

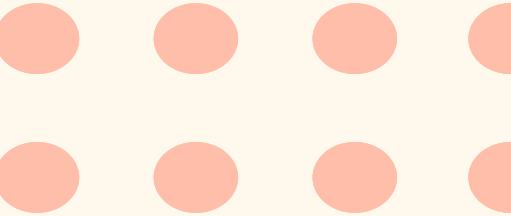
主辦機構：



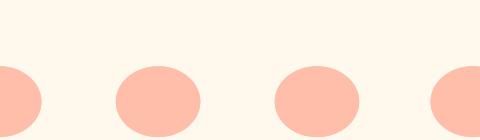
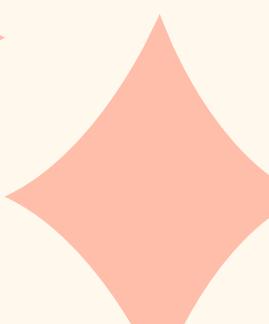
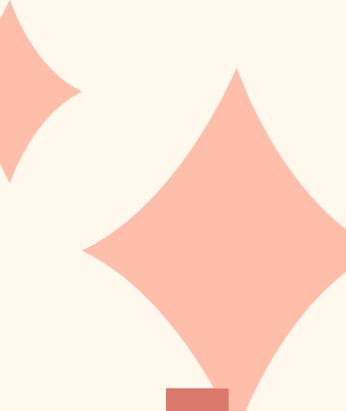
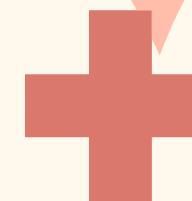
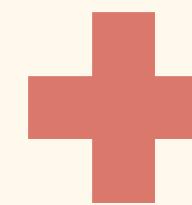
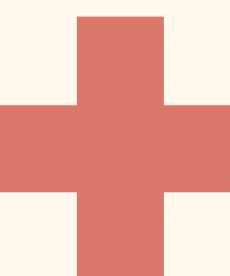
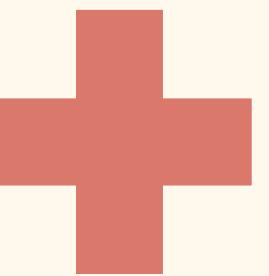
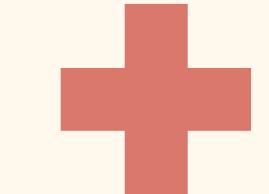
HKU
Med LKS Faculty of Medicine
School of Nursing
香港大學護理學院



