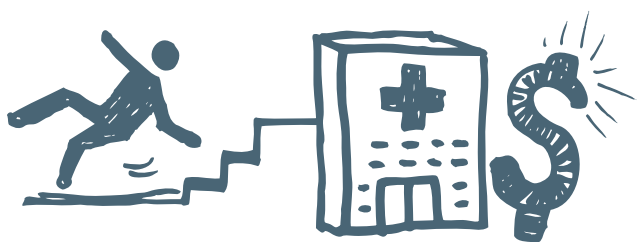


Falls Prevention for Podiatrists

A WESTERN AUSTRALIAN...¹

- **DIED FROM A FALL EVERY 26 HOURS IN 2016**
- **WAS HOSPITALISED EVERY 20 MINUTES DUE TO A FALL-RELATED INJURY IN 2017**
- **ATTENDS AN EMERGENCY DEPARTMENT EVERY 12 MINUTES DUE TO A FALL**



IN 2017 FALLS-RELATED HOSPITALISATIONS RESULTED IN 157, 738 BED DAYS AT AN ESTIMATED COST OF \$223,524, 324.

Falls Referral Pathways in WA

Podiatrists are recommended to deliver interventions to support foot health for falls prevention. For information on healthy ageing, exercise, and removing hazards, refer to:

- General Practitioner
- Allied Health Professional
- Pharmacist
- Optometrist
- My Aged Care

Podiatry Interventions

- [Foothold Program](#)
Shoe safety four-point audit: stability, fit, sole and heel.
www.foothold.org.au



The role of podiatry in falls prevention

Between 20% and 45% of older adults experience foot problems.² Research indicates that foot-related problems including; pain, reduced range of motion, toe weakness and toe deformity can increase an individual's risk of falling.³

Individuals with foot-related concerns should be referred to a podiatrist to assess the need for improved footwear, treatment or exercises in order to reduce their risk of injury.⁴

A multifaceted podiatry intervention may reduce falls among older people living in community dwellings that are experiencing disabling foot pain as a result of improved foot and ankle strength, range of motion, balance and functional ability.³

As the only direct source of contact with the ground, footwear can influence an individual's posture, stability, balance and gait. As a result, footwear has an important role to play in an individual's falls risk.⁵

Falls assessment and screening tools

Functional Assessment in podiatry clinic

Falls screening questionnaires

- [Falls risk checklist](#)
www.stayonyourfeet.com.au/over60/what-can-cause-a-fall/falls-risk-checklist/
- [FROP COM Screen](#)
www.nari.net.au/files/files/documents/frop-com_screen_guidelines_version_v10.pdf

Physical assessment tools

- [Steady website](#)
www.cdc.gov/steady/materials.html
 - 4 stage balance test
 - Timed up and go
 - Sit to stand
- [Tinetti Test](#)
www.physio-pedia.com/Tinetti_Test

Partner:



Department of Health



Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

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