

Quiz

Test your knowledge on falls prevention!



1. Where can I find reliable data about falls in Australia and Western Australia?

- a. Injury Matters 2024 Falls Report
- b. Australian Institute of Health and Welfare
- c. Your Safety In Our Hands in Hospital report
- d. Older Person Health Network
- e. All of the above

2. Which of these Western Australian programs promote community falls prevention?

- a. Strength For Life
- b. Living Longer, Living Stronger
- c. Stay On Your Feet WA
- d. All of the above

3. Which of the following strategies are relevant to reducing the falls risk in patients with cognitive impairment?

- a. Assessing for the presence of delirium
- b. Reviewing the use of anti-psychotic and antidepressant medications
- c. Increased supervision or use of companions
- d. All of the above

4. Falls occur more frequently inside the home than outside.

- a. True
- b. False

5. How many inpatient falls go unwitnessed?

- a. 80 per cent
- b. 66 per cent
- c. 49 per cent

6. People who have a fall with serious injury increase their hospital length of stay by

- a. 4.4 days
- b. 7.7 days
- c. No impact on length of stay
- d. 12 days

7. Which of the following can be considered risk factors for falling?

- a. Impaired mobility
- b. History of falls
- c. Continence problems
- d. Cognitive impairment
- e. All of the above

8. A fall in people with osteoporosis can result in fractures. What can help prevent osteoporosis?

- a. Regular exercise and increased calcium and vitamin D intake
- b. Not engaging in exercise
- c. It is impossible to prevent
- d. Nothing – it runs in the family

Answers below in red

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1. Injury Matters: 2023 Western Australian Falls Report
2. Australian Institute of Health & Welfare
3. Your Safety in Our Hands Report 2022
4. RACGP Osteoporosis Guidelines