



Lesson plan

Falls prevention	
Made by	Tredu
Starting point, why do we do this? <i>Learning goals/targets</i>	Fall incidents are common among elderly people in Finland (and other countries). Fall preventing is important from both economical and human point of view. Using different methods (eg, fall prevention form, force platform) we can find individual risk factors for falls in different surroundings (home, institutions eg hospitals, sheltered housing). After analyzing the results different individual interventions can be provided by multi professional teams. Learning goals: - Learn how to use the fall prevention forms and devices; - Learn how to utilize the test results; - To learn how to guide clients and give information how to actively prevent falls; - Utilize welfare technology based on test results.
Learning environment (school, work placement, company)	A gym in the school, client home if possible
Who is involved (students/teachers/clients...)	- Practical nurse students, - Home care clients, - Teachers - Practical nurses
Preparations, instructions to the students	- Theory about balance change with age. - Instructing the students how to use the fall risk form and force platform and how to utilize test results - Working with real customers ‘ - Make an exercise plan to improve balance and muscle strength
Duration/schedule	One day: - theory 1 lesson - getting to know the form and platform 2 lessons - meeting and getting to know the clients, evaluation of the fall risk, 3 hours After this two or more options: - Find solutions at the same day or - meeting the clients at their own homes later or inviting the client back later Evaluation of impact later
Description of the learning process, what kind of welfare technology is involved	This depends on the ideas developed by the students (environment, ADL)



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Evaluation plan of the module, how do we evaluate the module	Reflection, discussion in multi professional teams
Anticipated benefit to the client, student, working life	- Client: individual guidance - Student: knowledge, skills and confidence in the use of welfare technology - Teacher: relevant, current and evidence based methods, knowledge and skills - Working life: future co-operation with the school and clients and their benefiting from this
Teaching materials	