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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 can identify and manage overarching key risk factors
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| 1. You understand the importance of reviewing medication & understanding precipitating factors
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| 1. You can identify visual problems and poor eye health and understand how this can relate to falls
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| 1. You understand the risks associated with pressure ulcers and the affect these have on falls
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| 1. You understand how to identify level of falls risk and how to incorporate this into a care plan including pathway details
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| 1. Caring for clients identified as low risk of falls -understand the step-by-step 1a guide [which can be found here](https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=2875&checksum=e7fbb980c91d8d6bd0a9bd9a7350fb93&document=22&field=1) and know where to find this when relevant
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| 1. Caring for clients identified as medium risk of falls -understand the step-by-step 1b guide [which can be found here](https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=2875&checksum=e7fbb980c91d8d6bd0a9bd9a7350fb93&document=22&field=1) and know where to find this when relevant
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| 1. You understand how to oversee and sign post to Strength and balance exercise
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| 1. You know the benefits of assistive technology and can make recommendations based on the person's frailty level
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| 1. You know how to adapt a home environment to promote independence, thermal comfort, safety etc.
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