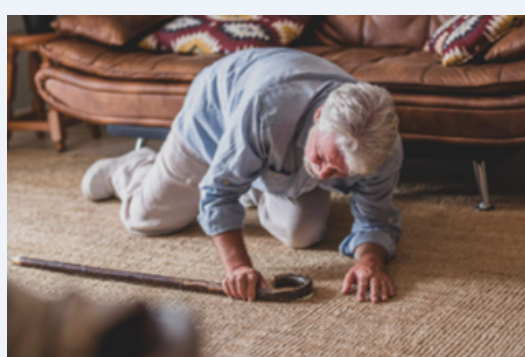


Falls, frailty and bone health: prevention and management

informed level module



NHS Education for Scotland (NES) has launched a new informed level module which focusses on the prevention and management of falls, frailty, and bone health.

The module provides essential knowledge and skills for all health and social care staff seeking to improve their awareness of falls, frailty, and bone health. It will help you to play a frontline role in reducing the number and severity of falls.

33.3%

A third of people over 65, and half of people over 80, will fall at least once a year (UK Research and Innovation, 2024).

50%



Aveta's story

To support your understanding of falls and their impact, we will follow the experience of Aveta. We will return to her story throughout the module.

The rate of falls admissions to hospital in those aged 65 and over has increased from 19.9 per 1,000 in 2010/11 to 22.6 per 1,000 in 2019/20 (Public Health Scotland, 2021).

Falls can be reduced when an individual's risk of falling is assessed and appropriate action taken to reduce the risks. Recognising and knowing how to modify an individual's risk factors is crucial to preventing falls, frailty, and fractures



<https://learn.nes.nhs.scot/23390>