

Fall Prevention II

Impact, Assessment and Hidden Risks



Webinar Education Series

May 2016

Presented by

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MEDICAL SUPPLIES FOR CARE AT HOME SINCE 1957

Fall Prevention II

This webinar will address the following topics:



1. How falls impact the health care system
2. Making an accurate Fall Risk Assessment
3. Identifying dangers in the community
4. Fall prevention programs in your community
5. Community and educational resources

Facts about Falls

The Centers for Disease Control and Prevention reports:



1 of out every 3
people age 65 and
older **fall each year.**



Every 29 minutes
an older adult
dies from a fall.



1 out of 5
falls causes a
serious injury such
as a head trauma
or fracture.

Impact on the healthcare system



Medical costs

Fall injuries total over **\$28 billion annually.**

Hospital costs account for 2/3 of the total.



Hospitals

Falls and Trauma is one of 10 hospital-acquired conditions (HACs) for which **Medicare will not cover.**

Making an Accurate Fall Risk Assessment

Patient risk factors include:

- History of falls
- Confusion
- Age (over 65)
- Impaired judgment
- Sensory deficit
- Medications
- Unable to ambulate independently
- Decreased level of cooperation
- Increased anxiety/emotional lability
- Incontinence/urgency
- Cardiovascular/respiratory disease affecting perfusion and oxygenation
- Postural hypotension with dizziness
- Attached equipment (IV pole, tubes, etc.)
- Community safety hazards



Fall Risk Assessment Tools



FRAT-up Fall Risk Assessment Tool

Home Run an assessment Info Login

Current risk of the subject: Unknown

Health profile of the subject:

Does the subject use a walking aid?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Visual stereognosis:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Dizziness or unsteadiness last year?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Age:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject suffer Parkinson?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	CESD:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Urinary incontinence last year?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	MMSE score:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Fear of falling (Deshpande)?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	physical activity level:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject suffer rheumatic disease?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Hearing impairment?:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
History of previous strokes?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Visual acuity (3 meter):	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Is the subject female?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Contrast sensitivity?:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject use antiepileptics?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Subject's number of IADL:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject suffer any pain?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Revised Walking Subscore:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject use antihypertensives?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Number of ADL disabilities (0-6):	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject use sedatives?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	Number of drugs used by the subject:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
History of previous falls?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence	How does the subject feel:	<input type="text"/>	<input checked="" type="checkbox"/> Use prevalence
Does the subject live alone?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence			
Diabetes blood glucose 126?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Use prevalence			

Risk factors:

- Walking aid used
- Hx of dizziness, Parkinson's
- Fear of falling
- Hx of stroke, RA, Pain
- Antihypertensives, Sedatives, Antiepileptics
- History of falls
- Blood glucose >126
- Lives alone
- Activity, Age, Vision, ADLs
- Number of drugs used

<http://ffrat.farseeingresearch.eu/runAssessment>

Fall Risk Assessment Tools

Current Risk Result:

- Predicts the risk as a probability – 1.0 = 100% chance of a fall
- Fall prevention protocols and interventions can decrease the number of falls.
- To be effective, a prevention strategy requires a prior step to evaluate the fall risk of the subjects.
- Despite extensive research, existing assessment tools for fall risk have been insufficient for predicting falls.

Current risk of the subject: 0.528



Quick Assessment of Patient's Risk



- **Timed Up and Go (TUG) Test**
 - Use this test to assess mobility.
- **30-Second Chair Stand Test**
 - This test will assess leg strength and endurance.
- **4-Stage Balance Test**
 - Assess balance using this test



Stopping Elderly
Accidents, Deaths & Injuries

<http://www.cdc.gov/steady/videos.html>

Hidden Dangers in the Community



Sidewalk Cutouts

Cutouts are now at all transitions.

- Change in level and angle are difficult to distinguish.

New “detectable warnings”

- The bright color can warn of the transition, but they also bring additional risk.

Hidden Dangers in the Community

“Detectable Warnings”



Brightly colored with truncated domes.

- Present an uneven surface for walking and can be slippery when wet.

