

Falls Prevention Trivia - How to Make your Million in Falls Prevention

1: True or False? Physical activity has been shown to be effective in reducing an individual's risk for falls.¹

Answer: True

Physical activity also:

- Keeps your bones and muscles healthy and strong^{2,3,4}
- Improves your balance^{2,3,4}
- Keeps your heart and lungs healthy^{3,4}
- Increases your energy
- Helps you sleep^{5,6}
- Reduces the fear of falling⁷
- Helps to reduce the risk of chronic diseases like heart disease and high blood pressure^{3,4}
- Improves memory and attention
- Improves mood and sense of well-being.⁸

Sources

1. Canadian Society for Exercise Physiology. Canadian Physical Activity Guidelines for Older Adults - 65 Years & Older. 2011; Available at: http://www.csep.ca/CMFiles/Guidelines/CanadianPhysicalActivityGuidelinesStatements_E%204.pdf. Accessed September 5, 2017.
2. Wan, M., Wong, R. Benefits of Exercise in the Elderly. Canadian Geriatrics Society Journal of CME 2014;4(1):5-8.
3. Taylor AH, Cable NT, Faulkner G, Hillsdon M, Narici M, Van Der Bij AK. Physical activity and older adults: a review of health benefits and the effectiveness of interventions. J Sports Sci 2004 August 01;22(8):703-725.
4. Vogel T, Brechat P, Leprêtre P, Kaltenbach G, Berthel M, Lonsdorfer J. Health benefits of physical activity in older patients: a review. International Journal of Clinical Practice 2009 February 1;63(2):303-320.
5. Zarcone VJ. Sleep Hygiene. In: Kryger MH, Roth T, Dement WC, editors. Principles and practice of sleep medicine. 3rd ed. Philadelphia: Saunders; 2000. p. 657-661.
6. Stepanski EJ. Behavioral therapy for insomnia. In: Kryger MH, Roth T, Dement WC, editors. Principles and practice of sleep medicine Philadelphia: Saunders; 2000. p. 647-656.
7. Zijlstra GAR, van Haastregt, JCM, van Rossum E, van Eijk, JTM, Yardley L, Kempen GIJ. Interventions to reduce fear of falling in community-living older people: a systematic review. J Am Geriatr Soc 2007;55(4):603-615.
8. CDC. Physical activity and health: a report of the Surgeon General. 1999; Available at: <https://www.cdc.gov/nccdphp/sgr/olderad.htm>. Accessed March 10, 2017.

2: Which of the following foods offer a good source of calcium?

- a) Milk & Soy Milk
- b) Eggs
- c) Cheese
- d) Butter
- e) a) & c)

Answer: e) Milk, fortified Soy Milk and Cheese offer a good source of calcium.¹

Source:

1. Dietitians of Canada. What You Need to Know about Calcium - Unlock Food.
<http://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-about-Calcium.aspx#.VpqIYJMrKRs>. Accessed Oct 24, 2018.

3: True or False? Vitamin D helps absorb calcium into our bones to keep them strong.

Answer: True¹

Source:

1. Osteoporosis Canada. Calcium and Vitamin D.
<https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/>. Accessed Oct 24, 2018.

4: True or False? 1 out of 3 Albertans over age 65 will fall at least once a year.

Answer: True¹

Source:

1. Public Health Agency of Canada. Seniors' Falls in Canada: Second Report. 2014
<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html>. Accessed Sep 21, 2018.

5: True or False: 60% of all hip fractures are a direct result of falling.

Answer: False

The correct answer is: 95% of all hip fractures are a direct result of falling.¹

Source:

1. Public Health Agency of Canada. Seniors' Falls in Canada: Second Report. 2014
<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html>. Accessed Sep 21, 2018.

6: True or False? In Canada a senior falls every 30 seconds.

Answer: False

The correct answer is every 18 seconds.¹

Source:

1. This information is calculated from data accessed September 27, 2018 by IPC based on Statistics Canada and Public Health Agency of Canada. Calculations based on **Canada, 2015**

seniors 65+yrs = 5,780,926 (source: Frequency: Quarterly, Table: 17-10-0009-01 (formerly CANSIM 051-0005)

27, 2018 *Geography: Canada, Province or territory) accessed: Sept*

if 30% reported one fall = 5,780,926 * 30%= 1,734,278 seniors with a fall (source: PHAC Seniors' Falls in Canada Infographic)

falls per day (365 days/year)= 1,734,278/365= 4,751 per day

falls per hour (24 hrs/day)= 4,751/24= 198 per hour

falls per min (60 min/hour)= 198/60= 3.30 per minute

falls per second (60 sec/min) = 60 sec/3.3= **18 seconds per fall**

Email dated: September 27, 2018 from Colleen Drul

7: For how many minutes each week should seniors (65+) be active?

