

### Interactive Quiz

1. Estimate how many people over the age of (65) were admitted to hospital for more than one day in Australia in 2000-2001 because of a fall injury  
a) 15,000                      b) 45,000                      c) 80,000                      d) 110,000
2. What percentage of total hospitalisations in Australia from that age group do falls represent?  
a) 1%                              b) 4%                              c) 7%                              d) 15%
3. What percentage of a people over the age (65) in Australia will fall once or more in a given year?  
a) 5%                              b) 30%                              c) 50%                              d) 76%
- 4.. Approximately how much does fall injury cost the public hospital system each year in Australia (excluding supplemental costs)?  
a) \$750,000                      b). \$2 million                      c) \$325 million                      d) \$ 1 billion
5. Approximately how many people over the age of (65) died from a fall Australia in 2000-2001?  
a) 250                              b) 750                              c) 1000                              d) 2500
6. Where do most falls occur?  
a) climbing on a chair or ladder  
b) climbing up or down on stairs  
c) getting out of bed  
d) getting into the shower or bath  
e) on a level surface inside the home or outside on the footpath?
7. What is the most useful predictor of falls risk in older people?  
a) Impaired postural stability  
b) low blood pressure  
c) impaired inner ear function  
d) impaired vision  
e) osteoporosis
8. Is the patient's home environment a source of significant risk factors for falls?  
a) yes  
b) yes but not as important as personal risk factors  
c) no  
d) maybe
9. Name at least (2) interventions that may lessen the likelihood of fall injury?  
a)  
b)
10. Does more physical activity prevent falls in the very frail?  
a) yes                      b) no                      c) maybe                      d) unknown
11. Name at least reasons why don't older people take up fall injury prevention initiatives?  
a)  
b)
12. Are you a  
a) physician    b) GP    c) nurse    d) health worker    e) other