宏施慈善基金
Windshield Charitable Foundation
一點愛心 十分關懷



預防 跌 倒



跌倒的定義

跌倒係指導致一個人不慎落在地面或地板或其他低於其原先位置的表面上的事故。

跌倒受傷的高風險人士



兒童



高空工作者



老人家

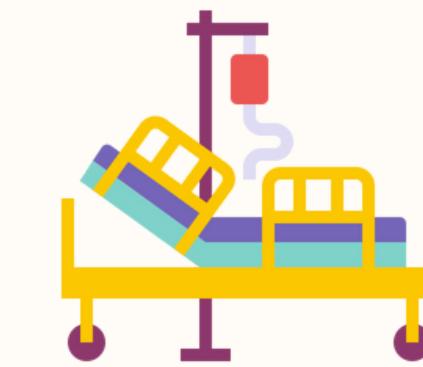


跌倒係咪好嚴重？

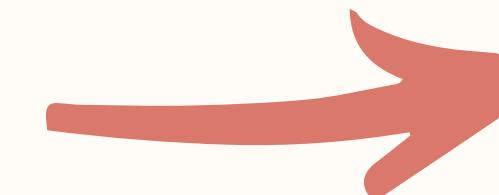
不能輕視跌倒的嚴重性！



可能會導致骨折



康復期間
活動能力受限

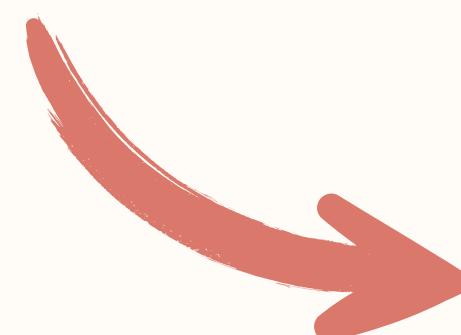


長期臥床

增加患上肺炎
壓瘡等的風險



可能要
做手術



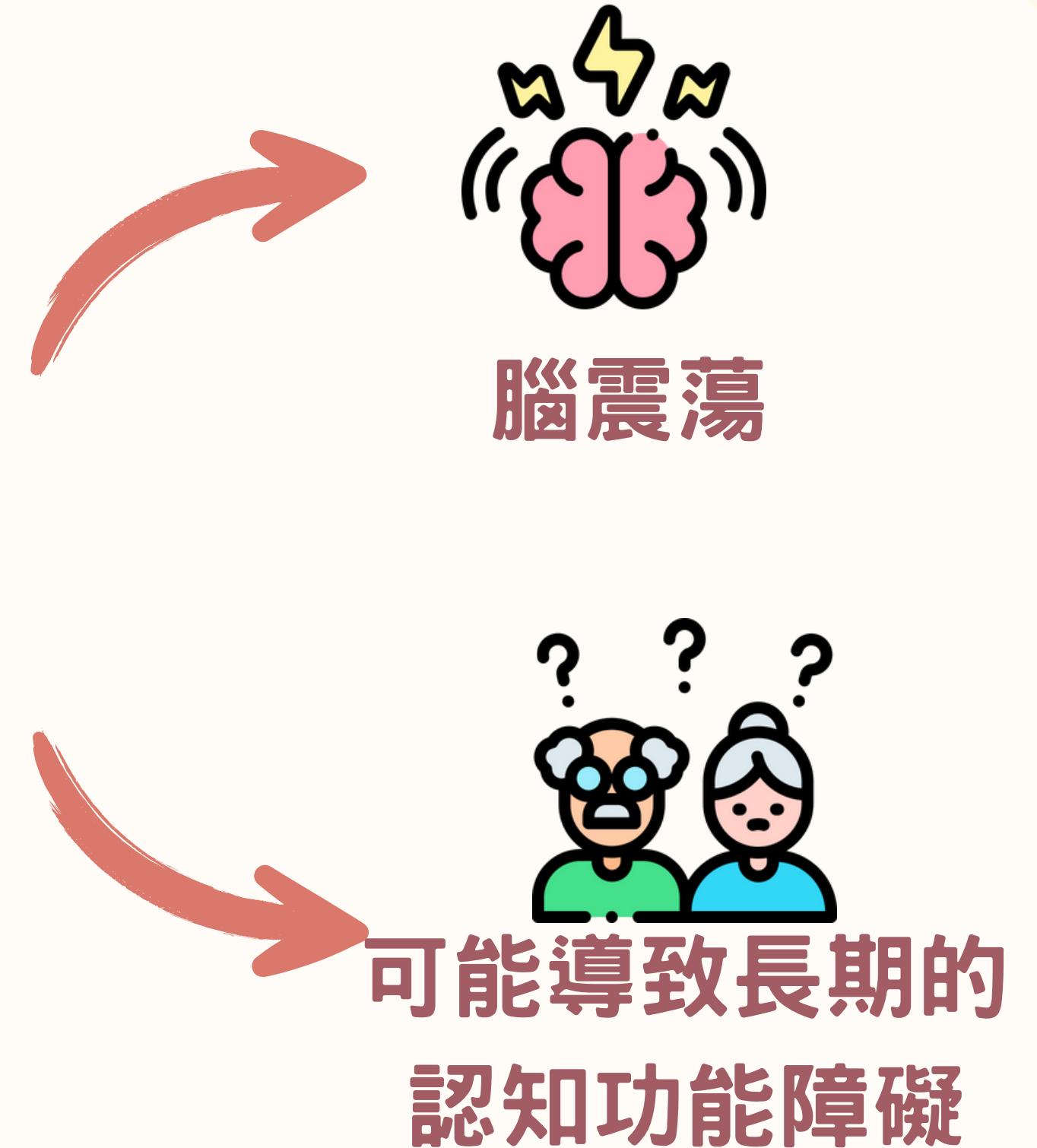
花費大量儲蓄

跌倒係咪好嚴重？

不能輕視跌倒的嚴重性！



可能會導致
腦部受傷



跌倒到底有幾嚴重？



每年約3730萬人



每年約69萬人

今日的目標！

- 明白跌倒的主要風險因素
- 牢記預防跌倒的方法
- 明白跌倒時的注意事項

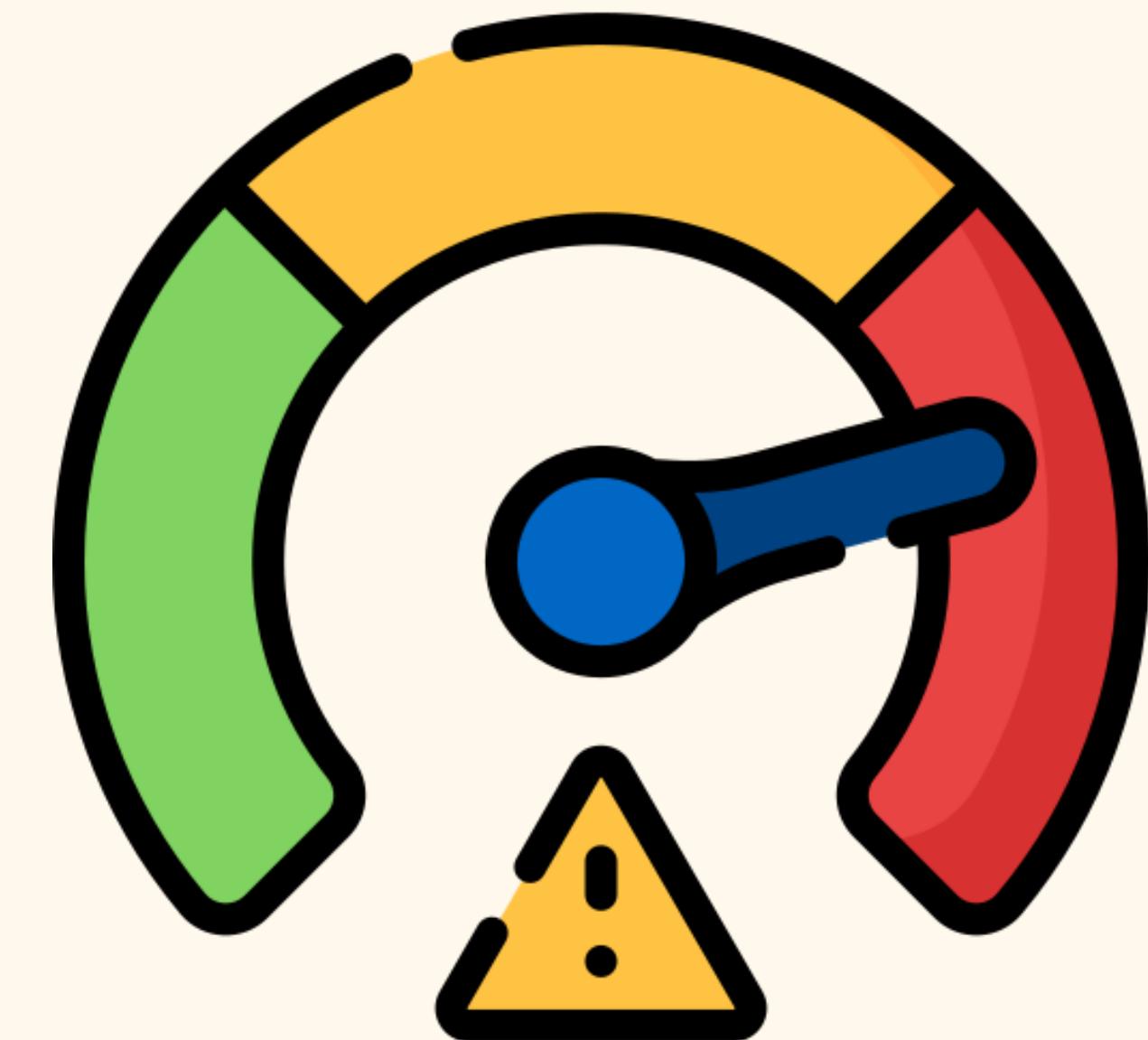


