

**The University of Hong Kong
School of Nursing
Primary Health Care Practicum
Proposal of activity**

Title: Fall Prevention - Proposal on PHC Activity on 23th Nov

Name

Fall Prevention

Date and Time

23rd November, 2023

10:00 - 11:30	- Body height, body weight, BMI, blood pressure measurement, and - Fall risk assessment (Morse Fall Scale)
14:00 - 15:00	- Health promotion talk - Fall Prevention

Venue

Activity room in Windshield Charitable Foundation Social Services (Ping Shek Estate)

Maximum number of participants

30

Target audience

Elderly members of Windshield Charitable Foundation Social Services (Ping Shek Estate)

Goals and Objectives

1. By the end of the practicum day, conduct a health check for all clients during the practicum day and record all the findings, including: body height, body weight, BMI, blood pressure, Morse Fall Scale score, on a personalized assessment record card.
2. By the end of the practicum day, educate the normal ranges of blood pressure, BMI, Morse Fall Scale score to each client during the health check.
3. During the health promotion talk of fall prevention, provide sufficient knowledge related to important risk factors for fall, common measures for fall prevention, common cautions during falling for the clients.
4. By the end of the practicum day, 75% of the clients can recognize the important risk factors for fall, common measures for fall prevention, common cautions during falling.

Activities Approach

1. Health check
 - In addition to conducting measurements of body weight, height, BMI, and blood pressure, a fall risk assessment will also be performed using the Morse Fall Scale. This assessment aims to identify elderly who may be at potential risk of falling. They will be encouraged to attend an afternoon talk on fall prevention to gain an understanding of its importance.
2. Health Promotion Talk of Fall Prevention
 - A talk will be delivered to discuss various aspects related to falls, including risk factors, preventive measures, precautions, and methods for identifying fall risks, such as assessing the physical environment and considering extreme weather conditions so as to increase the awareness among the elderly regarding falls and to encourage those at high fall risk to seek medical assistance and undergo a professional fall risk assessment.
3. Game sessions (Q&A - True / False Questions)
 - Revise the fallen knowledge for the clients and increase their engagement in the game by giving them gifts.
4. Lower limb exercise
 - The elderly will be invited to engage in lower limb exercises by watching the video "耆樂. 起動." These exercises may include leg raises and leg extensions, which can help improve muscle strength and balance, ultimately helping to alleviate the risk of falling.

Promotion Method

- Designing a poster for the event and putting it on the board of center
- Direct recruitment by phone calling through center

Preparation Timeline

Items	Start Date	Due Date
Poster and leaflets	27th, October, 2023	29th, October, 2023
PowerPoint	5th, November, 2023	7th, November, 2023
Games preparation	27th, October, 2023	19th, November, 2023
Proposal	27th, October, 2023	20th, November, 2023

Activity Rundown

Duration	Time	Activity	Content	Responsible person	Material needed
1 hr	09.00 - 10.00	Prepare the activity room for Health Check	1. Set up the venue for mini health check 2. Prepare for the crowd control	All	1. 4 Blood pressure monitors (2 for backup) 2. A digital station for measuring height and weight 3. 30 Assessment record card 4. 6 tables 5. 40 chairs 6. 8 Pens
1.5 hrs	10.00- 11.30	Health Check	1. To Check clients' blood pressure and body weight 2. To assess clients' risk for fall	All	1. 4 blood pressure monitors (2 for backup) 2. a digital station for measuring height and weight 3. 30 Assessment record card 4. 6 tables 5. 40 chairs 6. 8 Pens
1.5 hrs	1130 - 1300	Miscellaneous	1. Tidy up 2. Debriefing for the Health check 3. Preparation for the Health Talk	All	1. 9 Chairs
1 hr	14.00- 15.00	Health talk	To educate clients the fall risk factor, prevention and	All	1. 1 projector 2. 1 laptop

			precaution of fall		3. 40 chairs 4. 30 towels (Gifts) 5. 8 Water bottles (Gifts) 6. 40 pair of flags (1 green + 1 red) 7. 1 Screen 8. 2 Mics 9. 1 Speaker
1.5 hrs	15.00-17.00	Miscellaneous	1. Tidy up 2. Debriefing for the health talk (Evaluation) 3. Briefing for the practicum on 30th, Nov.	All	1. 9 Chairs

Manpower

Health Check:

Content	Manpower
Sign up & welcoming	2 (Fong Yau Yan) (Chik Wing Yan)
Blood Pressure measurement	2 (Ho Cheuk Nei Alaina) (Ho Hau Yi Emily)
Body weight and height	2 (Hung Chung Yu) (Tsui Huen Man)
MFS	2 (Wong Kwok Yin) (Siu Eleanor Yi Sum)

