



FALL PREVENTION

Grounding our communities to stand up to falls

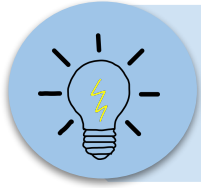


Insert Hospital or
Organization logo here

Disclosures

All images were open sourced or generated by AI

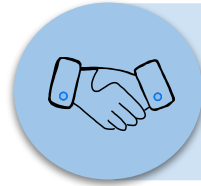
Course Goals



Increase fall prevention awareness



Incorporate fall prevention practices

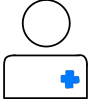


Provide fall prevention community resources



Prevent falls and fall injuries

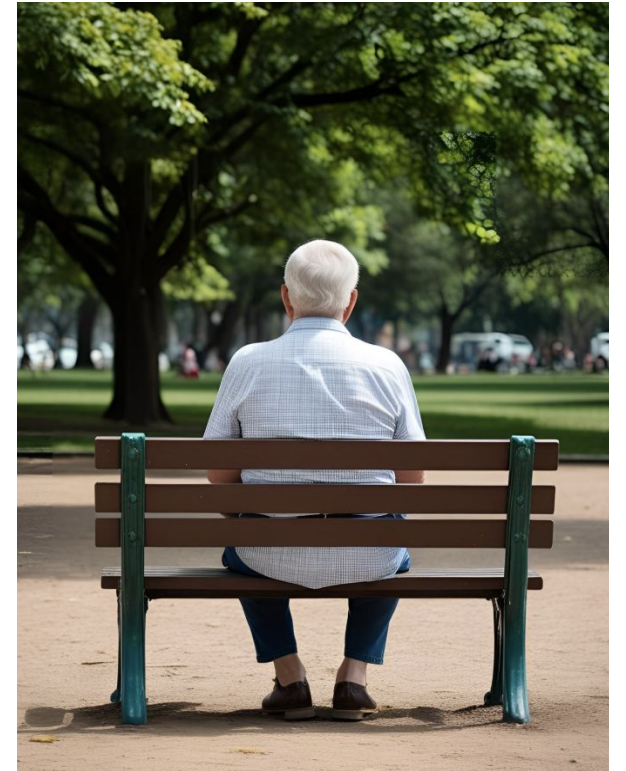
Agenda

- 01  Patient Story
- 02  Impact of Falls
- 03  Emergency Response for Falls
- 04  Medications and Effects on Falls
- 05  Geriatrician Perspective
- 06  Senior Resources and Social Services
- 07  Tai Chi for Fall Prevention

Patient Story

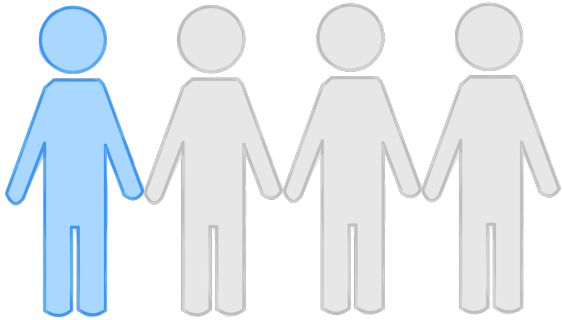
Patient Story Example:

Mr. Jones, a 78-year-old man with a history of hypertension and mild arthritis, fell in a skilled nursing facility resulting in a fractured hip. He was immediately hospitalized for surgery and post-operative care. Despite initial recovery, Mr. Jones developed a respiratory infection a few days after surgery. His condition quickly worsened, and he was diagnosed with pneumonia. Despite aggressive treatment, including antibiotics and respiratory support, his health deteriorated. The pneumonia caused severe complications, and unfortunately, Mr. Jones passed away within two weeks of his hospitalization.