講座的內容



1. 跌倒的風險因素
2. 預防跌倒的方法
3. 跌倒的注意事項

1. 跌倒的風險因素



跌倒的風險因素

1. 身體功能下降



肌肉力量退化

平衡能力下降

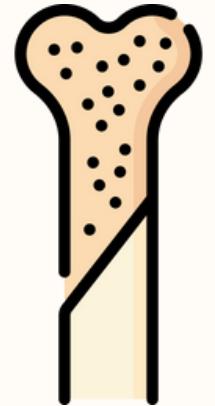
柔軟度減少

跌倒的風險因素

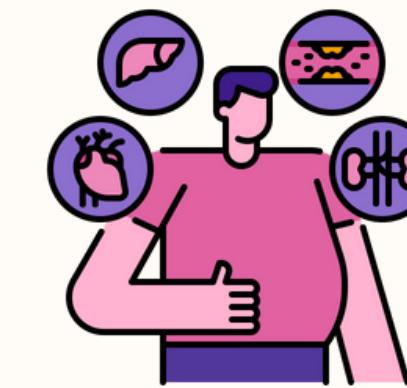
2. 疾病



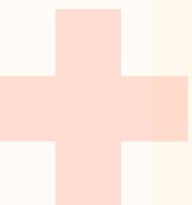
骨質疏鬆症



中風

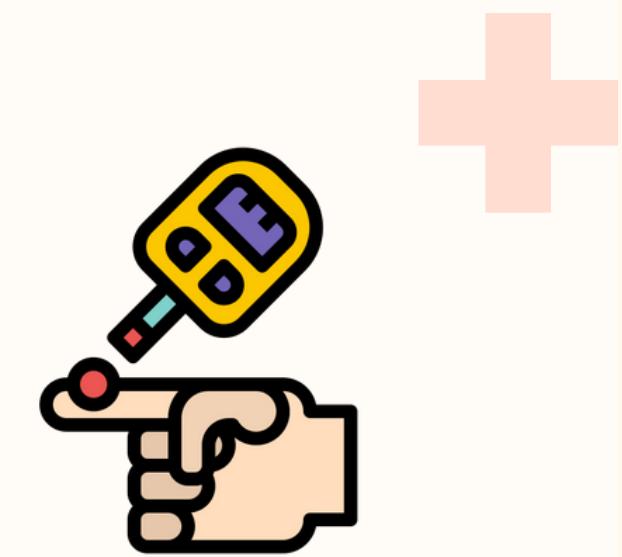
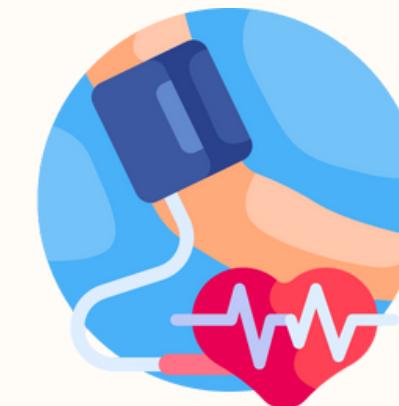


糖尿病



跌倒的風險因素

3. 藥物副作用



安眠藥

抗憂鬱劑

血壓藥物

糖尿病藥物

跟足醫生的指示食藥，食完藥記得休息下！

跌倒的風險因素

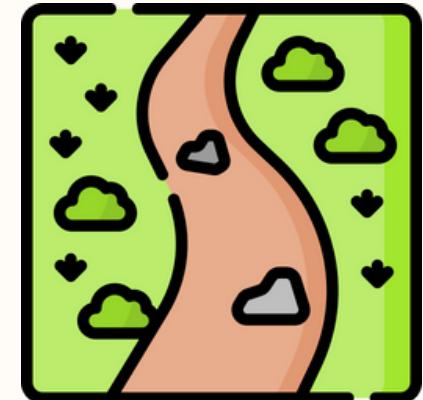
4. 環境因素



屋企狀況

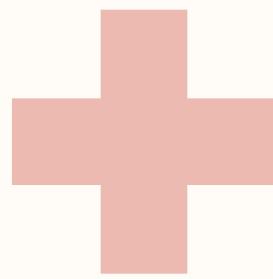
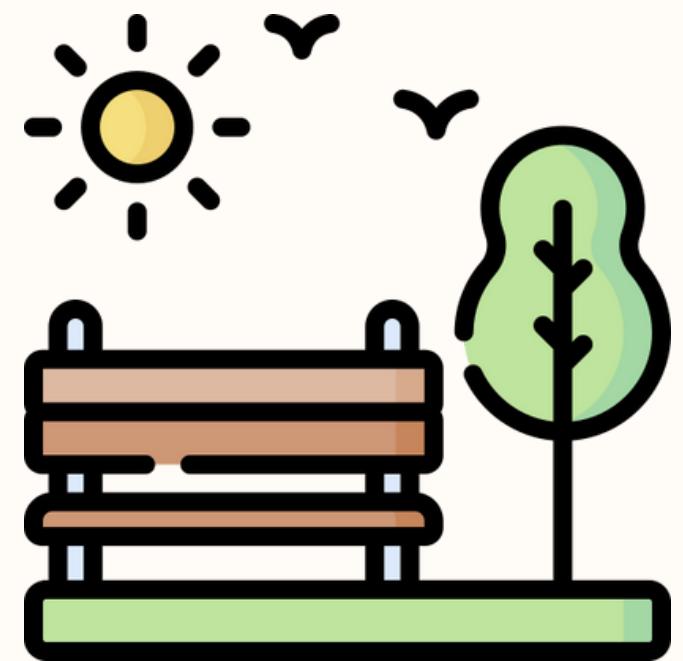


