages, and medications that may contain stimulants.
- Avoid alcohol and nicotine before going to sleep.
- Consume less or no caffeine.
- Exercise regularly, but do so around midday or early afternoon. Over-training or exercising too much is not advisable.
- Try behavioural / relaxation techniques to assist with physical and mental relaxation.
- Avoid naps in late afternoon and evening.
- Avoid heavy meals close to bedtime.
- Avoid fluids before going to sleep.
- Use the bed only for sleep and intimacy (Do not eat, read or watch TV in bed).
- Establish a regular wake time schedule.

Aim

- Web site
- Web site link written on Symphony ED discharge letter
- GP Practices to trial it
- funding to run project
- CRC/CHS refer patients back to GP for Ax or to FABC for the more complex

ED intervention trial – FROP com

- 698 community dwelling 60+ recruited from ED
- Identified by FROP –com
- All had home Ax, then randomised to community based services or standard ED care
- No significant difference in falls over 12 months RR 0.87 (0.65- 1.7) or injuries RR 1.08 (0.78 -1.48)

PROFET STUDY - RCT

- **Seen by Geriatrician, OT H/V, other therapy, recommendations implemented**
- **Falls risk □ total p = 0.0002, OR 0.39 (0.23-0.66)**
- **Recurrent falls □ OR 0.33 (0.16- 0.68)**
- **Hospital admission □ OR 0.61 (0.35-1.05)**
- **Functional decline (Barthel) in controls p<00001**

Close, Lancet, 353; 93-97