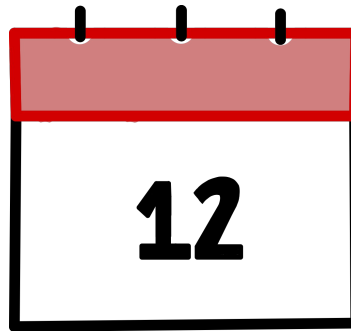


Impact of Falls: Statistics

Falls are the #1 cause of unintentional injuries, hospital admissions, and deaths in older adults



1 in 4 adults over 65 years old fall each year



1 million fall-related hospitalizations among older adults happen each year



Majority of fall-related ED visits among community-dwelling older adults occur at home

Impact of Falls: Statistics

About **40%** of
falls result in
injury

About **10%**
result in
MAJOR injuries

Falls are **NOT** a normal part of aging!

Falls impact your health, the healthcare system, the economy, and your loved ones!

Impact of Falls: Statistics

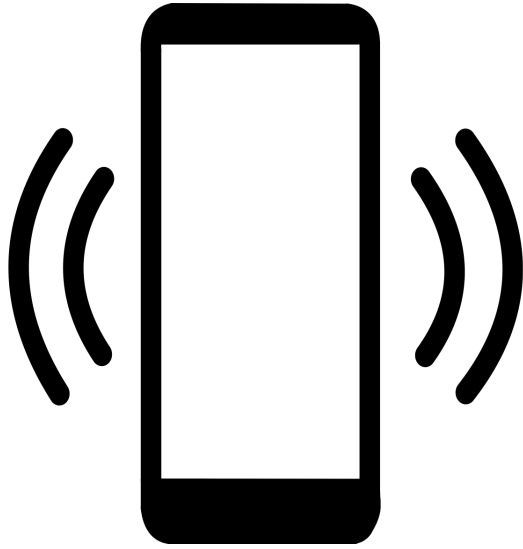
Top ten leading causes of death in the United States (CDC 2022)

Heart disease	702,880
Cancer	608,371
Unintentional injuries	227,039
COVID-19	186,552
Stroke	165,393
Chronic lower respiratory diseases	147,382
Alzheimer's disease	120,122

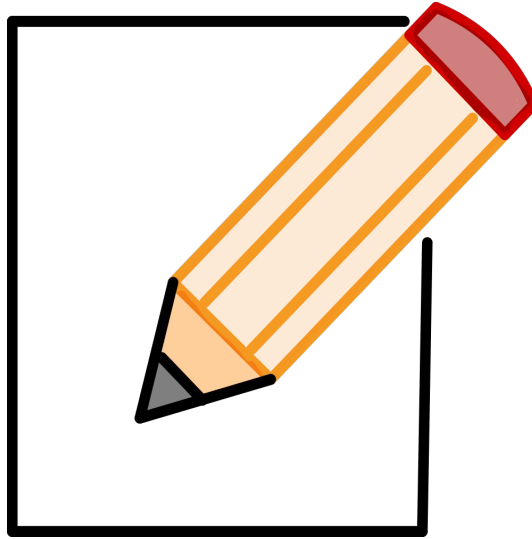
Impact of Falls: ACS Statement

- Falls are the leading cause of both fatal and nonfatal injuries for older adults
- One out of four older adults falls each year. Of these individuals, less than half talk to their health care providers about it
- Many people who fall, even if they are not injured, develop a fear of falling, which may cause them to limit activities, leading to reduced mobility, loss of physical fitness, and, in turn, increased risk of falling
- A person who has fallen once is two to three times more likely to fall again within a year

Emergency Response for Falls



Contact EMS



Assess



Evaluate

Emergency Response for Falls: Contact

Call 9-1-1

- Communicate location details to EMS
- Text to 9-1-1 available in certain locations

Medical alert bracelets

- Wearable alert systems
- Can contain some medical information

Community

- Family, friends, or neighbors can be crucial to rapidly alerting EMS about a fall



