

## Introduction

Falls have a significant impact on the population, with hospital admissions for those aged 65+ rising from 19.9 per 1,000 in 2010/11 to 22.6 per 1,000 in 2019/20<sup>1</sup>.

The Scottish Government's draft National Falls and Fracture Prevention Strategy (2019-2024) emphasises the shared responsibility of health and social care workers in identifying risks early to reduce falls<sup>2</sup>.

To support this, an informed level module was developed which helps the workforce identify falls risks, understand physical and psychological impacts of a fall, and access local guidance. The module uses a case study for contextualised learning (Figure 1).

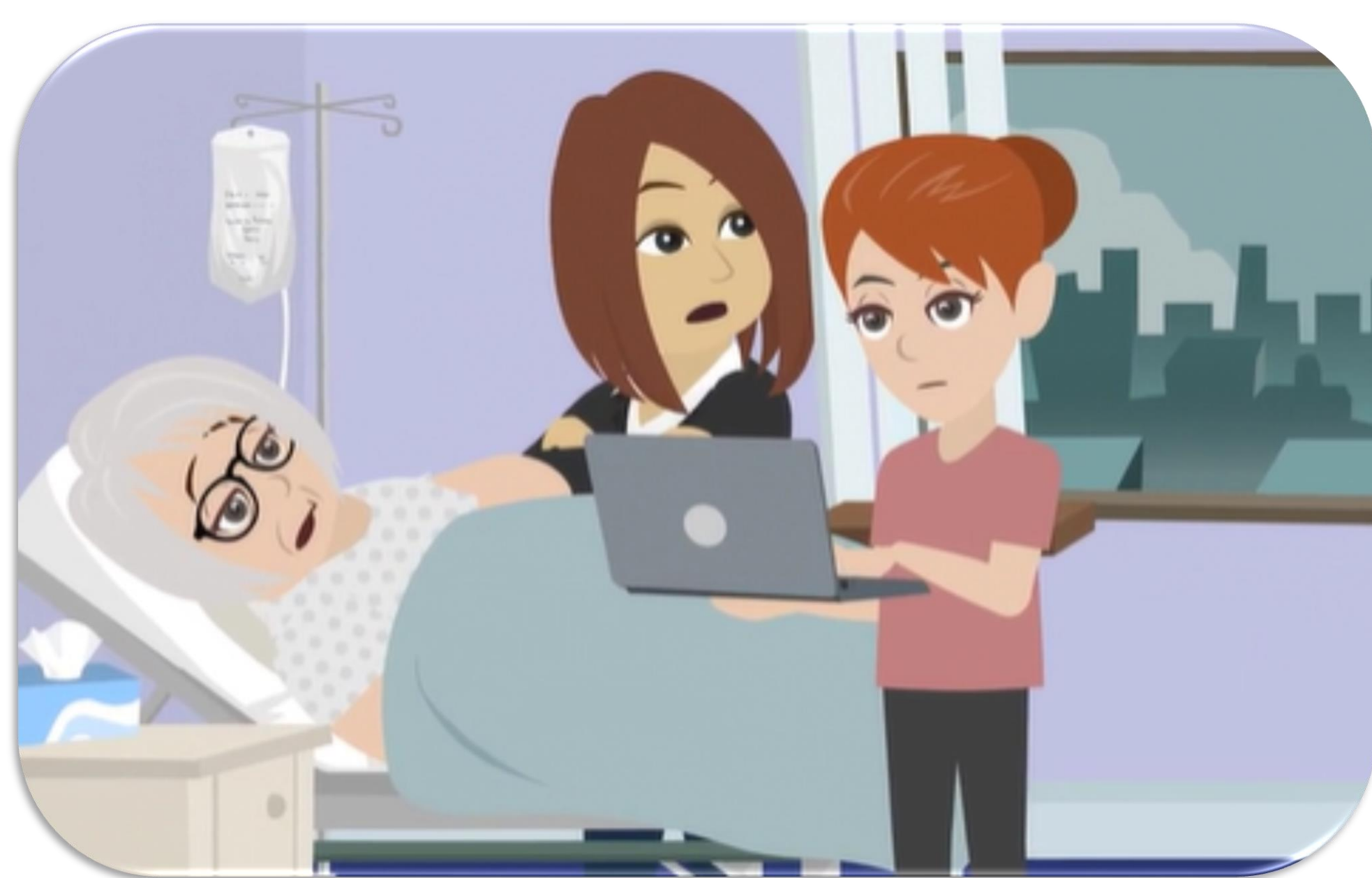


Figure 1: Case study of Aveta

## Aim statement

The aim of this module is to inform health and social care staff about why falls, frailty, and bone health matter and what strategies can help support prevention and management of falls.

## Method

The module is evaluated via a survey which applies a mixed methodology approach.

Data was collected from launch in September 2024 until end of February 2025.

## Results

The module was completed by 2251 learners, with 817 completing the evaluation survey (figure 2).