Can be placed on flat or sloping transitions.

- Do not distinguish the surface, primarily to warn the visually impaired of “entering traffic”.

Hidden Dangers in the Community



Doors and Entrances

Variety in types of doors

- Manual
- Automated
- Fully automated
- Actuated Automation

Difficulty Navigating Doors

- Double entrances
- Entryway grates
- Heavy doors
- Managing walking aids

Hidden Dangers in the Community



Automated?



Hidden Dangers in the Community



Escalators

Difficult transitions

- Change of speeds, top & bottom
- Visual distinction
- Step height

Other challenges

- Walking aids
- Balance
- Differing speeds, steps-vs-handrails

Best solution, take the elevator!

Hidden Dangers in the Community



Wet Weather & Spills

Be aware when coming in from wet or snowy weather

- Greatest risk with non-carpeted floors
- Beware if no entrance mats

We think of this in the home/ bathroom, but must remember this as well.

Hidden Dangers in the Community



Shopping: Parking

Parking lots offer little space for exiting vehicles.

Average parking space:
9 feet=108 inches

Car width can be 76+ inches

Subtract 6" for the doors and
it can leave only 10" to exit.

Hidden Dangers in the Community

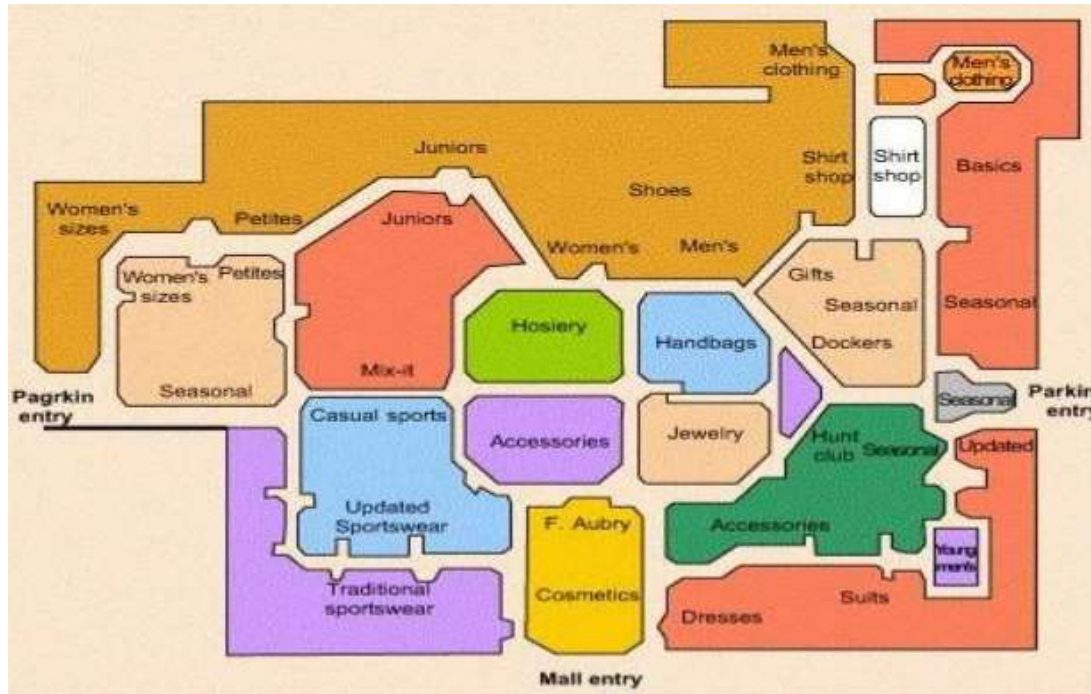


Shopping: Grocery

In-Aisle Promotions

- Multiple in aisle promotions
- Easy to back into, trip
- Appear in unexpected location

Hidden Dangers in the Community



Shopping: Retail Stores

Race Track Layout

- Aisle confusing and difficult to navigate.
- Also with in-aisle promotions

Fall Prevention: Physical aspects



- **Regular exercise**

It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time.



