

PREVENTING FALLS: IDENTIFYING RISKS, TAKING DAILY ACTION, AND REORGANIZING THE ENVIRONMENT

COMPREHENSIVE FALL PREVENTION TRAINING FOR CARE PROFESSIONALS

Training for professionals supporting elderly individuals in all types of facilities

Master fall prevention strategies to protect elderly residents and improve their quality of life

Duration : 4 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Healthcare professionals working with elderly individuals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

This comprehensive 4-hour training equips professionals supporting elderly individuals in medicalized residences, home care, SSIAD, and day care facilities with essential fall prevention strategies. Participants will gain a thorough understanding of fall risk factors, learn to implement concrete preventive actions in daily routines, and master techniques for reorganizing physical environments to reduce hazardous situations. The training covers appropriate post-fall responses, managing fear of falling, and multidisciplinary teamwork. By the end of the program, each participant will be able to identify at-risk residents or patients and implement appropriate, traceable preventive measures.

Module summary

MODULE 1	Understanding Falls — Epidemiology and Risk Factors	4 lessons
MODULE 2	Preventing on a daily basis — professional gestures and monitoring	4 lessons
MODULE 3	Reorganizing the environment — home and facility adjustments	4 lessons
MODULE 4	After the fall — management and prevention of recurrence	4 lessons

Learning objectives

Learning objectives

- Identify and assess intrinsic, extrinsic, and medication-related fall risk factors in elderly individuals
- Implement concrete preventive actions during daily care routines and high-risk moments
- Reorganize physical environments in facilities and homes to reduce fall hazards
- Apply appropriate post-fall protocols and conduct systematic fall analyses
- Address fear of falling through therapeutic approaches and psychological support
- Work effectively in multidisciplinary teams to create comprehensive fall prevention strategies

General information

Duration	4 hours
Target Audience	Healthcare professionals, nurses, caregivers, occupational therapists, physiotherapists working with elderly individuals in medicalized residences, home care services, SSIAD, and day care facilities
Prerequisites	None
Price	Upon request – VAT not applicable (article 261-4-4° of the French General Tax Code)

Certification	Qualiopi – Certificate of completion
Organization	DYNSEO – Activity registration number: 11757351875

MODULE 1**Understanding Falls — Epidemiology and Risk Factors**

4 lessons

Lesson 1 - Falls in the Elderly — Reality and Consequences

- Key statistics: frequency, mortality, and morbidity in those over 65
- Physical consequences: fractures, head injuries, prolonged bed rest
- Psychological impact: fear of falling, loss of confidence, post-fall syndrome
- Effects on autonomy and quality of life: accelerated dependence and institutionalization

Lesson 2 - Intrinsic risk factors

- Balance and gait disorders: sarcopenia, dizziness, vestibular problems
- At-risk pathologies: Parkinson's disease, stroke, dementia, orthostatic hypotension
- Visual disorders: cataracts, macular degeneration, glaucoma and spatial perception
- Cognitive factors: disorientation, impulsivity, poor risk assessment

Lesson 3 - Extrinsic and medication factors

- High-risk medications: hypnotics, anxiolytics, antihypertensives, neuroleptics
- Polypharmacy risks: how multiple treatments increase fall danger
- Environmental hazards: flooring, lighting, unsuitable furniture
- Behavioral factors: inappropriate shoes, overly long clothing, rushing

Lesson 4 - Assessing Fall Risk — Tools and Clinical Approach

- Risk assessment scales: Tinetti, Get Up and Go, Morse Fall Scale
- Multidisciplinary assessment: roles of doctors, physiotherapists, nurses, occupational therapists
- Collecting fall history without blaming the patient
- Documenting risk in care records and ensuring regular reassessment

MODULE 2**Preventing on a daily basis — professional gestures and monitoring**

4 lessons

Lesson 1 - Risky moments during the day

- Getting up and going to bed: orthostatic hypotension, nighttime disorientation, fatigue
- Bathroom trips at night: urinary urgency and haste
- Mealtimes: hypoglycemia, postprandial fatigue, dining room movements
- Changes and care: unstable positions, wet floors, sudden handling