照明不足

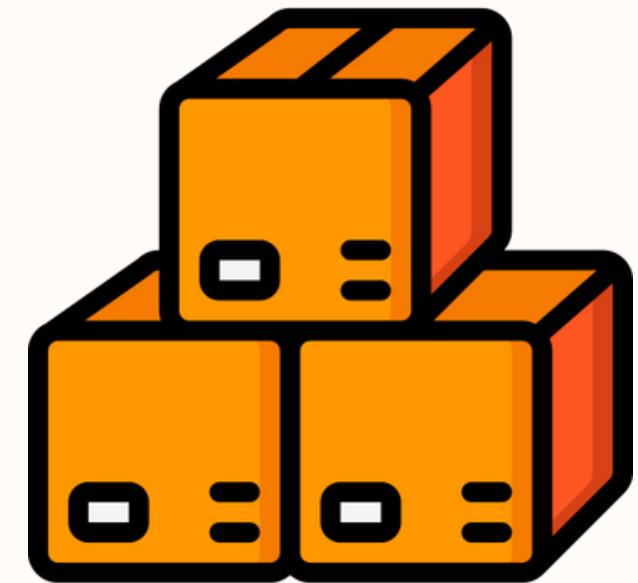


室外狀況

屋內安全 風險



例子



雜物

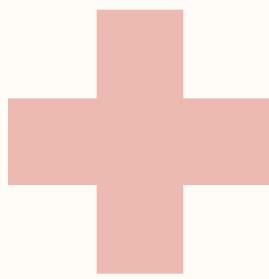
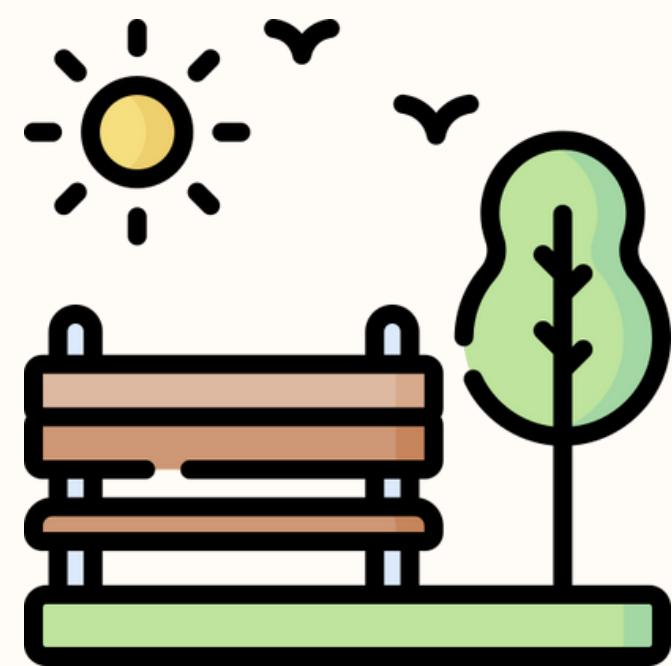


濕滑不平的地面





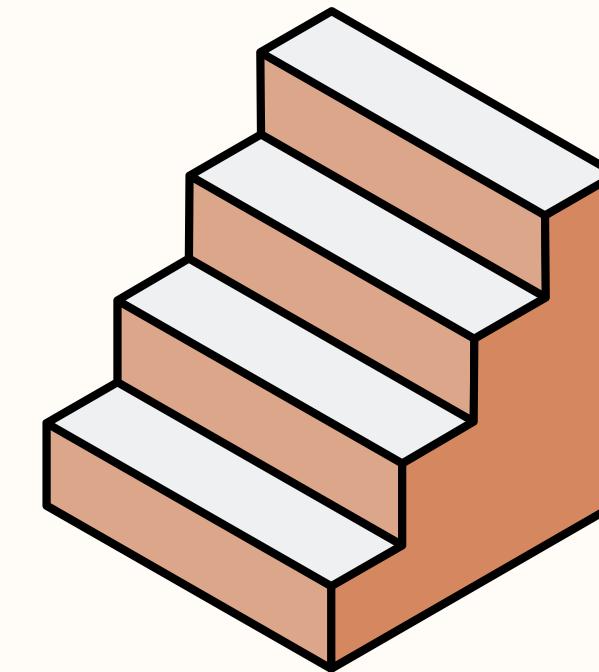
室外安全 風險



例子



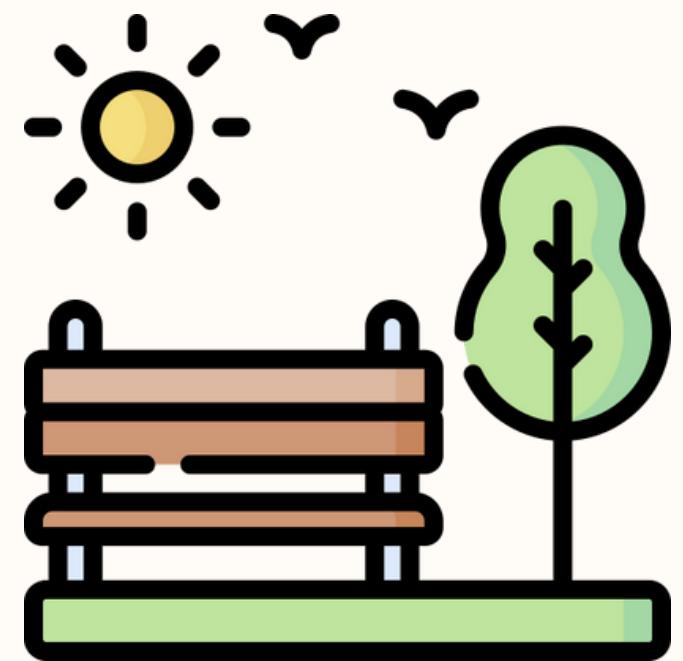
濕滑的街市



陡峭的樓梯



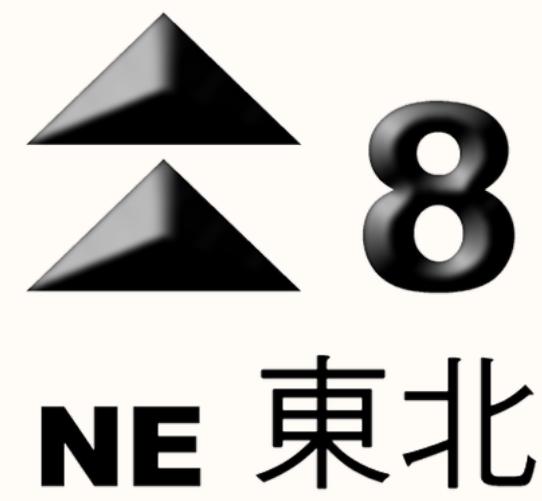
室外安全 風險



例子



雨天



颱風

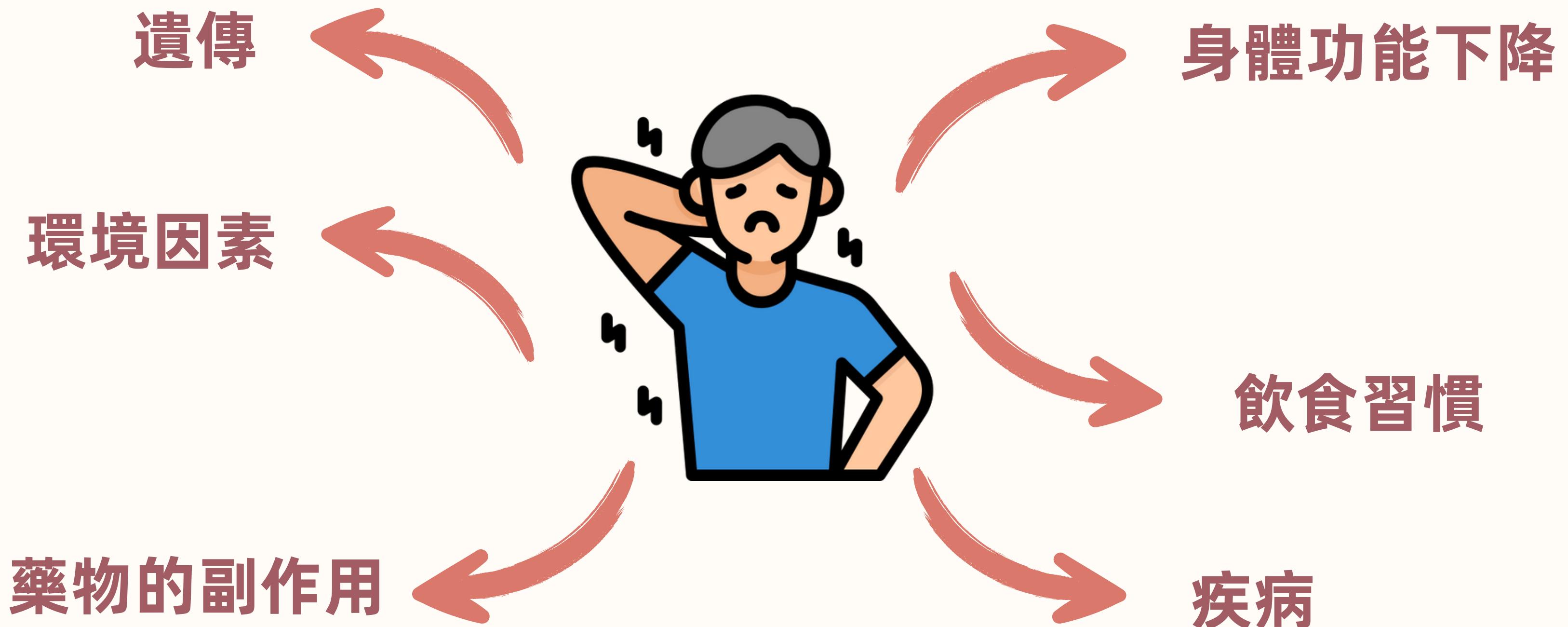


問答環節 (-)