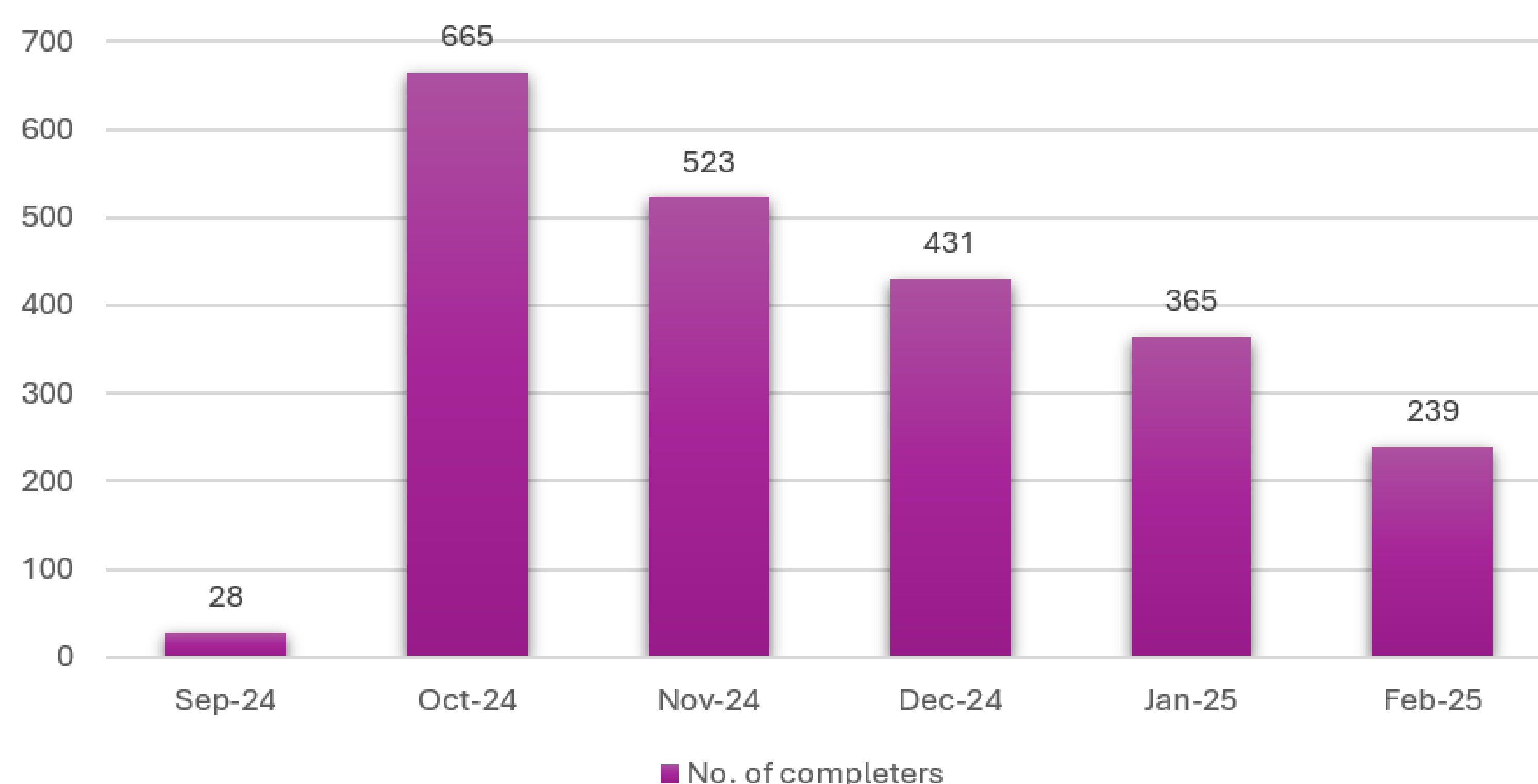


Figure 2: Total completions by month

95% of learners strongly agreed/agreed they found the module valuable and would recommend it to others (figure 3).

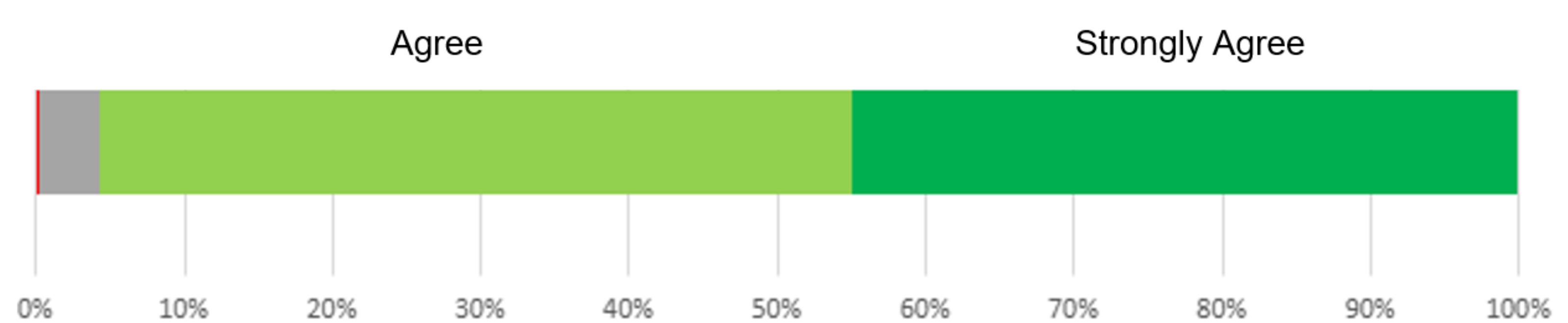


Figure 3: Please rate the following statement: I found this module valuable and would recommend it to others?

When asked about potential changes to working practices, respondents emphasised key themes such as having an increased confidence in discussing falls with individuals and having a stronger focus on identifying and addressing broader risk factors.

Respondents also stated that the module was comprehensive and easy to follow.

## Conclusion

This module will continue to be actively promoted, with learner feedback regularly reviewed and addressed by an editorial group. Evidence highlights the significance of an informed understanding of falls, frailty, and bone health in reducing both the frequency and severity of falls.

## Acknowledgements

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## Key references

<sup>1</sup>Public Health Scotland (2021) Unintentional injuries. Available at: Unintentional injuries - Hospital admissions year ending 31 March 2021 and deaths year ending 31 December 2020 Unintentional injuries - Hospital admissions year ending 31 March 2021 and deaths year ending 31 December 2020 - Unintentional injuries - Publications - Public Health Scotland

<sup>2</sup>Scottish Government [Internet] National falls and fracture prevention strategy 2019-2024, draft: consultation; 2024 March 06 [cited 2019 July 08]; Available from: National falls and fracture prevention strategy 2019-2024 draft: consultation - gov.scot (www.gov.scot)

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