

Fall Prevention

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Objectives

- Identify risk factors
- Understand role of prevention
- Describe impact falls can have on individual
- Your role in fall prevention
- Identify resources available to you in Ohio
- Exercise
- Have fun!

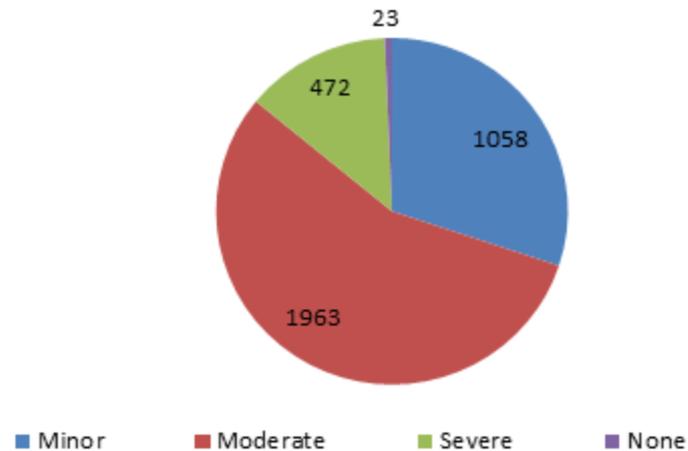
The Facts

- 1 in 3 older adult will fall this year (65+)
- Less than half who fall tell their provider
- Falls are the leading cause of * injury* related hospitalizations & ED visits for all ages
- **Deaths** due to falls is highest among 65+
- 20-30% suffer moderate to severe injuries
- Fear develops and impacts daily living activities

More Facts

- Incidence for falls among adults with intellectual disabilities is higher and occurs at younger ages
- Shared risk factors with general population
 - High rates osteoporosis
 - Vitamin D deficiency
 - Poor nutrition
 - Sedentary lifestyle

Level of Fall Related Injuries 2010-2013 filed as Injury MUIs



Injuries are defined as the following:

Minor – Did not affect day-to-day activities, e.g., broken toe, fingers, sutures, splint, wrap.

Moderate – Did affect day-to-day activities, e.g., missed work, crutches, casts, adaptive equipment, bed rest.

Severe – Injury required hospitalization, off weeks from work.

None – no injury.

National Estimates of the 10 Leading Causes of Nonfatal Injuries Treated in Hospital Emergency Departments, United States – 2009

