

FALLS

A SIP OF MDTEA PODCAST EPISODE 5



Ask yourself: Would I have fallen in this situation?
If not... Why not?

There is often an underlying cause:
LOOK FOR IT!



Falls are often a syndrome presentation rather than a diagnosis

Causes can be INTRINSIC or EXTRINSIC

INTRINSIC: an issue within that person in particular

EXTRINSIC: an issue within their environment



Following a fall

*10% people develop a fear of leaving the house
50% have reduced mobility levels one year later*



Falling is not an inevitability of 'old age'

There are often many modifiable factors to reduce the risk: refer them for assessment



The MDTea Podcast provides Education on Ageing for all healthcare professionals working with older adults

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