



Public Health Nurse



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HSE South West

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Topics to be Discussed

- The Role of the Public Health Nurse
- Keeping Safe At Home
- Keeping Well Throughout the Year
- Services available within the community





The Role of the Public Health Nurse

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Public Health Nurses provide care for people of all ages and backgrounds within the community

Examples of support we provide:

- ▶ Home Help Assessment and Application
- ▶ Signposting to relevant supports
- ▶ Respite application
- ▶ Referral to other services e.g. physio, occupational therapist, dietician
- ▶ Palliative care
- ▶ Wound Care
- ▶ Child Development Checks
- ▶ Visiting newborn babies and mothers

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Keeping Safe At Home



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Falls Prevention

- Environment
- Nutrition
- Physical Activity
- Footwear
- Vision
- Medication



85%

Of hip fractures due to a fall occur
at home

HSE (2022) Service User Falls a Practical Guide for Review Available at: [chrome-extension://efaidnbnmnibpcjpcglclefindmkaj/https://www.hse.ie/eng/about/who/nqpsd/qps-incident-management/incident-management/service-user-falls-a-practical-guide-for-review.pdf](https://www.hse.ie/eng/about/who/nqpsd/qps-incident-management/incident-management/service-user-falls-a-practical-guide-for-review.pdf)

Falls Prevention

- Check for loose paving, obstacles and outdoor overgrowth.
- Secure and remove any trip hazards such as rugs, flexes or trailing bed clothes.
- Keep clutter free.
- Have lighting accessible for nighttime toilet trips
- Ensure access to a phone and your mobility aid is in easy reach if required.



Are you at risk of falling?

- Have you had a fall within the last 12 months?
- Do you feel unsteady when walking or standing?
- Are you concerned or worried about falling?



Personal Alarms

- A watch or pendant worn all day/night that gives immediate access to help in case of an emergency such as a fall.
- Pobal Senior Alert Scheme is available to those over 65 who live alone / are alone for long periods. Contact 01 511 7222 for your local distributor. They will provide FREE installation and FREE monitoring for the first year.





Other safety considerations

- Working smoke alarms
- Close all doors and unplug all electrical items before going to bed at night
- Working carbon monoxide alarm
- Keeping warm during colder months





Keeping Well



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Important Steps For Keeping Well

- Eating Well
- Physical Exercise
- Limiting alcohol intake
- Quitting Smoking
- Social Interaction
- Regular check ups with your GP
- Getting flu and COVID immunisations annually
- Health screening e.g. diabetic retinopathy, bowel screening etc.



Eating Well

- Keeping a balanced diet
- Drinking enough water
- Meals on Wheels





Food Pyramid for Older Adults

A guide for adults aged over 65



Foods and drinks high in fat, sugar and salt



Foods from this shelf should not be eaten every day – maximum once or twice a week



NOT every day

Fats, spreads and oils

Foods from this shelf provide essential fats, but use these in very small amounts.



In very small amounts

Meat, poultry, fish, eggs, beans and nuts

Foods from this shelf are the best sources of high-quality protein and iron, for strong muscles and healthy blood.



2-3 Servings a day

Milk, yogurt and cheese

Dairy foods are the best sources of the calcium you need to keep your bones strong. Low-fat is best. These foods are also high in protein.



3-4 Servings a day

Wholemeal cereals and breads, potatoes, pasta and rice

Choose high-fibre foods from this shelf to help prevent constipation.



3-5 Servings a day

Vegetables, salad and fruit

Choose brightly coloured fruits and vegetables – they are good sources of vitamin C to help your body absorb iron.



5-7 Servings a day



Boost your B vitamins
B vitamins support brain function as we age. Eat plenty of fruit and vegetables, high-quality protein foods, cereals and milk with added B vitamins to ensure you are getting enough.



Eat enough high-quality protein in at least two meals a day
High-quality protein promotes and maintains good muscle strength as you age. Muscle loss can lead to frailty and a higher risk of falls so choose foods from the Meat (and alternatives) as well as from Milk (and alternatives).



Be active everyday
Small bouts of exercise for 10–15 minutes several times a day is much better than doing all your activity in one go. Strengthening exercises are also important.



Daily vitamin D
You need to take a 15 microgram (µg) vitamin D supplement every day of the year. A good diet and sunlight is not enough to keep your bones strong and prevent falls.

Physical Exercise

- At least 30 minutes a day of moderate activity on 5 days a week - such as walking, dancing or pushing a lawnmower.
- Muscle-strengthening exercises 2 or more days a week - for example, digging, step aerobics, hand-held weight exercises and yoga.
- Daily chores such as cooking or housework to break up periods of sitting.

Being physically active can reduce your chances of developing a long-term condition by up to 50%

Simple Balance Exercises to Try



- Adults need 7-9 hours of sleep per night
- Maintain a sleep routine
- Relax before going to bed
- Discuss with GP if sleep issues persists for 4 weeks or longer



Maintaining Health

- Regular review by your GP
- Medication review regularly
- Immunisations – COVID, Flu Vaccines
- Health Screening – Bowel, Breast, Diabetes



- Social Interaction
- Reducing Stress
- Seeking Support

Social Prescriber Ballincollig
Phone (085) 879 3462 or
linkworker@ballincolligfrc.org

HSE Balancing Stress Programme





Services in the Community



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Services in the Community

- ALONE – **0818 222 024** (8am – 8pm) Befriending service, financial support, social support, personal alarms
- Wilton Park House – Mon to Thurs 2pm-5pm – Social Activities e.g. Cards, music, computer classes etc.
- Westgate Foundation – Meals on Wheels, Day Centre, Personal Alarms **(021) 487 3648**
- Alzheimer's Society **1800-341-341**
- Age Action – Care and Repair Programme **021-2067399**



YOU'RE NOT ALONE



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Referral to Public Health Nurse

If you think you need to be seen by your Public Health Nurse, contact your GP to request a referral

Your GP can also refer you to other healthcare professionals e.g. Physiotherapist, Podiatrist, Dietician etc.