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Fall 147,280	Unintentional Fall 955,381	Unintentional Fall 631,381	Unintentional Fall 615,145	Unintentional Struck By/Against 1,027,646	Unintentional Fall 791,629	Unintentional Fall 794,906	Unintentional Fall 928,315	Unintentional Fall 781,827	Unintentional Fall 2,202,024	Unintentional Fall 8,765,597
2	Unintentional Struck By/Against 31,360	Unintentional Struck By/Against 372,402	Unintentional Struck By/Against 406,045	Unintentional Struck By/Against 574,267	Unintentional Fall 917,167	Unintentional Overexertion 654,125	Unintentional Overexertion 564,548	Unintentional Overexertion 444,515	Unintentional Struck By/Against 232,696	Unintentional Struck By/Against 242,014	Unintentional Struck By/Against 4,435,906
3	Unintentional Other Bite/Sting 10,922	Unintentional Other Bite/Sting 137,352	Unintentional Cut/Pierce 104,940	Unintentional Overexertion 276,076	Unintentional MV-Occupant 741,159	Unintentional Struck By/Against 643,495	Unintentional Struck By/Against 495,060	Unintentional Struck By/Against 410,712	Unintentional Overexertion 217,605	Unintentional Overexertion 180,152	Unintentional Overexertion 3,207,877
4	Unintentional Foreign Body 8,860	Unintentional Foreign Body 126,060	Unintentional Other Bite/Sting 92,865	Unintentional Cut/Pierce 118,440	Unintentional Overexertion 703,809	Unintentional MV-Occupant 553,680	Unintentional MV-Occupant 419,564	Unintentional MV-Occupant 363,518	Unintentional MV-Occupant 216,997	Unintentional MV-Occupant 174,999	Unintentional MV-Occupant 2,643,652
5	Unintentional Fire/Burn 7,846	Unintentional Cut/Pierce 84,095	Unintentional Pedal Cyclist 84,590	Unintentional Pedal Cyclist 118,095	Other Assault* Struck By/Against 451,123	Unintentional Cut/Pierce 382,187	Unintentional Cut/Pierce 308,801	Unintentional Cut/Pierce 271,617	Unintentional Cut/Pierce 171,584	Unintentional Cut/Pierce 127,735	Unintentional Cut/Pierce 1,997,752
6	Unintentional Other Specified 7,036	Unintentional Overexertion 83,056	Unintentional Overexertion 77,742	Unintentional Unknown/Unspecified 96,282	Unintentional Cut/Pierce 422,182	Other Assault* Struck By/Against 301,791	Other Assault* Struck By/Against 194,859	Unintentional Other Specified 179,577	Unintentional Other Bite/Sting 81,881	Unintentional Other Bite/Sting 86,559	Other Assault* Struck By/Against 1,252,243
7	Unintentional Overexertion 6,249	Unintentional Other Specified 62,861	Unintentional MV-Occupant 58,049	Unintentional MV-Occupant 75,701	Unintentional Other Specified 191,694	Unintentional Other Bite/Sting 158,668	Unintentional Other Specified 164,568	Unintentional Poisoning 159,067	Unintentional Other Specified 77,309	Unintentional Poisoning 65,707	Unintentional Other Bite/Sting 1,067,922
8	Unintentional Inhalation/Suffocation 6,057	Unintentional Fire/Burn 49,896	Unintentional Foreign Body 55,185	Other Assault* Struck By/Against 73,360	Unintentional Other Bite/Sting 178,506	Unintentional Other Specified 153,741	Unintentional Other Bite/Sting 129,701	Other Assault* Struck By/Against 141,586	Unintentional Poisoning 75,542	Unintentional Other Transport 62,519	Unintentional Other Specified 924,345
9	Unintentional Cut/Pierce 6,049	Unintentional Unknown/Unspecified 48,454	Unintentional Dog Bite 43,512	Unintentional Other Bite/Sting 59,912	Unintentional Unknown/Unspecified 176,499	Unintentional Unknown/Unspecified 113,738	Unintentional Poisoning 124,292	Unintentional Other Bite/Sting 131,536	Unintentional Other Transport 46,573	Unintentional Unknown/Unspecified 59,185	Unintentional Unknown/Unspecified 755,175
10	Unintentional MV-Occupant 4,942	Unintentional Poisoning 41,265	Unintentional Other Transport 39,732	Unintentional Other Transport 56,178	Unintentional Other Transport 123,824	Unintentional Poisoning 101,454	Unintentional Unknown/Unspecified 94,310	Unintentional Unknown/Unspecified 81,378	Other Assault* Struck By/Against 45,992	Unintentional Other Specified 48,972	Unintentional Poisoning 708,318