- a) 60 minutes
- b) 120 minutes
- c) 150 minutes
- d) 180 minutes

Answer: c) 150 minutes

Try to do 30 minutes or more of moderate to vigorous intensity physical activity or exercise at least 5 days each week.¹

- Moderate intensity :you will sweat and breathe harder.²
- Vigorous intensity: you will sweat and be out of breathe.²

You can do your activity in 10 minute sessions; you don't have to do 30 minutes all at once.

Examples include: Bicycling, Swimming, Tai Chi, Cross country skiing, Dancing

Be sure to talk to your doctor if you have health concerns.

Source:

1. CDC. Physical activity and health: a report of the Surgeon General. 1999; Available at: <https://www.cdc.gov/nccdphp/sgr/olderad.htm>. Accessed March 10, 2017.
2. Canadian Society for Exercise Physiology. Canadian Physical Activity Guidelines for Older Adults - 65 Years & Older. 2011; Available at: http://www.csep.ca/CMFiles/Guidelines/CanadianPhysicalActivityGuidelinesStatements_E%204.pdf. Accessed September 5, 2017.

8: True or False: Vitamins, herbs, natural health products and over the counter medications are considered as part of your medication.^{1.2.3.4.5}

Correct answer is: True

These products could interact with your prescription medications. Be sure to let your doctor or pharmacist know about these products you are on and have your medications reviewed every year by your pharmacist or doctor. Medication side effects could include tiredness, dizziness and loss of water which can all contribute to falls.

Source:

1. Marek KD, Antle L. Medication management of community-dwelling older adult. In: Hughes RG, editor. Patient safety and quality: an evidence-based handbook for nurses. Rockville, MD: Agency for Healthcare Research and Quality; 2008.
2. Leipzig RM, Cumming RG, Tinetti ME. Drugs and Falls in Older People: A Systematic Review and Meta-analysis: I. Psychotropic Drugs. J Am Geriatr Soc 1999;47(1):30-39.
3. Reed-Jones, R.J., Solis, G.R., Lawson K.A., Loya A.M., Cude-Islas, D., Berger C.S. Vision and falls: A multidisciplinary review of the contributions of visual impairment to falls among older adults. Maturitas. 2013;75;22-8.
4. Landi F, Onder G, Cesari M, Barillaro C, Russo A, Bernabei R. Psychotropic medications and risk for falls among community-dwelling frail older people: an observational study. J Gerontol A Biol Sci Med Sci. 2005;60(5):622-626.
5. Huang AR, Mallet L, Rochefort CM, Eguale T, Buckridge DL, Tamblyn R. Medication-related falls in the elderly: causative factors and preventive strategies. Drugs & Aging. 2012;29(5):359-76.

9: What can you do at night to improve your vision?¹

- a) Use a night light
- b) Carry a flashlight
- c) Keep a light or lamp on
- d) All of the above

Answer: d) All of the above

Proper vision is important to help prevent falls, including at night. Plan ahead to make sure you always have a source of light for evening hours.

Source:

1. CNIB. Lighting; Available at:
<http://www.cnib.ca/en/living/independent-living/lighting/Pages/default.aspx>. Accessed March 9, 2017.

10: You may be dehydrated if you experience the following:^{1,2}

- a) headache
- b) lightheadedness
- c) excessive laughing
- d) unable to smile
- e) a and b

Correct answer is: e) a and b

Symptoms include: Dry mouth, Headache, Irritability, Lightheadedness, Fatigue/tiredness, Dry eyes or decreased tears, or Dark coloured urine.

Make time to drink water throughout the day. Aim for 8 glasses or more of fluid daily; drinking water first thing in the morning is a great way to start.

Source:

1. Mayo Clinic. Dehydration Symptoms and Causes – Adult. Available at:
<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
Accessed September 24, 2018.
2. Mayo Clinic Staff. Dizziness Lifestyle and home remedies. 2015; Available
at: <http://www.mayoclinic.org/diseases-conditions/dizziness/basics/lifestyle-home-remedies/con-20023004>. Accessed Apr 24, 2017.