

---

## Qualification Specification

**603/4859/8**

### iCQ Level 2 Certificate in the Awareness and Prevention of Falls

---



#### Qualification Details

Title : **iCQ Level 2 Certificate in the Awareness and Prevention of Falls**

Awarding Organisation : [iCan Qualifications Limited](https://icanqualify.net)

Fees Price List Url : <https://icanqualify.net>

Qualification Type : RQF

Qualification Level : Level 2

Regulation Start Date : 2 July 2019

Offered In England : Yes

Offered In Wales : No

Assessment Language In English : Yes

SSA : 1.3 - Health and social care

Purpose : D. Confirm occupational competence

Sub Purpose : D1. Confirm competence in an occupational role

Total Credits : 14

Min Credits at/above Level : 14

Total Qualification Time : 140

Guided Learning Hours : 120

Overall Grading Type : Pass

Assessment Methods : Portfolio of Evidence

Exemptions : None

Structure Requirements : To achieve the qualification learners must achieve all units in the mandatory group.

Age Ranges : 16-18; 19+

Qualification Objective : The purpose of this qualification is to develop learners' knowledge and understanding of falls prevention, in the context of health and social care.

Progression : Learners may progress to the iCQ Level 2 Diploma in Care or the iCQ Level 3 Diploma in Adult Care.

---

## Qualification Specification

### 603/4859/8

#### iCQ Level 2 Certificate in the Awareness and Prevention of Falls

---



#### Rules of Combination (ROC)

Group Name	Mandatory	#Units	Minimum Units	Maximum Units	Minimum Credits	Maximum Credits
<b>ALL) All Groups</b>	No	0	(null)	(null)	(null)	(null)
A) Group A Mandatory Units	Yes	4	4	4	14	14

#### Group A Group A Mandatory Units

URN	Title	Level	GLH	Credit
<a href="#">A/617/6932</a>	Understanding the context of falls	2	35	4
<a href="#">F/617/6933</a>	Understanding the factors and risks of falls	2	25	3
<a href="#">J/617/6934</a>	Understanding the assessment, recording and reporting requirements of falls	2	35	4
<a href="#">L/617/6935</a>	Understanding best practice in relation to falls management	2	25	3

<b>Unit: A/617/6932 : Understanding the context of falls</b>	
<b>Understand the legislation and guidance relating to falls and falls prevention</b>	
<b>Knowledge</b>	
1	Describe current legislation relating to falls and falls prevention including: <ul style="list-style-type: none"> <li>- safeguarding and duty of care</li> <li>- health and safety</li> <li>- moving and handling</li> </ul>
2	Outline the current guidance relating to falls prevention from these bodies: <ul style="list-style-type: none"> <li>- Health and Safety Executive (HSE)</li> <li>- National Service Framework (NSF) for England for older people (Standard six: falls) 2001</li> <li>- Public Health England - Falls and fracture consensus statement 2017</li> <li>- National Institute for Health and Care Excellence (2017)</li> </ul>
3	State current national statistics relating to falls and older people
<b>Understand the reasons for falls</b>	
1	Define the term 'fall'
2	Identify situations or activities that may cause an individual to fall
3	Describe fall-related injuries
4	Outline the reasons why the risk of falling and bone fractures may increase with age
5	Describe why falls should not be viewed as an expected consequence of ageing
<b>Understand the consequences of falls</b>	
1	Outline how falls can be a concern in different settings including: <ul style="list-style-type: none"> <li>- Hospitals</li> <li>- Residential care</li> <li>- In the community</li> </ul>
2	Explain how falls can impact on an individuals' well-being including: <ul style="list-style-type: none"> <li>- Physical</li> <li>- Psychological</li> <li>- Social</li> </ul>
3	Explain the financial costs of falls and bone fractures to: <ul style="list-style-type: none"> <li>- Individuals</li> <li>- The NHS</li> <li>- Care services including residential homes, community care</li> </ul>
4	Describe the potential impact of falls on health and social care service providers
<b>Understand the benefits of falls awareness and prevention</b>	
1	Outline own duties and responsibilities in falls prevention and awareness
2	Identify the benefits of falls awareness and prevention programmes for: <ul style="list-style-type: none"> <li>- Individuals who require support</li> <li>- Individuals who care for others</li> <li>- Health and social care service providers</li> </ul>
3	Describe different methods which can be used to raise awareness of the risks and consequences of falls
4	Explain the duties and responsibilities of health and social care service providers in reducing the occurrence and effect of falls