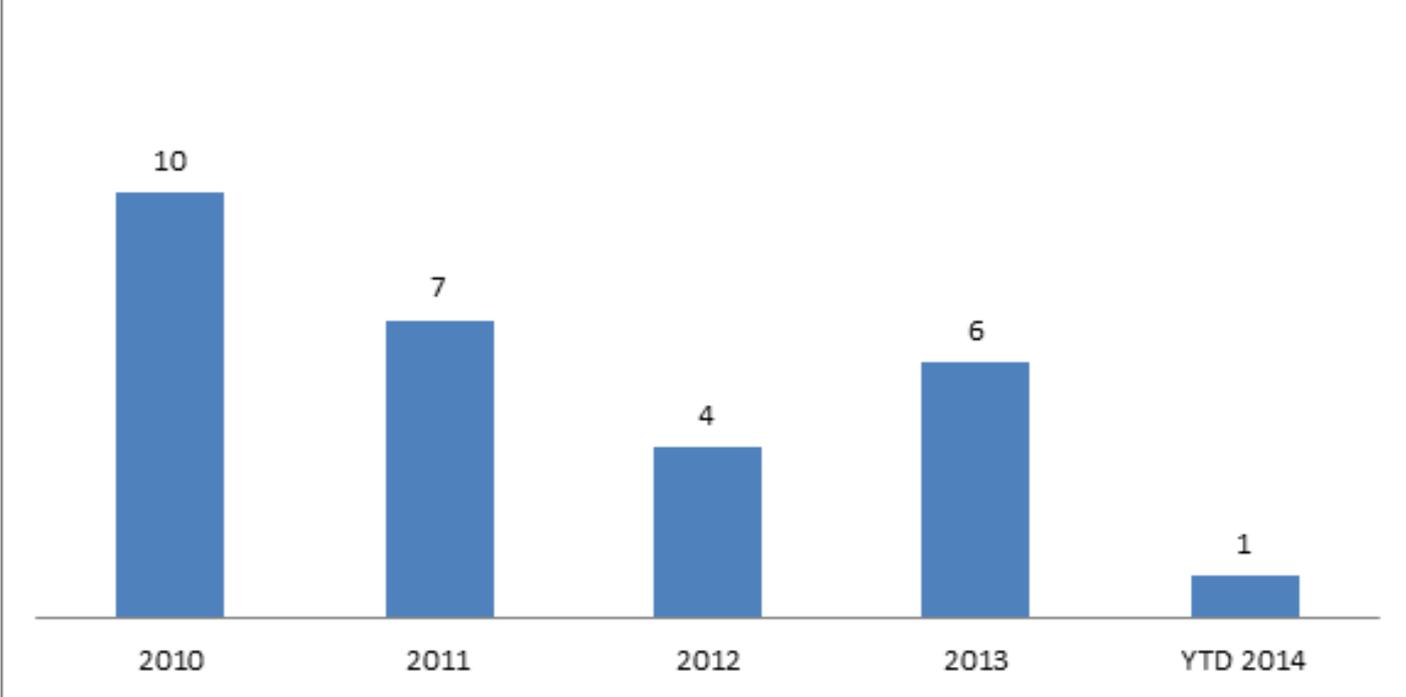


Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

*The "Other Assault" category includes all assaults that are not classified as sexual assault. It represents the majority of assaults.
Source: NEISS All Injury Program operated by the Consumer Product Safety Commission (CPSC).
Produced by: Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC.

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Falls Related to Deaths



Year	Fall Related Injuries	Total Injuries	Percentage of Falls Injuries
2010	752	1673	45%
2011	733	1638	45%
2012	761	1635	47%
2013	764	1755	44% of all injuries

Are YOU at risk?



Environment

- Improve lighting
- Flooring/transition changes
- Grab bars/no slip mats
- Remove trip hazards
- Outdoor walkways
- Padded surfaces
- Protective wear
- Stairs/handrails
- Wires, cords, etc
- Ill fitting shoes
- Adaptive equipment
- Clutter
- Getting in/out vehicles
- Weather

Medical

- Understand polypharmacy
- Age
- Functional/cognitive impairments
- Seizure disorder
- Balance assessment
- Vision and hearing checked
- Co-morbidities
 - Multiple diagnoses can mean multiple medications which increases risk for falls and injury

Location, location, location

- Bathrooms
- Bedrooms
- Stairs
- Wheelchair
- Doorways
- Uneven surfaces

Causes

- Tripping on objects
- Losing balance
- Medical conditions
- Seizures
- Water on floor
- Confrontations

I've fallen and I can't....

- Self fulfilling prophecy
 - If you think you are going to fall, you are going to fall
- Mental
 - Fear of falling
 - Decline in activities, both social and physical
 - Isolate themselves

Fall Prevention

- Starts with YOU!
- Evaluate mobility skills
- Review medications
- Supervision during high risk activities
- Exercise
- Environmental modifications
- Medical history
- Assistive devices
- Special adaptive equipment
- Training of staff

If you practice, these will come...

- Flexibility
- Strength
- Balance
- Positive mindset



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Who can benefit from A Matter of Balance?



MANAGING CONCERNS ABOUT FALLS

Designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve



MANAGING CONCERNS ABOUT FALLS

During 8 two-hour sessions, participants learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

What Happens During Sessions?

- Group discussion
- Problem-solving
- Skill building
- Assertiveness training
- Sharing practical solutions
- DVDs
- Exercise training



MANAGING CONCERNS ABOUT FALLS



Stepping On

Building Confidence and Reducing Falls

An Evidence-Based Falls Prevention Program

The Stepping On Falls Prevention program is ideal for older adults who:

- Are at risk of falling for a number of reasons.
- Have had a fall in the past year, or have a fear of falling.
- Walk independently, may use a cane indoors or out, or a walker for outdoor use only
- Are cognitively intact
- Live in their own home or other independent living facility
- Are able to speak conversational English or the language in which the group is being facilitated.



Stepping On

Stepping On - Overview of Sessions

- Building trust, risk appraisal, introduce balance and strength exercises
- Review exercises, moving about safely
- Home hazards
- Community safety and safe footwear
- Vision and falls
- Bone health
- Medication management
- Sleep alternatives
- Mobility mastery experiences
- Safe bus and train travel
- Home visit
- Booster session

Thank you for your attention and participation.

Questions?

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References

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