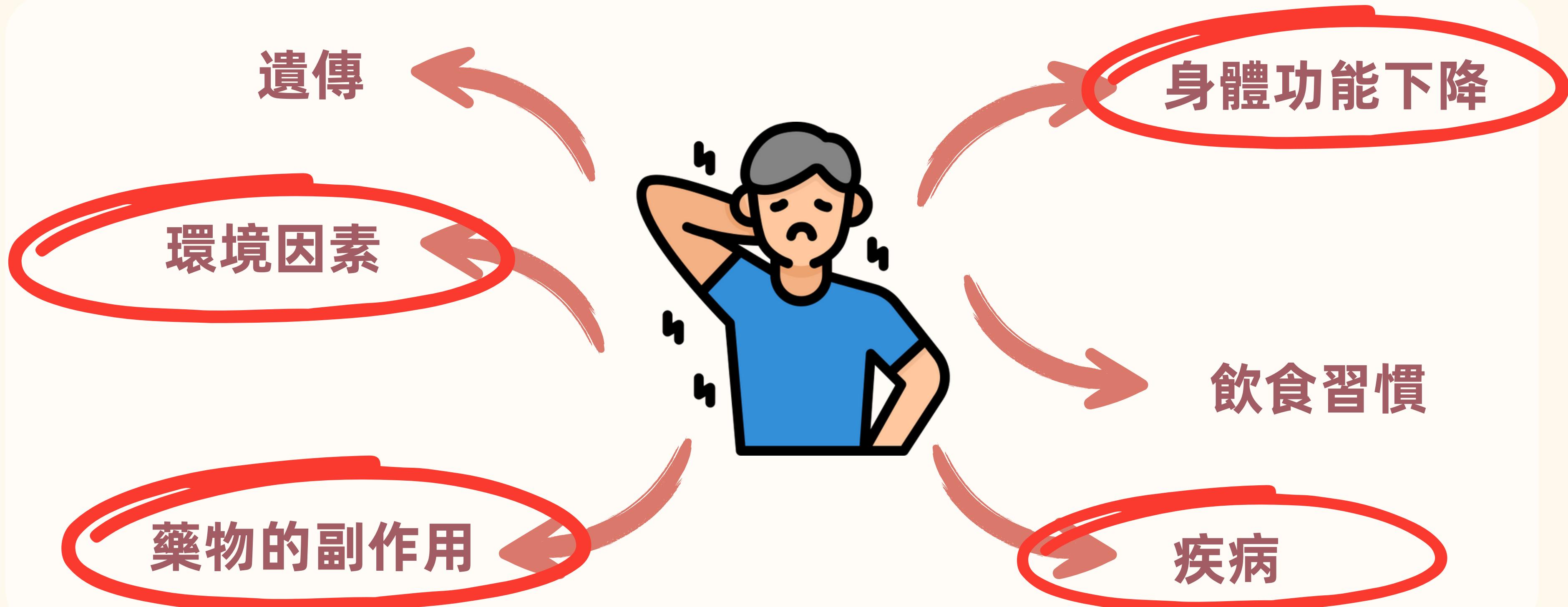


有什麼跌倒的風險因素？

以下哪個是跌倒的風險因素？



以下哪個是跌倒的風險因素？



有獎遊戲環節

遊戲規則：音樂傳球

當音樂停下，手持球的玩家請回答問題

答對將會得到精美禮物一份









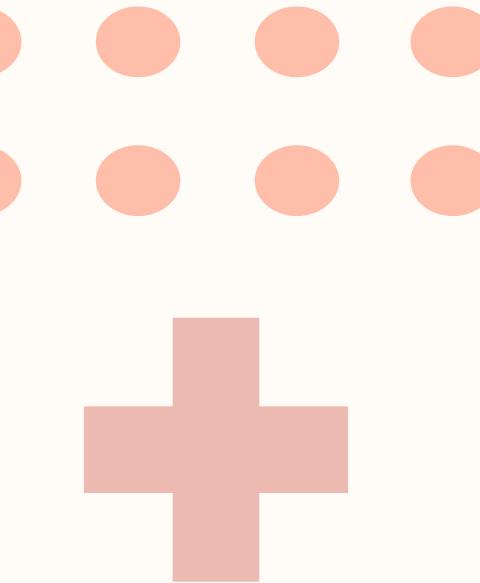
2. 預防跌倒的方法



2. 預防跌倒的方法

- 適度運動
- 遵循醫囑用藥
- 改善居家環境
- 合身衣著及助行器
- 注意室外安全





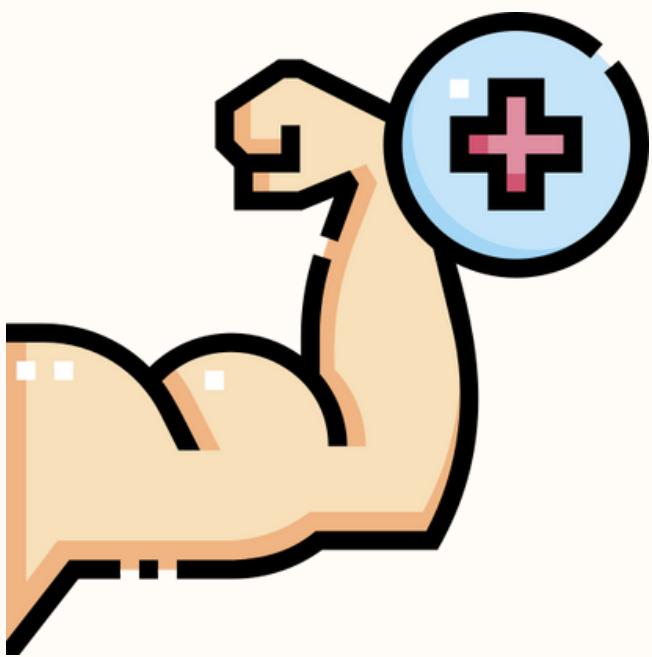
適當運動



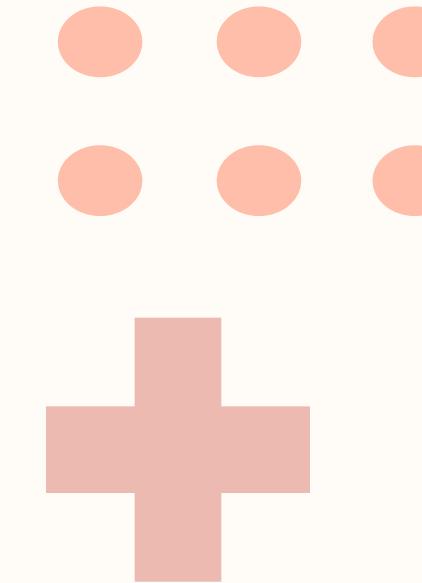
1. 增強下肢肌肉力量



走路，行樓梯，
舞蹈等活動



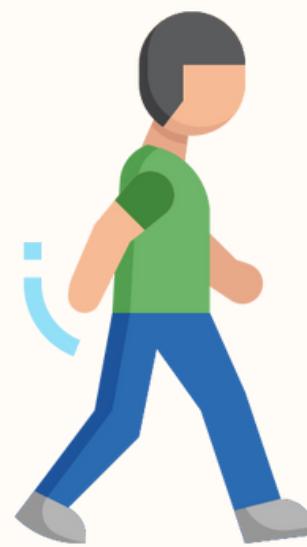
使用彈力帶進行
肌肉訓練



適當運動



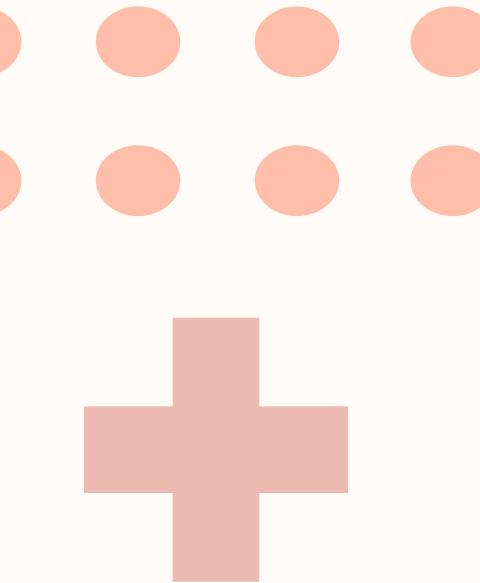
2. 提升平衡能力



直線行走鍛煉

太極拳

進行平衡運動時，
切記要在安全的地方進行和輕輕扶住穩固的東西



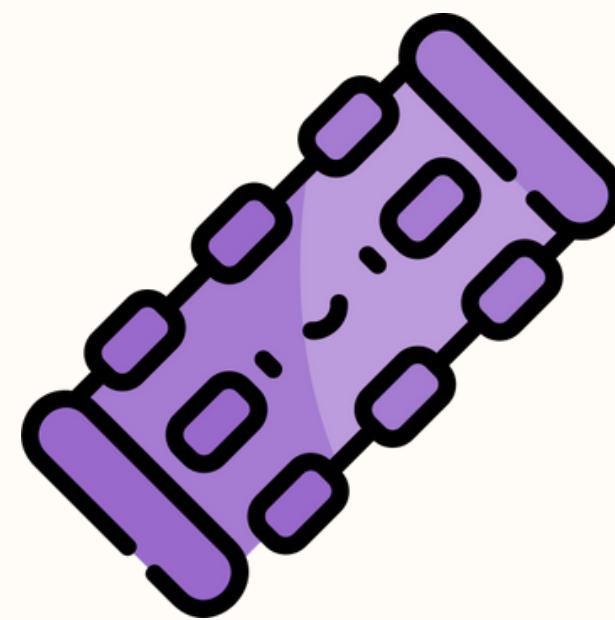
適當運動



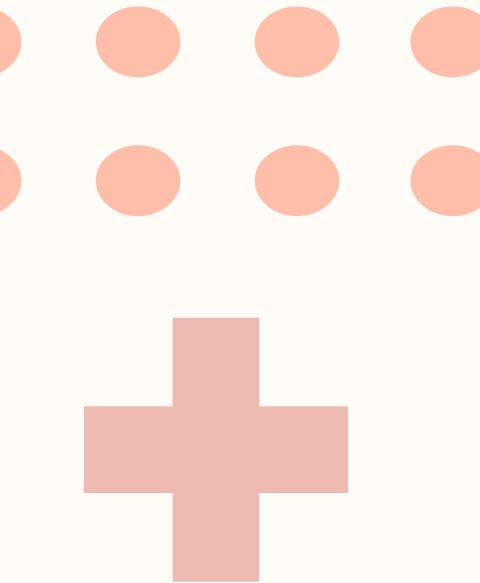
3. 柔軟度訓練



伸展運動
(拉筋)