Emergency Response for Falls: Assess

Patient assessment

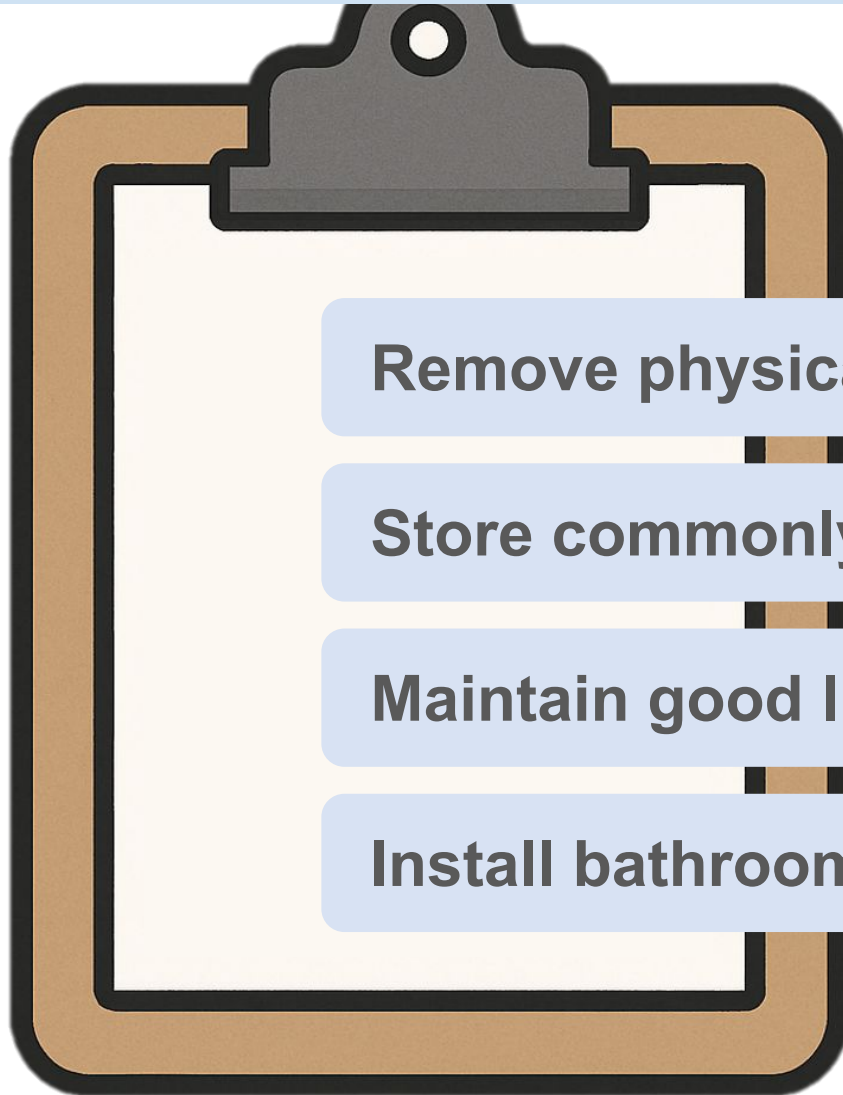
- Bleeding, airway, breathing, circulation
- Consciousness
- Witnessed fall
- Down time
- Signs of injury