**Unit: F/617/6933 : Understanding the factors and risks of falls****Understand factors that can increase the likelihood of falls****Knowledge**

1 Describe factors that might contribute to an individual being susceptible to falls including:

- medical/clinical
- sensory
- psychological
- lifestyle

2 List factors in the physical environment that can increase the risk of falls

3 Outline how the physical health and wellbeing of an individual can impact on the risk of falls

4 Explain how unsafe practice of others may contribute to the risk of falls

**Know how risk profiles are used to identify the likelihood of falls for older people**

1 Explain what a risk profile is

Describe how risk profiles can vary among older people including:

- active older people living in the community
- older people who require support to live in the community
- older people in a hospital setting
- residents living in a care home

**Understand how falls may be caused by personal factors**

1 Describe how aspects of an individual's physical health and well-being may cause them to fall

Explain how specific health conditions may be associated with falls including:

- neurological conditions (eg Parkinson's Disease)
- osteoporosis
- postural hypotension
- infection
- stroke
- cognitive impairment

3 Outline how medication use can impact on the risk of falls

4 Explain how the psychological well-being of an individual may contribute to and cause them to fall

Identify how lifestyle factors could result in a fall including:

- unsuitable clothing and footwear
- alcohol and substance use
- nutrition and hydration

**Unit: J/617/6934 : Understanding the assessment, recording and reporting requirements of falls****Know what a 'multi-factorial approach' is and how it is used to benefit falls prevention****Knowledge**

- 1 Outline the term 'multi-factorial approach' in relation to falls prevention
- 2 Explain why a multi-factorial approach to falls awareness and prevention is important
- 3 Outline the components that should be included in a multi-factorial assessment

**Understand how falls should be assessed, monitored and recorded**

- 1 Explain why the monitoring of falls is important
- 2 Outline procedures for reporting and recording falls within legal guidelines including:
  - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013)
  - requirements of the regulatory authority (CQC)
  - local authority requirements
- 3 Outline how falls should be recorded and monitored in own setting
- 4 Explain how and when information relating to a history of falls should be communicated between different services or care settings

**Know and understand the reasons for effective risk assessments**

- 1 Describe why risk assessments for individuals likely to fall should be carried out
- 2 Outline the content of an environmental risk assessment

**Understand the importance of learning from falls to improve care**

- 1 Explain how and when safeguarding concerns should be raised in relation to falls incidents
- 2 Describe the reasons why a review should take place following a fall
- 3 Outline strategies that should be implemented following a fall
- 4 Explain why training in falls awareness and prevention is important

**Understand multi-agency and specialist support available for falls prevention**

- 1 Describe how organisational policies and procedures should be used to reduce the incidence and minimise harm from falls
- 2 Describe the roles of professionals involved with falls prevention including:
  - Occupational Therapists
  - Physiotherapists
  - Falls teams
  - Reablement services
- 3 Define the term *multidisciplinary approach*
- 4 Outline the importance of a multidisciplinary approach in relation to falls management
- 5 Identify national and local sources of support and information
- 6 Describe the support available in your local area

**Unit: L/617/6935 : Understanding best practice in relation to falls management****Know methods and interventions to reduce the risk of falls****Knowledge**

Describe a range of interventions that can mitigate individual risk factors including these:

- cognitive impairments
- health problems that may increase the risk of falling
- postural hypotension
- mobility problems and/or balance problems
- 1 - medication
- continence problems
- vision impairment
- footwear
- psychological factors

2 Explain how aspects of the care environment can be modified to reduce the incidence of falls

Identify how assistive technology can be used to minimise the risk of falls including:

- mobility aids
- 3 - telecare
- aids and adaptations (including grab rail, adapting shower)
- modifications to the environment

**Understand how individuals can reduce the risk of a fall**

1 Describe the ways in which health care and social care workers can encourage individuals to participate in falls prevention programmes

2 Explain how evidence-based falls prevention exercise can benefit an individual in reducing the potential of falls

3 Outline the steps that individuals can take to reduce the likelihood of a fall

**Understand how to reduce the impact and minimise harm in the event of a fall**

1 Outline the actions to be taken to safeguard an individual during a fall

2 Describe the steps taken to minimise the risks to a care worker when supporting an individual during a fall

3 State what good practice measures are when supporting an individual during a fall

4 Identify what must not be done when an individual is falling

5 Outline the immediate care and support of an individual following a fall

6 Describe how and when further assistance may be needed in different care settings following a fall

7 Describe why it is important to use approved moving and positioning techniques and equipment