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| **Name & Surname** |  | **Trainer Name** |  | **Date of Course** |  |

**Please rate your knowledge from 1-5 for both before and after the course**

1 = not at all familiar, 2 = slightly familiar, 3 = somewhat familiar, 4 = moderately familiar, 5= extremely familiar

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| **Learning Outcome** | **Before the course** | **After the course** | **Please write a reflection of what you will take away from each outcome** |
| 1. You understand what determines a fall |  |  |  |
| 1. You understand the local and national prevalence and their role within fall prevention |  |  |  |
| 1. You know the falls Risks - Causes of falls (e.g. mechanical, balance, loss of consciousness) |  |  |  |
| 1. You can identify internal and external fall risk factors and understand how they affect likelihood of falls |  |  |  |
| 1. You can identify correct footwear and understand the importance of wearing them |  |  |  |
| 1. You can identify and assess risks within the home environment |  |  |  |
| 1. You understand the importance of adequate lighting and how this can reduce the risk of falls |  |  |  |
| 1. You understand how dehydration and poor nutrition contribute to someone's risk of falls |  |  |  |
| 1. You can identify warning signs of malnutrition and dehydration and manage this to mitigate risks |  |  |  |
| 1. You understand the stigma around falls and how this can be damaging |  |  |  |
| 1. You understand the importance gaining consent to carry out assessments and intervene in a fall (including best interest) |  |  |  |