

## **Managing Falls and Fractures in Care Homes for Older People Falls Quiz**

**1. What percentage of Care Home Residents fall approximately each year?**

- a. 20%                      b. 30%                      c. 50%

**2. Name 3 things you should do after someone has a fall**

- a.  
b.  
c.

**3. Name 3 risk factors associated with an increased risk of fall.**

- a.  
b.  
c.

**4. Name 3 medical conditions which may increase a residents risk of falls**

- a.  
b.  
c.

**5. Taking how many medications increases the risk of falls?**

- a. 15                      b. 4                      c. 10

**6. Name 3 side effects of medications which may increase risk of falls.**

- a.  
b.  
c.

**7. Name 3 environmental factors which may increase risk of falls.**

- a.  
b.  
c.



**8. Name 3 risk factors for Osteoporosis.**

- a.
- b.
- c.

**9. Name 3 foods which are a good source of calcium**

- a.
- b.
- c.

**10. How long should someone sit upright after taking a bisphosphonate?**

- a. 10 mins
- b. 15 mins
- c. 30 mins

**11. What is the procedure for recording falls in your Care Home when a resident is first admitted?**

**12. You find a resident lying on the floor what actions should you take in your Care Home?**

**13. What tools/documentation are available in your Care Home for the prevention and management of falls and fracture?**

**14. What is the procedure for monitoring a resident for falls in your Care Home?**

**15. What local services are available for a resident in your Care Home for falls and fracture prevention and management?**