Hospital transport

- Based on patient's condition and consent



Emergency Response for Falls: Evaluate



Remove physical barriers and slippery items

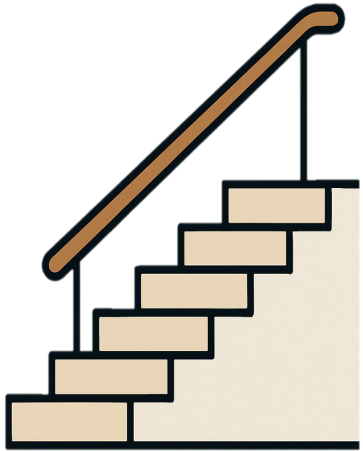
Store commonly used items within reach

Maintain good lighting throughout the home

Install bathroom bars and walking aids

Emergency Response for Falls: Evaluate

The National Council on Aging



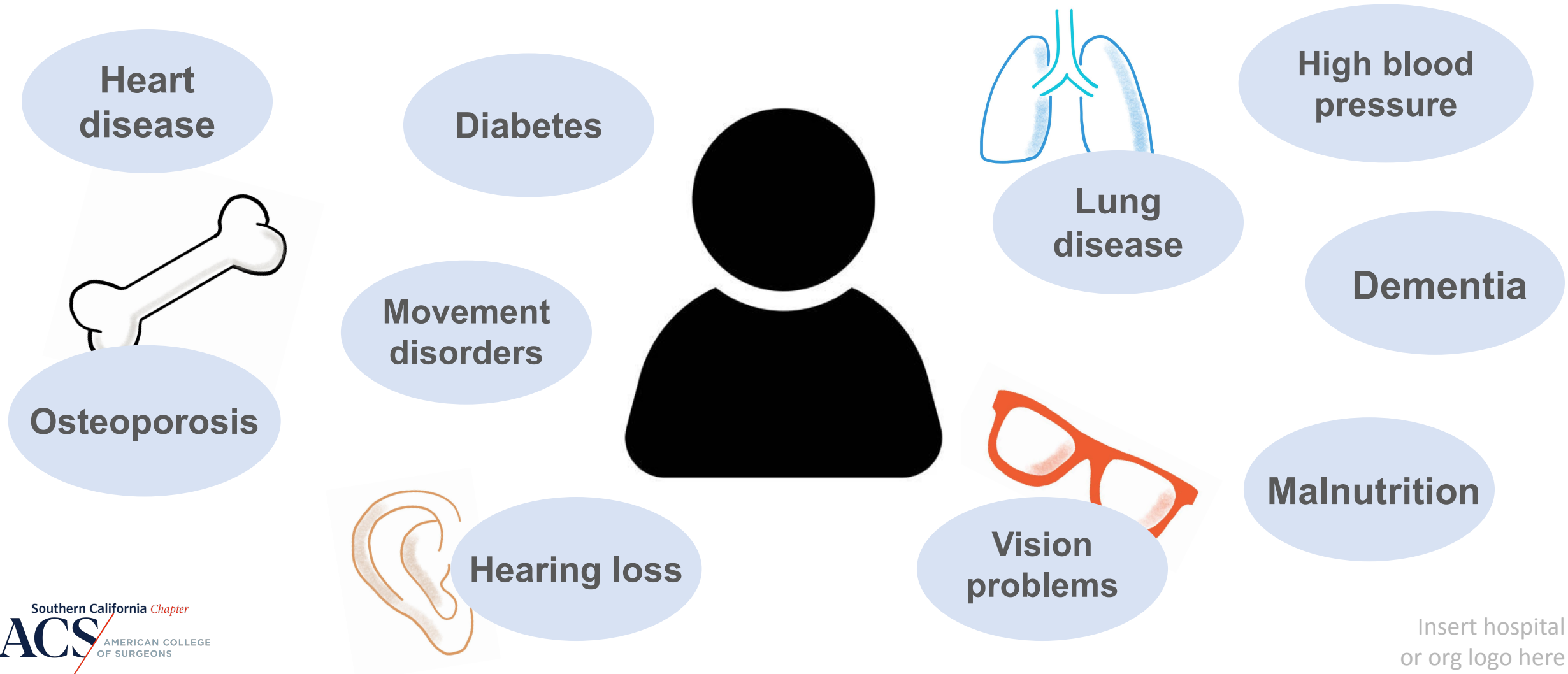
[Home safety
modifications](#)



[Fall proofing
your home](#)



Geriatrician Perspective: Common Comorbidities



Geriatrician Perspective: Vision and Hearing

Only **46%** of Americans get the recommended minimum annual vision and hearing exam

