



Service Priorities and Programmes Electronic Presentations

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Fall prevention program in Geriatric Day Hospital (GDH), Princess Margaret Hospital

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Keywords:

Fall prevention

Education talk

Health Qigong

care giver education

fall preventive aids

improve knowledge

Introduction

1. No standardised assessments were used in the previous program to evaluate the effectiveness.
2. Care givers suggested the demonstration of the skills taught in the program could be beneficial.
3. From the questionnaire used in the previous group, it was concluded that care givers had inadequate knowledge and skills in fall prevention.

Objectives

- 1.Improve functional balance and activity tolerance in ADL and IADL tasks
- 2.Improve knowledge in fall preventive aids
- 3.Improve fall prevention skills and knowledge of patient and care giver
- 4.Improve quality of life of patient and care giver

Methodology

1. Fall prevention education talk
2. Demonstration of after fall management skills and practical session.
3. Introduction of fall preventive aids
4. Health qigong BaDuanJin class

Result

1. Service improvement in fall prevention education for high fall risk patients in GDH 1. Activities-Specific Balance Confidence scale - (ABC) Chinese version
2. Modified Barthel Index (MBI)
3. Balance Scale
4. Questionnaire for care givers