



**PPMA**  
MEDICINE THE WAY IT SHOULD BE



## FALL PREVENTION PLAN

 HOME SAFETY

 MEDICATION SAFETY

 BLADDER HEALTH


 CARDIAC AWARENESS

 HOME EXERCISE

 MORE!

**YOUR HEALTH AND SAFETY  
IS OUR PRIORITY**

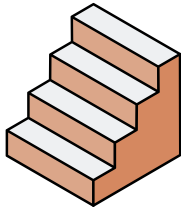
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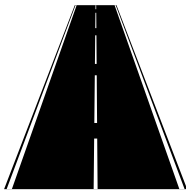
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# YOUR HOME SAFETY CHECKLIST



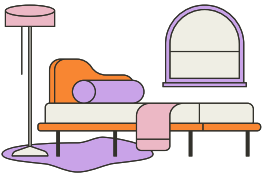
## Stairs & Steps

- Always keep objects off the stairs.
- Fix loose or uneven steps.
- Have a friend or family member change the light bulb.
- Make sure the carpet is firmly attached to every step.
- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.



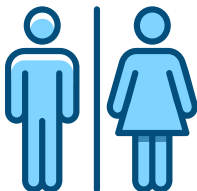
## Floors

- Ask someone to move the furniture so your path is clear.
- Remove the rugs, or use non-slip backing so the rugs won't slip or move.



## Bedroom

- Place a lamp close to the bed where it's easy to reach.
- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.



## Bathroom

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Have grab bars put in next to and inside the tub and next to the toilet.



PPMA @ Home, a partnership with a Home Health Agency, is able to visit your home and assist with safety evaluation and equipment.



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# MEDICATION EDUCATION

**YOU HAVE BEEN PRESCRIBED MEDICATION FOR IMPORTANT REASONS. IT IS IMPORTANT TO KNOW OF ANY SIDE EFFECTS THAT CAN INCREASE YOUR RISK OF FALLS. BY BEING AWARE OF THESE POTENTIAL SIDE EFFECTS, YOU CAN BE PROACTIVE IN REMAINING SAFE WHILE TAKING THESE MEDICATIONS**

## POTENTIAL SIDE EFFECTS TO BE MINDFUL OF

- Change in vision
- Change in Awareness
- Loss of balance
- Slower reaction time
- Dizziness or light-headedness
- Muscle weakness
- Lack of muscle coordination
- Tiredness and sleepiness
- A drop in blood pressure when standing
- Lower alertness levels
- Difficulty concentrating



## MEDICATIONS THAT MAY CAUSE THESE SIDE EFFECTS

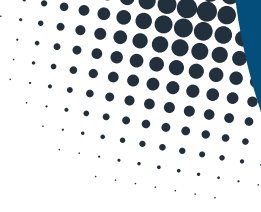
- Opioid or narcotic pain medication
- Anti-depression or mood enhancers
- Anti-anxiety medications
- Prescription and OTC sleep aides
- High-blood pressure medication
- Muscle relaxing medication
- Mood stabilizing medication

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**Some simple practices while taking these medications can yield positive and safe results! Take your time when changing positions, use an assisted device when walking, avoid long-distances, and ask for assistance when needed.**

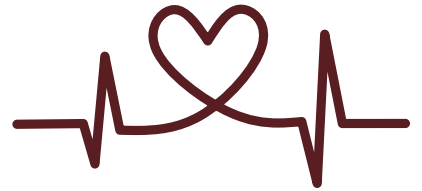


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## Do you get light-headed or dizzy on blood pressure medication?

**Postural Hypotension -or- Orthostatic Hypotension** is when your blood pressure drops when you go from lying down to sitting up, or from sitting to standing. Although many people with postural hypotension exhibit no symptoms, others do.



## What can I do to manage these symptoms?

- Tell us about your symptoms
- Get out of bed slowly. First sit up, sit on the side of the bed, then stand up.
- Take your time when changing positions, such as when getting up from a chair.
- Try to sit down when washing, showering, dressing, or working in the kitchen.
- Exercise gently before getting up (move your feet up and down and clench and unclench your hands) or after standing (march in place).
- Make sure you have something to hold on to when you stand up. Do not walk if you feel dizzy.
- Drink 6-8 glasses of water or low-calorie drinks each day - unless you have been told to limit your fluid intake.
- Avoid taking very hot baths or showers.
- Try sleeping with extra pillows to raise your head.

# BLADDER HEALTH AND SAFETY HABITS

<p><b>Bladder Control</b></p> <p><b>Fast Facts</b></p>	<p>There are two main bladder control issues that affect people:</p> <ul style="list-style-type: none"> <li>• Stress Urinary Incontinence</li> <li>• Overactive Bladder</li> </ul> <p>Stress Urinary Incontinence is a loss of urine that occurs the same time as physical activity such as sneezing, coughing, laughing and exercising.</p> <p>Overactive Bladder, or Urge Incontinence, is a leakage of urine accompanied by a sensation of the need to urinate, or the sensation that a large leak is going to happen.</p>
<p><b>How can I remain safe?</b></p>	<p>Sometimes when we have the urge to use the bathroom, we often rush and move in an unsafe manner. If you have recently had surgery, it is important to be aware of additional limitations that you may have.</p> <ul style="list-style-type: none"> <li>• Plan ahead and don't be too far from the bathroom</li> <li>• Use proactive measures such as pads or briefs when needed</li> <li>• Use an assistive device when walking as needed</li> <li>• Make sure all clutter is removed from the pathway to the bathroom</li> </ul>
<p><b>Bladder Health Skilled Care</b></p>	<p>Specifically trained physical therapists can provide treatment for bladder health. Ask us about a referral for pelvic floor services and additional treatment options.</p>
<p><b>Fluid Management</b></p>	<p>Be mindful of your fluid intake throughout the day. It may be beneficial to avoid certain bladder irritants like coffee, tea or carbonated drinks to avoid unsuspecting urgency issues.</p>

# Simple Chair-Rise Exercises

**What it does: Strengthens the muscles in your thighs/buttocks.**

## **How to do it:**

- Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart
- Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
- Breathe in slowly. Lean forward and feel your weight on the front of your feet.
- Breathe out, and slowly stand up, using your hands as little as possible.
- Pause for a full breath in and out.
- Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
- Breathe out.



Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.

**This simple exercise can help increase strength in your lower body, making you less likely to experience a fall. Be sure to get clearance from your doctor before beginning any exercises.**