Lesson 2 - Preventive actions during care and transfers

- Safe transfer techniques: bed-chair, standing wheelchair, toilet assistance
- Correct use of technical aids: walkers, canes, grab bars
- Active monitoring: never leave at-risk persons alone during transfers
- Communication before action: inform, explain, obtain patient cooperation

Lesson 3 - Monitor and anticipate the warning signs

- Behavioral changes to watch: agitation, sudden confusion, new complaints
- Monitoring orthostatic hypotension: when to measure and how to react
- Daily observation of walking and balance: reporting subtle changes
- Team communication: what to note, whom to inform, urgency levels

Lesson 4 - Restraint — exceptional measure and strict supervision

- Definition and legal framework of physical and medication restraint
- Why restraint often increases fall risk and its consequences
- Alternatives to restraint: enhanced monitoring, floor mattresses, low barriers
- Authorization protocol, traceability, and mandatory reevaluation

MODULE 3**Reorganizing the environment — home and facility adjustments**

4 lessons

Lesson 1 - Risk areas in the establishment

- The room: adjustable beds, night lighting, accessible call bells, clear floors
- Bathroom and toilets: grab bars, non-slip mats, shower seats
- Hallways and common areas: flooring, obstacles, lighting, visual guidance

- Dining room: access, stable seating, appropriate table height

Lesson 2 - Adapting the home of an elderly person at risk

- Housing diagnosis: identifying hazardous areas room by room
- Recommended technical aids: grab bars, raised toilet seats, non-slip mats, adapted shoes
- Human and technical support: remote assistance, regular visits, motion sensors
- Convincing reluctant elderly individuals to modify their homes

Lesson 3 - Prevention equipment and technical aids

- Hip protectors: effectiveness, acceptability, wearing advice
- Fall detectors and teleassistance: operation, limitations, implementation
- Therapeutic shoes and orthopedic insoles: preventive role
- Adjusting wheelchairs and walkers to secure mobility

Lesson 4 - Involve the person and their family in prevention

- Therapeutic education for elderly patients: adapting messages to individuals
- Involving family caregivers: their role, fears, and resources
- Resistance to adjustments: understanding autonomy and dignity issues
- Fall prevention groups: adapted physical activity and balance workshops

MODULE 4

After the fall — management and prevention of recurrence

4 lessons

Lesson 1 - Immediate actions to take after a fall

- Initial assessment: don't rush to lift, assess consciousness and pain levels
- Decision criteria for calling emergency help based on patient condition
- Gradual lifting technique for non-serious falls
- Mandatory traceability: incident reports, medical transmission, family information

Lesson 2 - The systematic analysis of falls

- Post-fall analysis meeting: participants, methodology, timeframe
- Identifying triggering factors: medications, environment, health status
- Adapting care plans: risk reassessment and prescription modifications
- Quality approach and fall monitoring indicators in the facility

Lesson 3 - Addressing the fear of falling

- Post-fall syndrome: reduced activities, isolation, secondary depression
- Assessing fear of falling: FES-I scale and motivational interviewing
- Therapeutic approaches: psychomotricity, adapted physical activity, psychological support
- Caregiver's daily role: encourage without forcing, value every progress

Lesson 4 - DYNSEO tools to support motor and cognitive abilities

- Rolling Ball: tablet-based fine motor skills and balance exercises, adaptable and progressive
- EDITH: cognitive maintenance for orientation and spatial awareness
- Integrating these tools into multidisciplinary fall prevention programs
- Presenting tools to families as home stimulation support

Teaching methods

- Online training accessible 24/7 on a dedicated digital learning platform
- Interactive content with videos, case studies, and practical exercises
- Quizzes and assessments to validate knowledge acquisition
- Downloadable resources and practical tools for immediate implementation
- Certificate of completion issued upon successful course completion
- Technical support available throughout the training period