



# Heartland Health Region

*Healthy People, Health Communities and Service Excellence in an enduring System*

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## **MEDIA RELEASE**

For Immediate Release

### **Falls Reduction Strategy Launched in Outlook Health Centre**

In 2010 – 2011 a total of 1,473 falls were reported in our Long Term Care facilities throughout Heartland Health Region. Out of these falls, 41 had a severe adverse outcome, including a significant injury, for the resident. While this population of clients is often at risk of falling, we feel there is room for us to make improvements to not only decrease the number of falls, but to also decrease the number of severe adverse outcomes due to a fall. Falls reduction has been identified as an area for improvement across Saskatchewan and Canada, and the Heartland Health Region is committed to finding innovative ways to improve on the care we provide, especially in terms of increasing resident safety in Long Term Care.

At the Outlook Health Centre (OHC), a Falls Reduction Committee has been formed to help improve the quality of life for residents in Long Term Care. The Committee is borrowing parts of its falls reduction program from “Safer Health Care Now!”, a well- established Canadian resource base. The goals of the Outlook Health Centre are to:

- Decrease the number of falls
- Decrease the severity of falls
- Increase the mobility and function of residents
- Increase staff, family and public awareness
- Increase the resident’s confidence.

In order to achieve these goals the Outlook team plans to:

- Continue with a resident exercise program
- Conduct regular medication reviews
- Refer residents to physiotherapy and occupational therapy
- Continue to educate staff about how to reduce the number of falls

On November 16<sup>th</sup> at 2:00 p.m. the Falls Reduction Committee will be launching their new program on the Long Term Care Wing at the Outlook Health Centre. We would like to welcome all staff, family members and anyone from the community who is interested in learning more about this program to attend. Refreshments will be served.

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Media:

For more information or to arrange interviews contact  
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