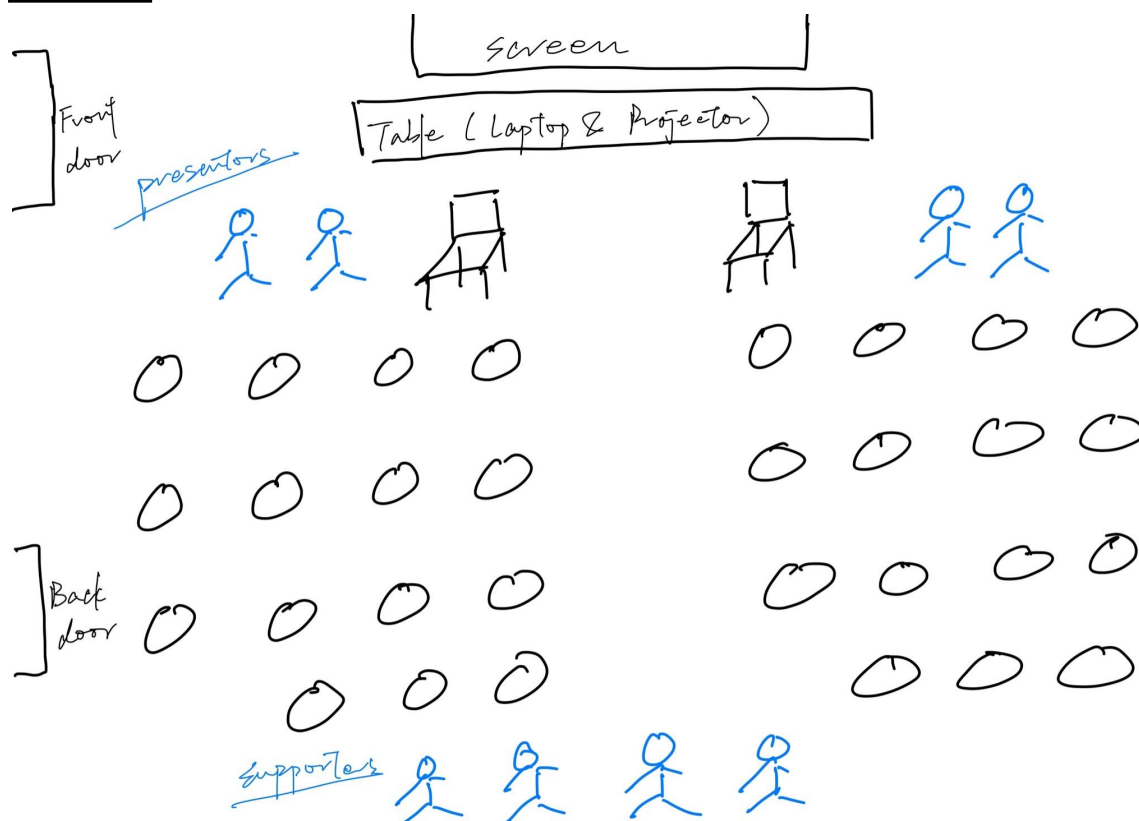
Health talk:

Content	Manpower
MC	4 (Wong Kwok Yin) (Siu Eleanor Yi Sum) (Ho Hau Yi Emily) (Fong Yau Yan)
Clients' safety and crowd control	4 (Hung Chung Yu) (Tsui Huen Man) (Chik Wing Yan) (Ho Cheuk Nei Alaina)

Budget Plan

- All necessary equipments will be provided by the center
- Gifts for game sessions (Towels and water bottles): 108

Floor Plan



Contingency Plan

1. Absence of teammates:
In that case, the team will hold a briefing to ensure that everyone is familiar with their main responsibilities when there is absence of teammates. This enables us to provide support for one another in case of absences. Additionally, we have established a WhatsApp group to facilitate effective communication within the team. If the case is severe, we will consider modifying the scale of the activities.
2. Inadequacy of materials:
 - i) Inadequacy of materials in Health Check:
We will let the client wait in the lobby until the materials are adequate.
 - ii) Inadequacy of materials in Health Promotion Talk:
We will limit the maximum number of clients of the activities.
3. Equipment defect:
To safeguard the slides, we will upload the PowerPoint presentation to Google Drive and Onedrive. In addition, we will also prepare an offline, PDF version of the PowerPoint in both laptops (one for presentation and one for backup). Our team will further conduct a rehearsal to proactively identify any potential flaws or issues.

Evaluation

The evaluation might be obtained at the end of the health talk to evaluate the degree of knowledge gained and awareness increased by game session and a simple statistics of the show of hands.

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Appendix - I: MFS Assessment Cards

評估專案	得分準則	得分
曾有摔倒的病史	25: 三個月內曾有摔倒紀錄 0: 三個月內沒有摔倒紀錄	
患有超過一種以上疾病	15: 超過一種 0: 沒有或隻有一種	
使用步行輔助器具	30: 移動時依靠家俱作支撐 15: 使用步行輔助器具 (如拐杖、四腳拐杖、步行架等) 0: 不需用步行輔助器具/別人協助轉移/長期臥牀/使用輪椅	
靜脈注射	20: 要接受靜脈注射治療 0: 不需要接受靜脈注射治療	
步態	20: 難於從座椅站起來, 需要以椅子扶手作支撐才可站起來。行走時常需低頭看地面。由於平衡能力欠佳, 需要別人協助/使用步行輔助器/家俱支撐才能走路 行走時步幅短及步履急速 10: 走路時背部彎曲但可擡頭, 偶然會輕觸家俱作支撐, 走路時步幅短及步履急速 0: 走路時可擡頭、雙臂自然擺動, 步履平穩備註: 針對輪椅使用者, 可評估由輪椅轉移到牀或椅的情況	
精神狀態	此專案要求測試對象對自己活動能力情況做自我評估, 測試者可直接問『你是否可以獨立地進出浴室?』 15: 自我評估答案與實際活動能力有差別, 即表示高估/低估自己能力 0: 自我評估答案與實際活動能力一緻	
穆尔斯摔倒量表總分:		



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