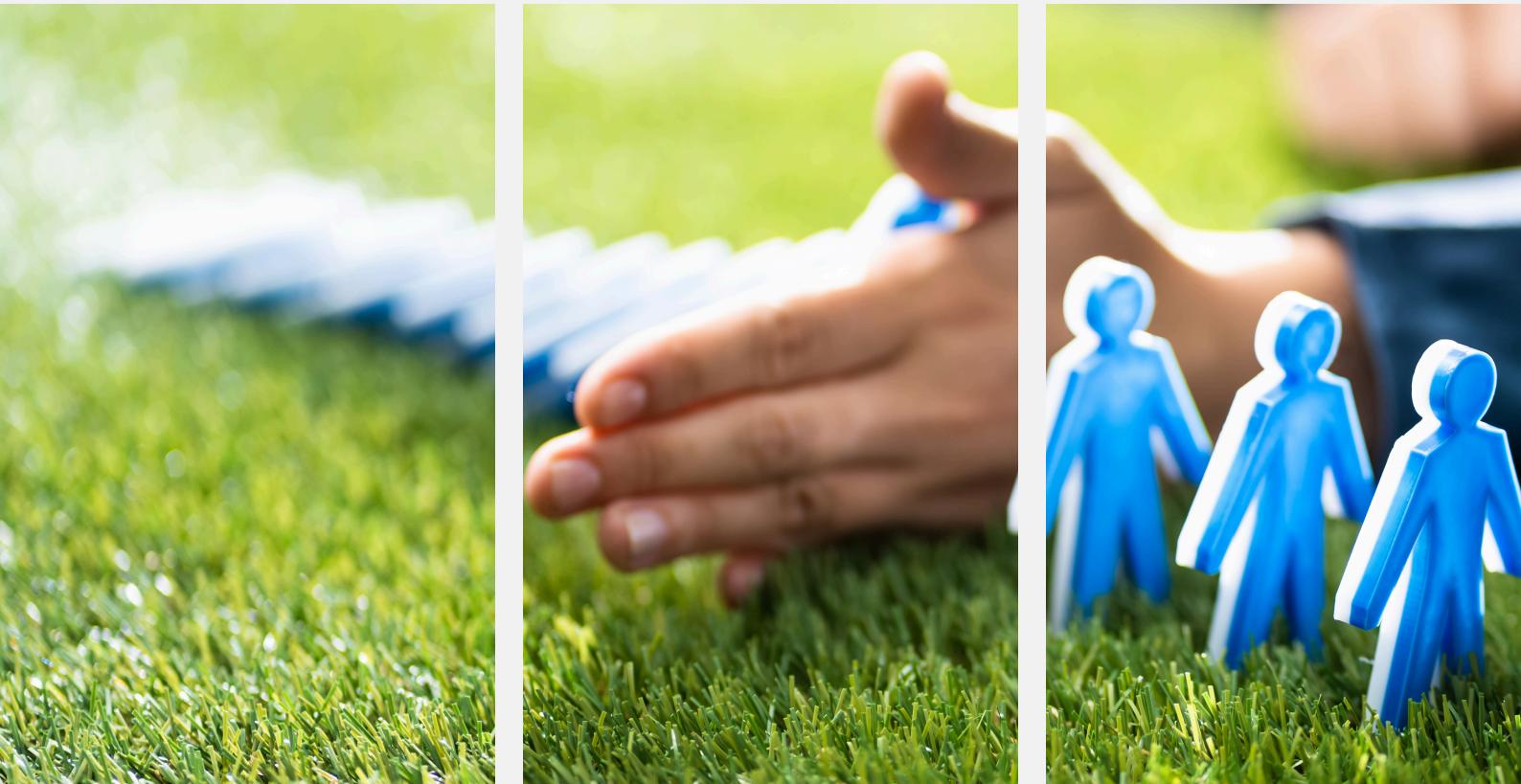# A COMMUNITY PHARMACY-BASED FALL PREVENTION FRAMEWORK ACROSS CONTINUUMS OF CARE

(600-RMC/FRGS 5/3 [060/2024])

Falls are a major public health concern, especially among older adults, with global and national statistics highlighting their significant impact. In Malaysia, the high prevalence of falls among the elderly population underscores the urgent need for targeted and scalable prevention strategies [1]. Falls can result in serious outcomes including injuries, loss of independence, reduced quality of life, and increased healthcare expenditure [2]. Those with a prior history of falls are at even greater risk of recurrence, necessitating early and sustained intervention.

In light of this challenge, our research project aims to harness the potential of community pharmacies as key players in fall prevention efforts. Community pharmacies are widely accessible and operated by trained healthcare professionals who are well-positioned to deliver preventive interventions [3]. This study explores how community pharmacists can be effectively integrated into fall prevention initiatives, with a focus on medication review, risk identification, and patient counselling. These interventions are intended to reduce the incidence of falls, enhance older adults' quality of life, and alleviate the burden on Malaysia's healthcare system.

This research aligns with Malaysia's national agenda for healthy ageing and supports Sustainable Development Goal 3: Good Health and Well-Being. In addition to reducing falls, the project can contribute valuable insights into the enhancement of community pharmacy practice, the promotion of proactive health management, and the advancement of patient-centred care. By leveraging the strategic role of community pharmacists, the project aspires to establish a new benchmark in preventive care for Malaysia's ageing population.

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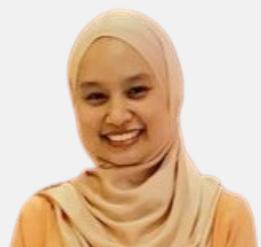(Research & Innovation)

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