



# FALLS PREVENTION AND MINIMISING HARM

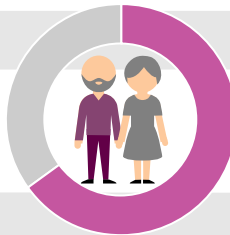
We can all contribute to falls prevention and minimising harm from falls

## LAST YEAR IN SA HEALTH

1 January 2022 to 31 December 2022

**12,735**  
FALLS

Across SA Health admissions



OVER **83%** were people OVER 65 years



**166**

Falls resulted in significant harm or death (1.3% of total falls)

Up by **6%**

Significant harm or death from falls compared to 2021

**69%**

of falls resulted in no harm

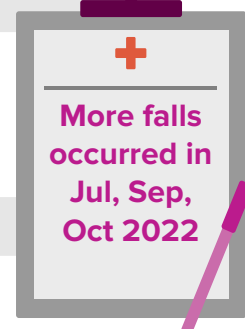


10am, 4pm and 7pm are high risk times for falls



**5,498**

consumers experienced more than one fall while receiving care from SA Health



## Patient falls were the MOST reported incident in 2022

Staff diligence in falls planning, situational awareness and education of consumers helps to prevent falls or harm caused by falls.

## Effective strategies that contribute to minimising harm from falls

### COGNITIVE CARE PLANNING

Consider added environment and communication needs for patients with cognitive impairment.

### MULTI-DISCIPLINARY REVIEW

after the first fall.

### RECONSIDER BED RAILS

Use the SA Health bed rail matrix to understand the risk of harm to patients.

Additional **Falls Prevention Strategies** are available on the Australian Commission on Safety and Quality in Healthcare Website.