- **Medication review by a doctor or pharmacist**

Identify prescription and over-the counter medicines that may cause side effects or interactions such as dizziness or drowsiness.



- **Eye examination**

by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider glasses with single vision distance lenses for some activities such as walking outside.

Regular Exercise

- Regular exercise –
Not hours at the gym!
- Make it fun
- Make it interesting
- Include each type of exercise
 - Endurance
 - Strength
 - Balance
 - Flexibility



Endurance

- Endurance, or aerobic, activities increase breathing and heart rate.

These activities help keep you healthy, improve fitness, and help do the every day tasks.



Endurance

- Endurance exercises improve the health of your heart, lungs, and circulatory system.



- They also delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others.

Endurance

Endurance activities will make it easier for you to:

- Push your grandchildren on the swings
- Vacuum
- Rake leaves



Strength

- Even small increases in muscle strength can make a big difference in your ability to stay independent and carry out everyday activities such as climbing stairs and carrying groceries.



Strength

- Some people call using weight to improve your muscle strength “strength training” or “resistance training.”
- Strength exercises include:
 - Lifting weights
 - Using a resistance band



Strength

- **Strength** training can maintain your ability to:

- Carry a full laundry basket from the basement to the second floor
- Carry your smaller grandchildren
- Lift bags of mulch in the garden



Balance

- Balance exercises **help prevent falls**
- Many lower-body strength exercises also will **improve balance.**



Balance

- Exercises to improve your balance include:
 - ✓ Standing on one foot
 - ✓ Heel-to-toe walk
 - ✓ Tai Chi



Balance

- **Balance** exercises can help you:
 - Stand on tiptoe to reach something on the top shelf
 - Walk up and down the stairs
 - Walk on an uneven sidewalk without falling



Flexibility



- Stretching can help your body stay flexible and limber.
- It will give more freedom of movement for your regular physical activity as well as for your everyday activities.



Flexibility

- To increase your flexibility, try:
 - Shoulder and upper arm stretch
 - Calf stretch
 - Yoga



Flexibility

- **Flexibility** or stretching exercises make it possible for you to:
 - Look over your shoulder to see what's behind you as you back the car out of the driveway
 - Make the bed
 - Bend over to tie your shoes



Exercise & Physical Activity



From the National
Institute for Aging

- <https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction>

STEADI

Stopping Elderly Accidents, Deaths and Injuries

- Make fall prevention part of your clinical practice
- Learn to screen patients 65+ for falls, identify risk factors, and offer interventions.
- Continuing Education available for this free interactive course.



<http://www.cdc.gov/STEADI/>

Fall Prevention Community and Educational Resources



Centers for Disease Control and Prevention
cdc.gov



National Council on Aging
ncoa.org



Caregiver Action Network
caregiveraction.org



Shield HealthCare Community
shieldhealthcare.com/community

Fall Prevention Community and Educational Resources



“6 Steps to Prevent Falls” – An infographic by National Council on Aging:

<http://www.ncoa.org/assets/files/pdf/NCOA-Falls-Flyer-2014.pdf>

“Fall Prevention Awareness Week” – Sept. 22-28, 2016:

<http://stopfalls.org/news-events/fall-prevention-awareness-week/>

National Falls Prevention Resource Center Community Programs:

<http://www.ncoa.org/assets/files/pdf/center-for-healthy-aging/Select-EB-FP-Programs-Grid-021215.pdf>



Search keyword **“Fall Prevention”** at
shieldhealthcare.com/community

Fall Prevention II

References:

Aha-solutions.org

<http://www.aha-solutions.org/resources/pdf-files/rlsolutions-2014-0603-wp-cmsnever.pdf>

CDC.Gov

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

CMS.gov

<http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/AcuteInpatientPPS/HAC-Reduction-Program.html>

<http://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/HomeHealthQualityInits/HHQIQualityMeasures.html>

Sage Journals

<http://hhc.sagepub.com/content/23/2/125.abstract>

Q & A



Questions not answered during the live webinar will be answered via email.

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This concludes our presentation. Thank you for joining us.



Special thanks to Barbara E. West, RN, MSN, CWOCN,
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