滾筒進行
肌肉放鬆

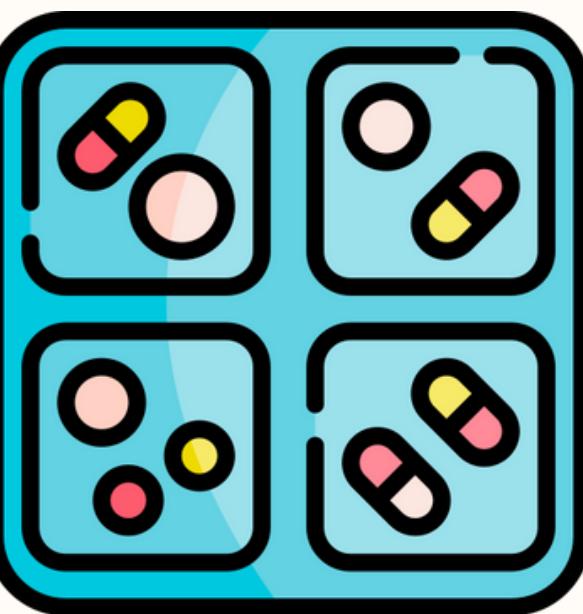


1. 藥物管理

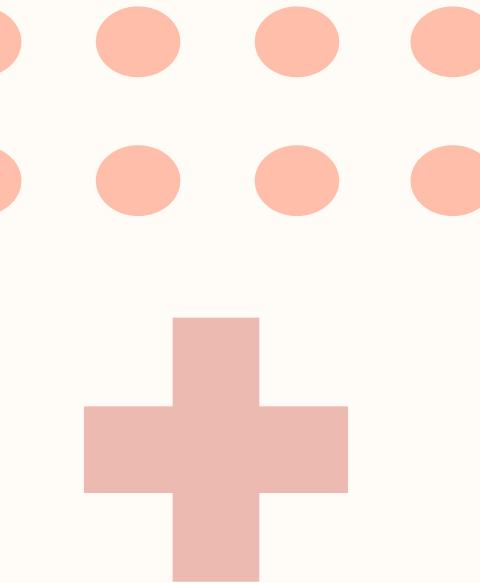
遵循醫囑用藥



注意藥物
的副作用



準時用藥



2. 定期複診、身體檢查

遵循醫囑用藥

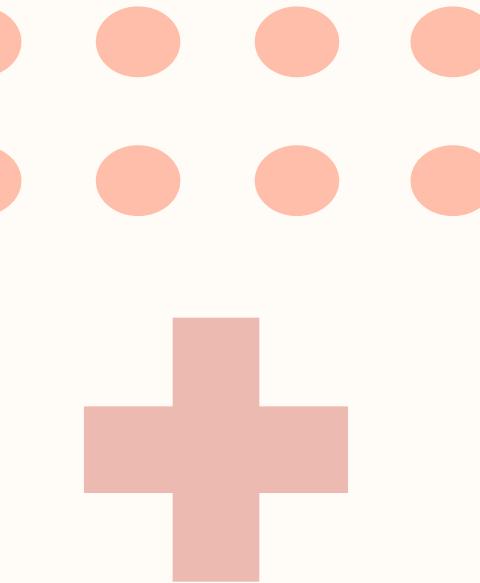


定期複診



身體檢查

持續觀察可以防患于未然
骨質密度、平衡、步態、視力和聽力的變化



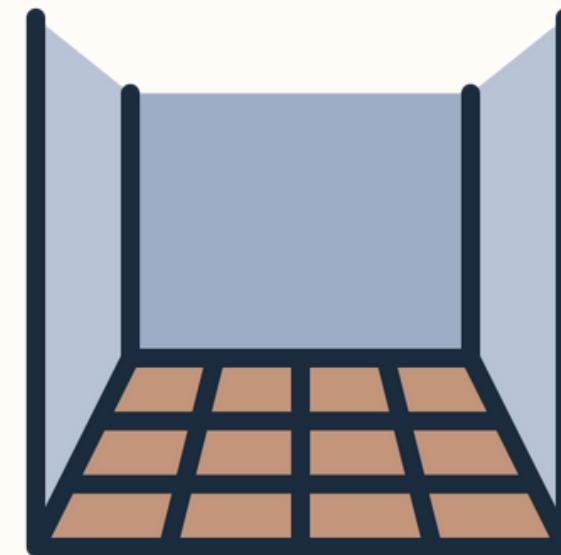
改善居家環境



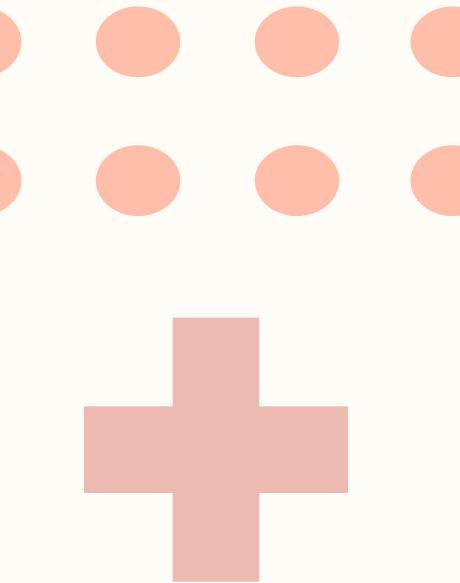
1. 防滑地板



浴室防滑地毯



安裝防滑地板

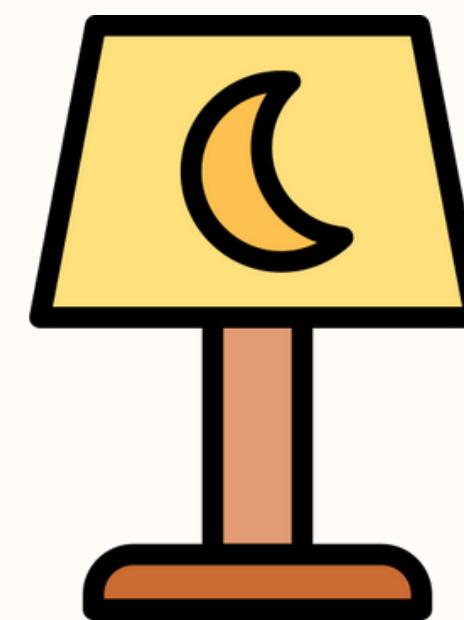


2. 照明明亮

改善居家環境



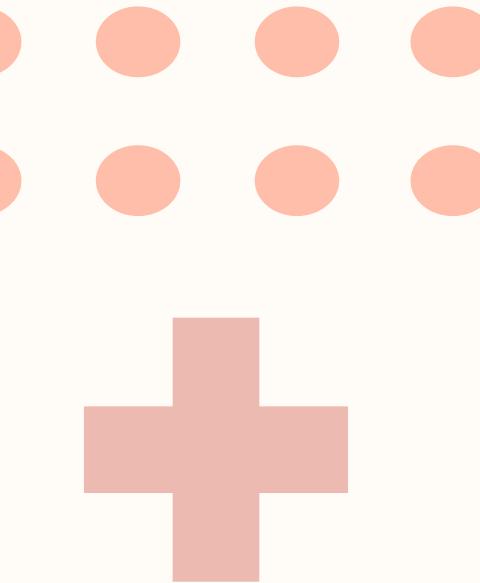
明亮的燈具



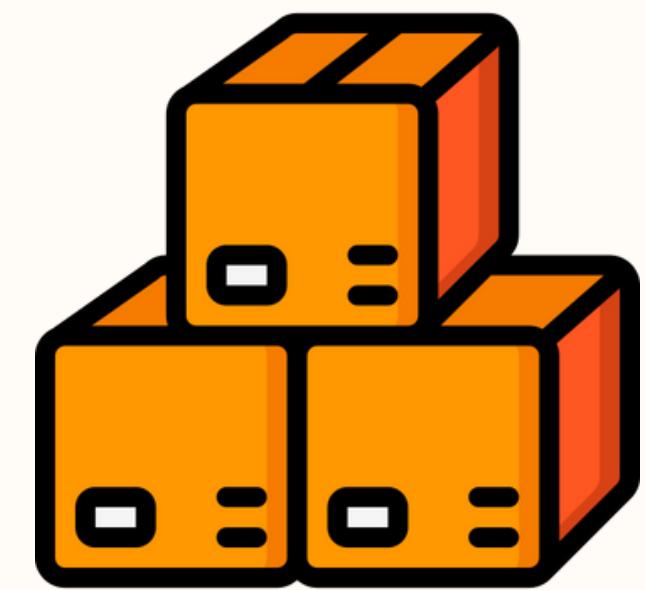
使用夜燈或感應燈

切記不要因為省錢而不開燈，身體健康才是本錢。

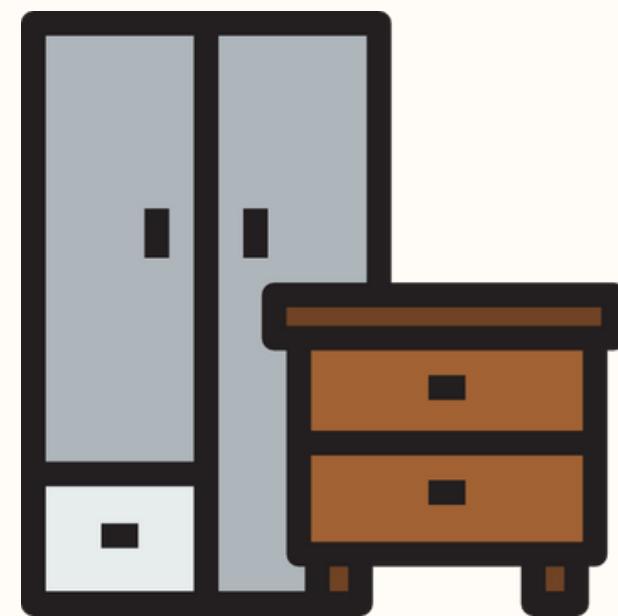
3. 減少障礙物



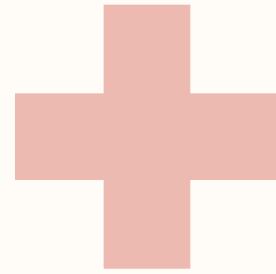
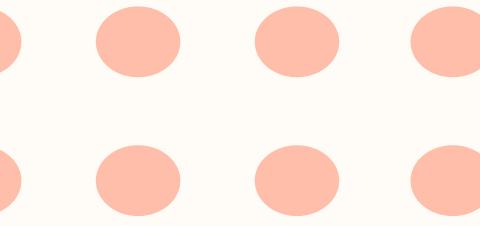
改善居家環境



清除地上的雜物



確保家具穩固



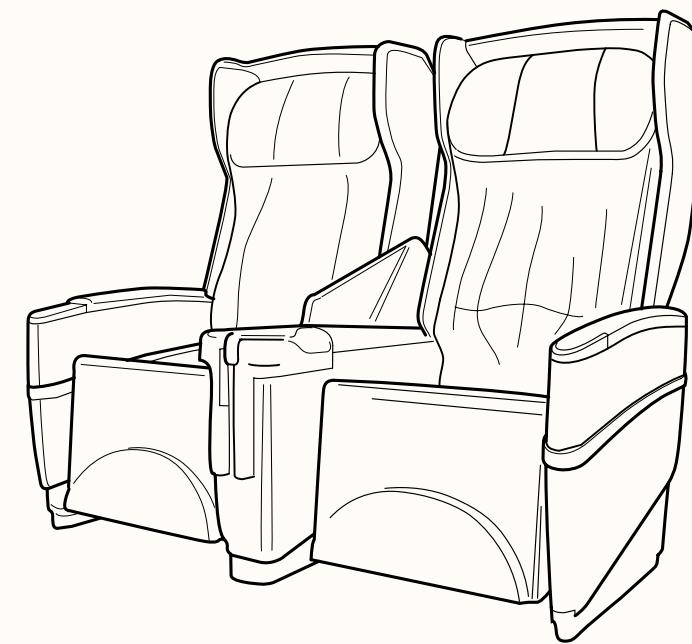
改善居家環境



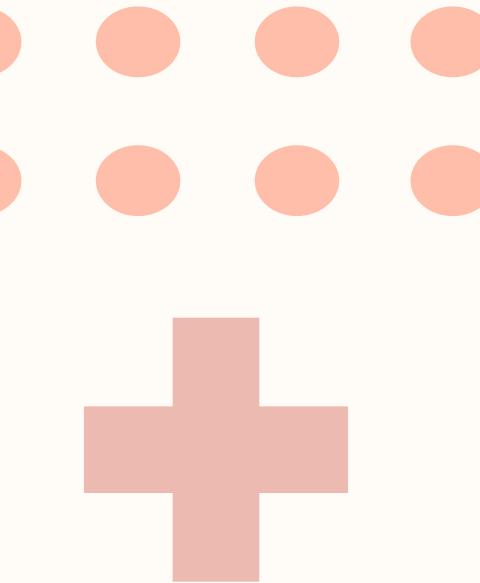
4. 安全扶手



在廁所增加扶手



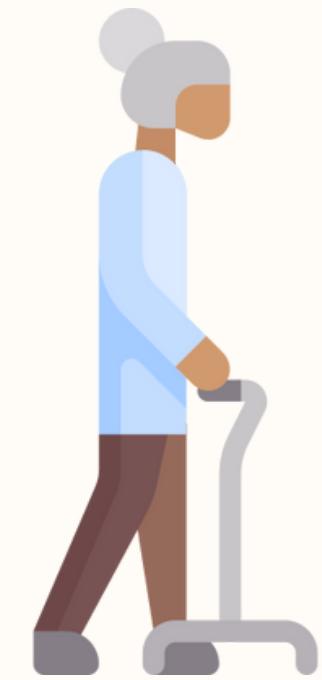
有扶手、椅背的椅子



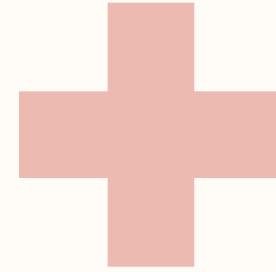
合身衣著 及助行器



合身衣著

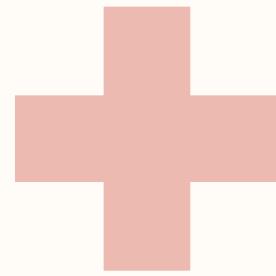
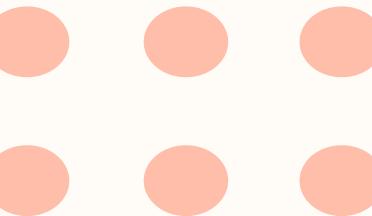


