



Name: _____

Share What You Know: Before

You will be participating in *Pills & Spills*, an in-service series about medications, the physical environment, and fall prevention. Before starting the series, answer ALL of the following questions. Try your best – please do not ask others for help.

Write your name on both sides of this sheet. Your individual responses will not affect your employment or in-service credit.

Please circle either TRUE or FALSE for the following questions:

1. Only older adults have to be concerned about falls.	True	False
2. Nursing home residents fall once a year on average.	True	False
3. Someone who cannot walk is NOT at risk for falling.	True	False
4. Poor vision is a common fall risk factor.	True	False
5. There are only two types of fall risk factors: personal and behavioral.	True	False
6. Cancer is the most common cause of death for people age 65 years or older.	True	False
7. As people age, they have more difficulty recovering from illness and injury.	True	False
8. Loud background noise affects both older and younger people in the same way.	True	False
9. Older adults have more health problems than younger adults.	True	False
10. Older and younger people respond differently to medicines.	True	False
11. Having several medical problems increases the risk of falls.	True	False
12. Incontinence can make older adults more likely to fall.	True	False
13. Older adults may have more pain and trouble sleeping if they are depressed.	True	False

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14. Delirium in older people is only caused by pain, fever, and infections.	True	False
15. It is important to tell supervisors when residents have changes in behavior.	True	False
16. Medicines for depression help people think more clearly.	True	False
17. Sleep medicines are safe for older adults who have problems with balance.	True	False
18. Low blood pressure can increase a person's risk for falling.	True	False
19. Cough and cold medicines can cause walking and balance problems.	True	False
20. Older adults who are sleepy during the day have a higher risk for falls.	True	False
21. Older adults' surroundings should become more supportive as their abilities decline.	True	False
22. Since older people are affected by glare, it is best to keep lighting levels low in rooms and common spaces.	True	False
23. Walkways and pathways where older people live should be kept clear of objects to reduce the risk of falls.	True	False
24. Lowered beds with mats next to them may prevent injuries for older people who are at high risk of falls.	True	False
25. Slippery surfaces are only a problem in the bathroom.	True	False
26. Frequent rounding is unnecessary because residents will use the call light anyway.	True	False
27. Pain should be assessed only when an older person complains of pain.	True	False
28. Frequent rounding may reduce the development of pressure ulcers.	True	False
29. Rounding should be done more often at night.	True	False
30. Older people should be encouraged to get their own possessions even if they are out of reach.	True	False

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