

Thursday, January 28th, 2012

PRESS RELEASE

Take five steps in the right direction to help prevent falls

BLACKPOOL Teaching Hospitals is encouraging people to take 'five small steps' to prevent falls this winter.

Everyone is potentially at risk of having a fall during this time of year and a large proportion of hospital admissions of those aged 65 and over are fall related with approximately one third of 65 year olds falling each year. That risk increases proportionately with age.

Between September and December 2011, 1,063 people were admitted to Blackpool Victoria Hospital A&E following injuries persistent with the result of a fall.

Sam Woodhouse, Practice Development Nurse and member of Blackpool Teaching Hospitals NHS Foundation Trust's Falls Prevention Group, said: "Most vulnerable and elderly patients wish to live an active and independent life, but a serious fall can leave them lacking confidence and therefore never fully recovering from their accident.

"Experiencing a fall, at any age, can have a devastating effect upon a person and their life, particularly regarding the elderly who are at most risk of enduring a fall related injury.

"Many different injuries have been seen to come from falls which a person may find hard to recover from. This year we are encouraging the public to participate in our 'five small step' campaign which will hopefully help prevent fall related admissions this winter along with enabling a sense of independent safety.

"Accidents do happen but there are steps you can take to help prevent a slip, trip or fall."

By using the simple five small steps, research shows that people can help themselves prevent the likelihood of falls occurring:

- Check medication
- Undertake regular exercise
- Wear the correct fitting footwear
- Arrange regular eye examinations

- Check your home for potential hazards.

Sam, added: “If you are prone to falls, whether outside or inside the home, ask your local GP about falls prevention services in your area. Finally, if you do have to venture out in any bad weather make sure you are prepared and wear the correct footwear.”



Caption: Sam Woodhouse, Practice Development Nurse and member of Blackpool Teaching Hospitals NHS Foundation Trust’s Falls Prevention Group.

For further information about this Press Release, please call Chris Cunniff, Communications Officer, on 01253 303059 or email Chris.Cunniff@bfwhospitals.nhs.uk