合適的助行器

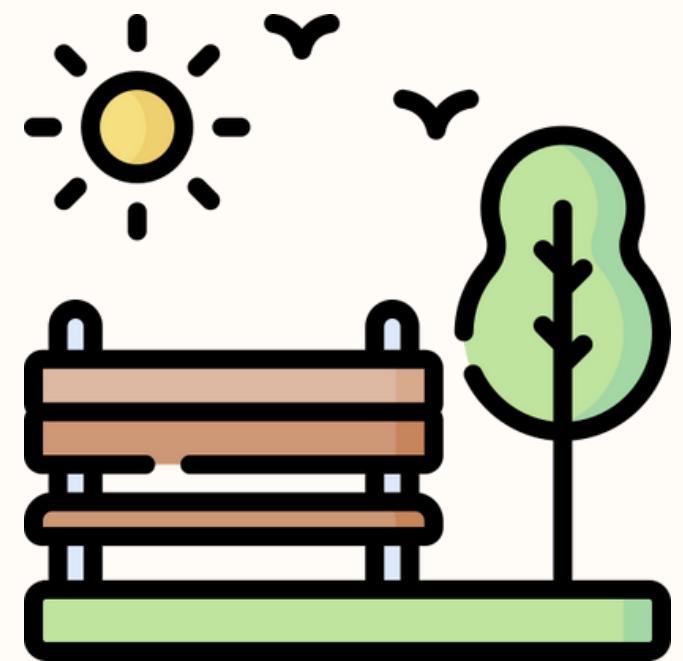


合身衣著 及助行器





注意 室外安全



例子



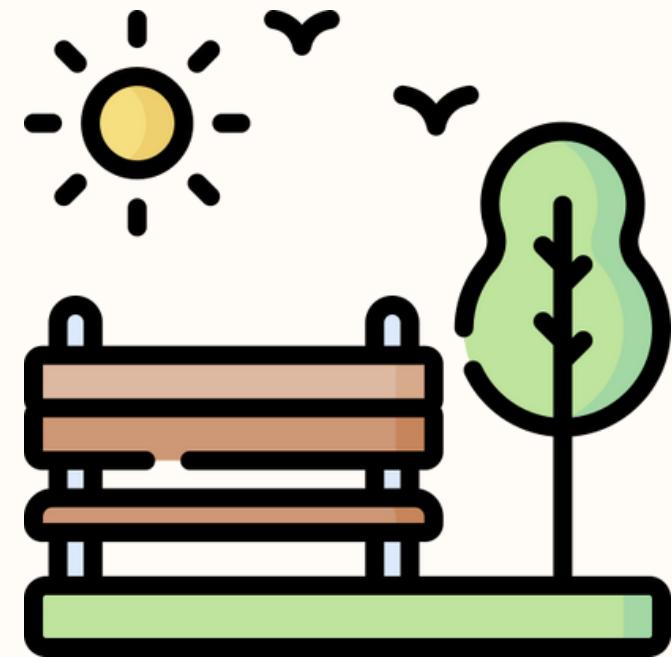
注意路面



避免行走在
易跌倒的路

注意

室外安全



例子



適合的防滑鞋



極端天氣
避免出門

問答環節（二）



有什麼預防跌倒的方法？

定期運動可以
幫助預防跌倒？



定期運動可以
幫助預防跌倒？



在浴室裝設扶手可以幫助預防跌倒？



在浴室裝設扶手可以幫助預防跌倒？



避免使用輔助設備，如拐杖或助行器，可以減少跌倒的機會？



避免使用輔助設備，如拐杖或助行器，可以減少跌倒的機會？



清除家居中的雜物和絆倒障 礙物可以減少跌倒風險？



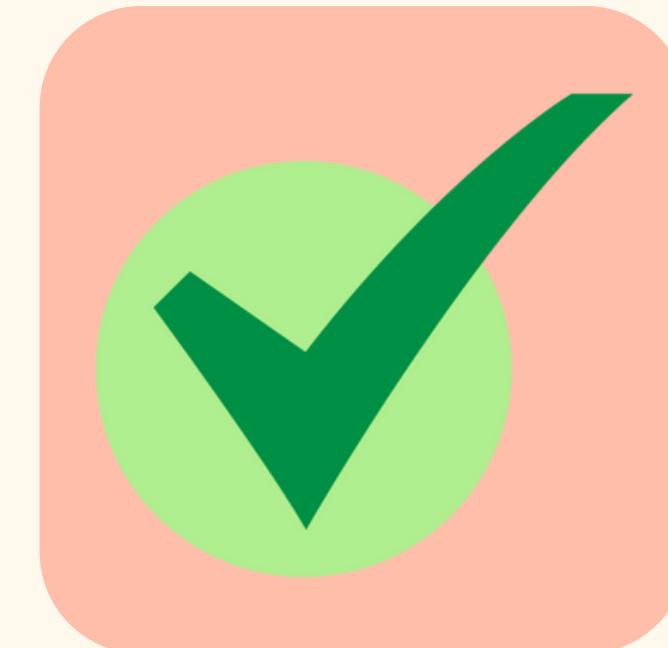
清除家居中的雜物和絆倒障 礙物可以減少跌倒風險？



穿著合適的鞋子，搭配防滑
底，可以幫助預防跌倒？



穿著合適的鞋子，搭配防滑
底，可以幫助預防跌倒？



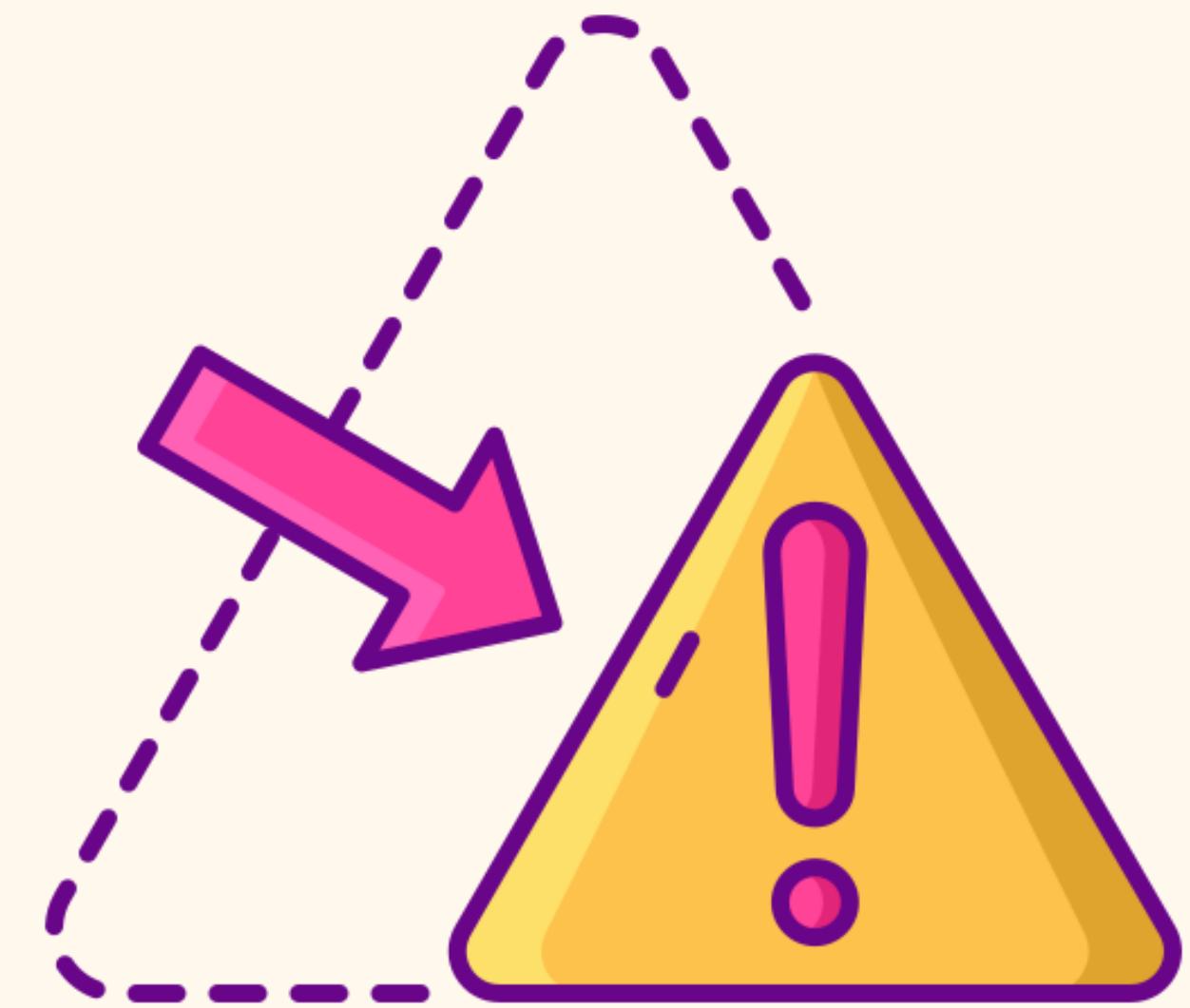
充足光線有助減低
跌倒的風險？



充足光線有助減低
跌倒的風險？

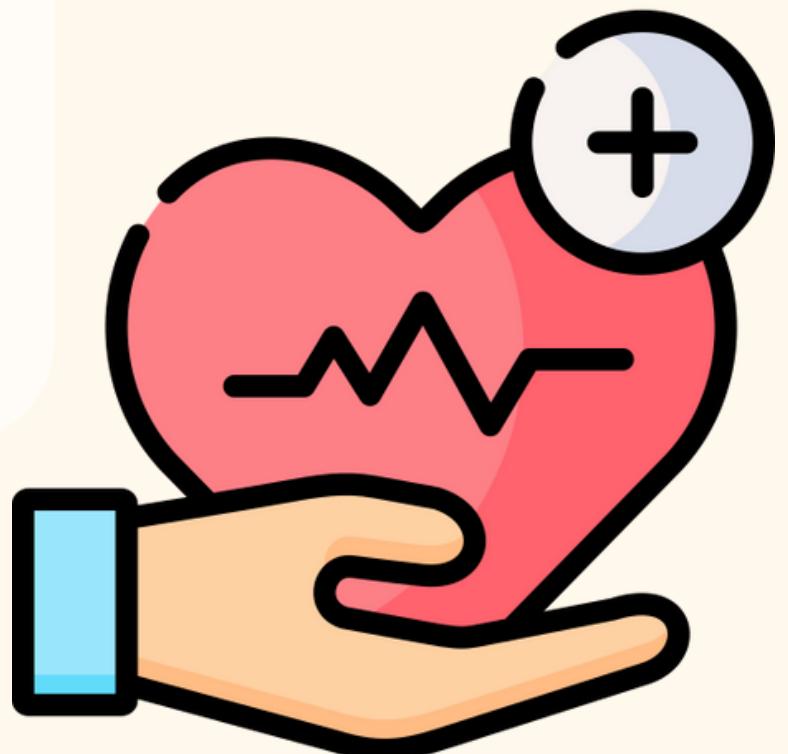


3. 跌倒的注意事項



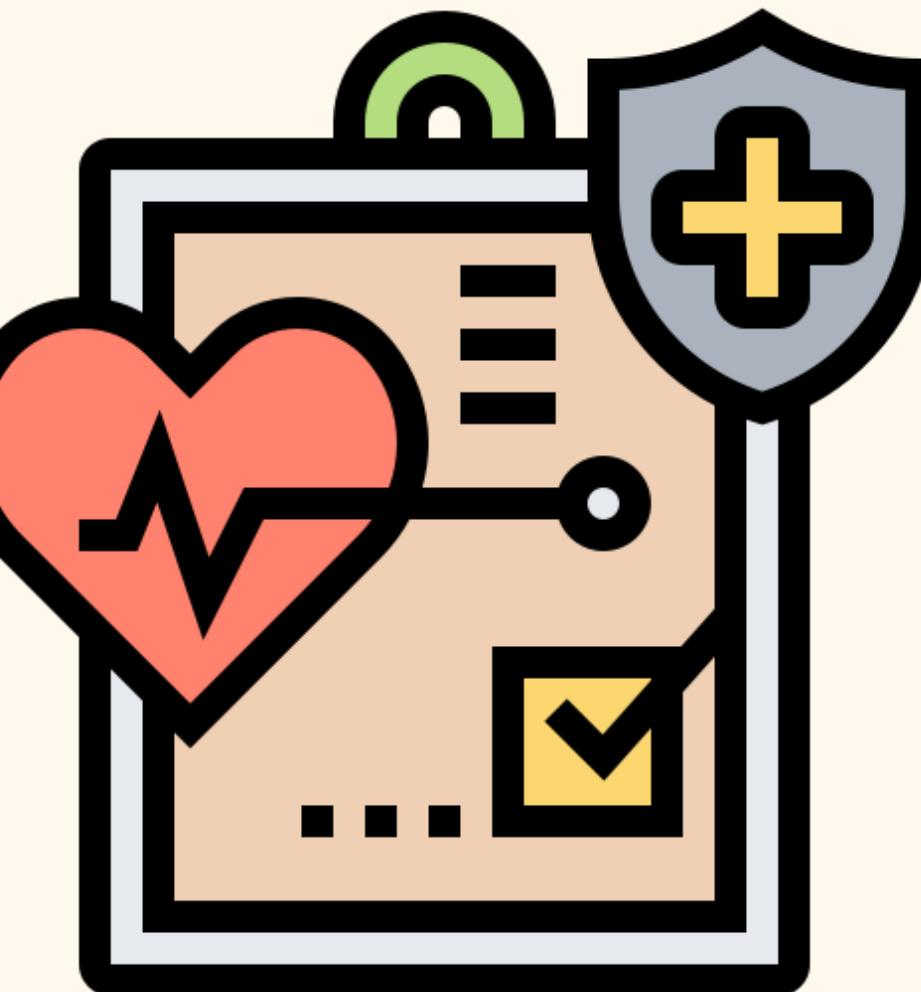
3. 跌倒的注意事項

- 尋求醫療協助
- 建立緊急聯絡人



跌倒的注意事項

1. 尋求醫療協助



如果有跌倒風險或疑似
骨折，尋求醫生的協助



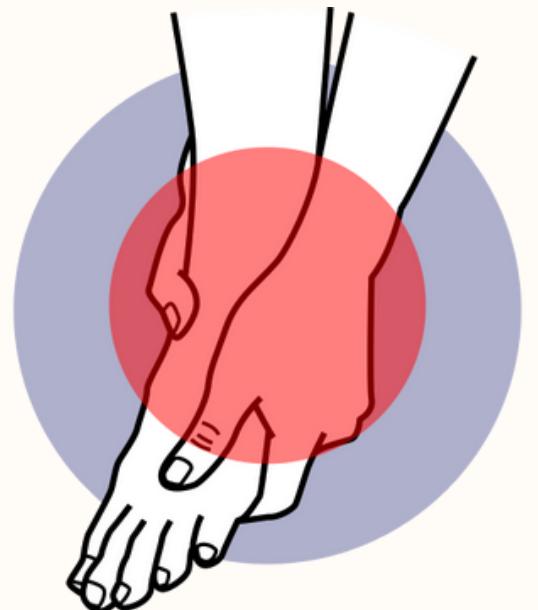
諮詢醫生關於跌倒風
險評估和預防措施

如何知道自己有骨折？

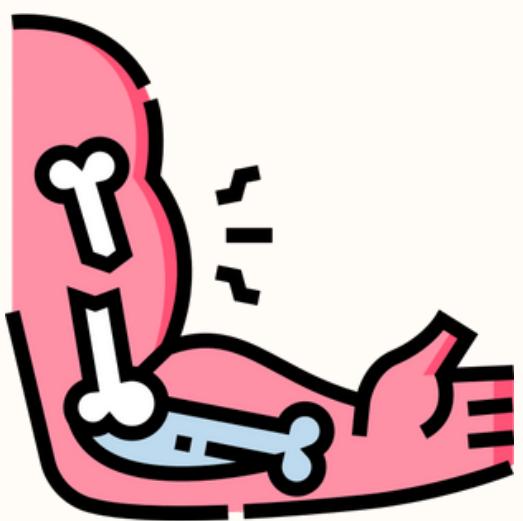
受傷部分：



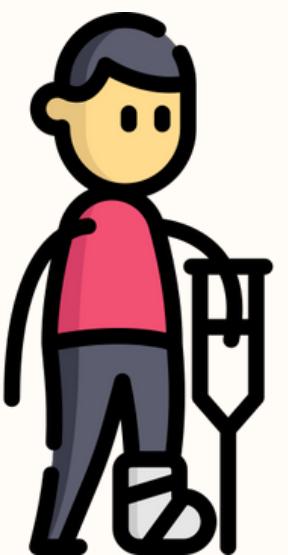
疼痛



腫脹瘀血



變形
位置異常



動作受限

跌倒的注意事項

2. 建立緊急聯絡人



確保有緊急
聯絡人的資訊



使用緊急求救設備
(平安鐘)

運動時間

(下肢鍛鍊運動)



4. 總結



跌倒的風險因素



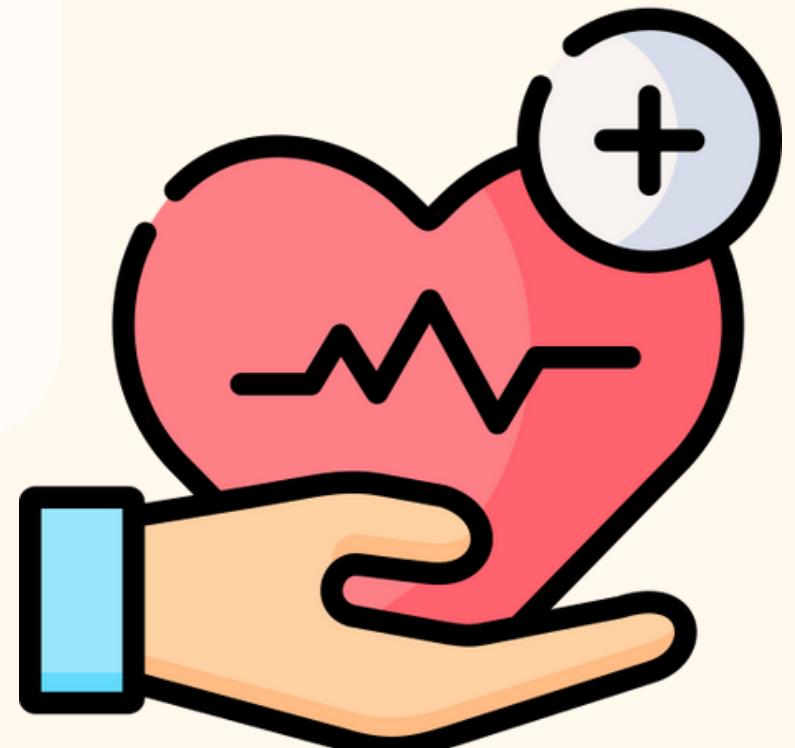
預防跌倒的方法

- 適度運動
- 遵循醫囑用藥
- 改善居家環境
- 合身衣著及助行器
- 注意室外安全

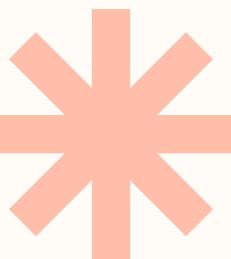


跌倒的注意事項

- 尋求醫療協助
- 建立緊急聯絡人



提問環節



簡單咁活動調查



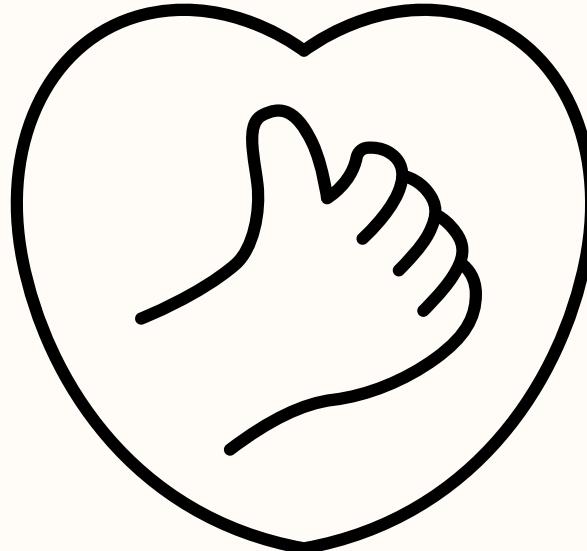
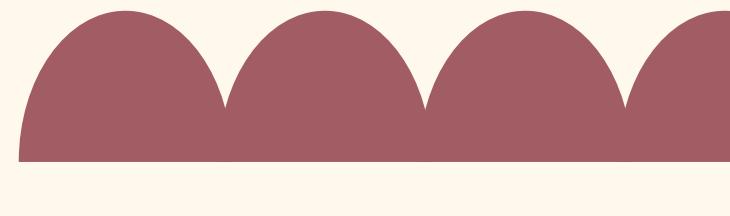
主辦機構：



LKS Faculty of Medicine
School of Nursing
香港大學護理學院



宏施慈善基金
Windshield Charitable Foundation
一點愛心 十分關懷



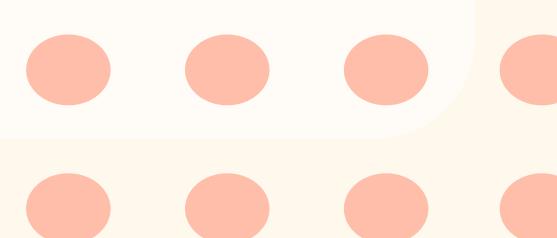
謝謝大家

老友記有任何困難
歡迎諮詢衛生署長者健康服務中心

電話：2121 8080



香港特別行政區政府
衛生署長者健康服務



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