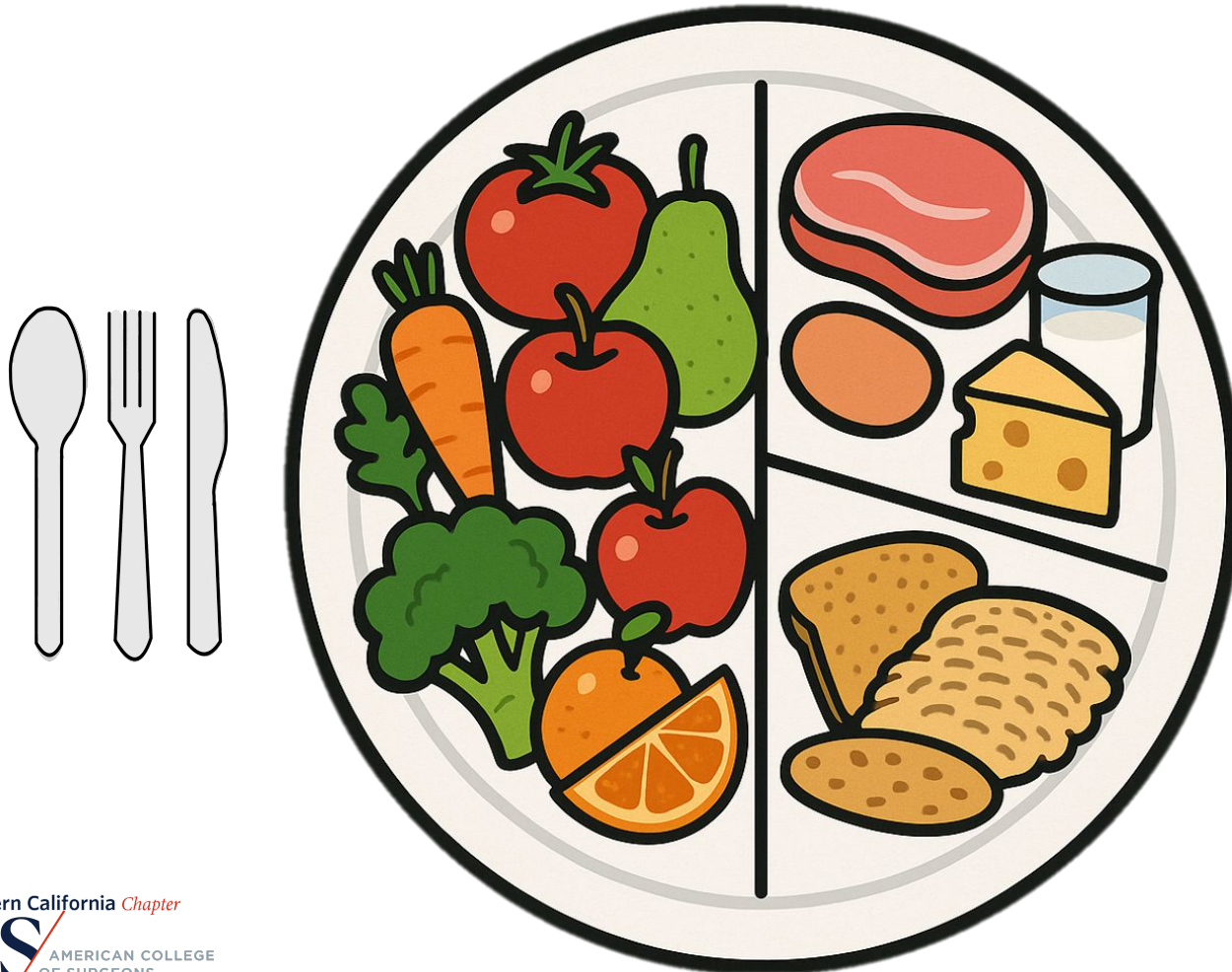
Vision Exam

- Identify need for a new prescription
- Monitor for cataracts
- Screen for glaucoma
- Prevent further vision deterioration

Hearing Exam

- Exam can be conducted online
- Hearing aids for mild to moderate hearing loss sold over-the-counter or prescribed
- Prevent further hearing deterioration

Geriatrician Perspective: Nutrition



Maintain your nutrition

- Read nutrition facts
- Consume recommended servings
- Stay hydrated
- Minimize alcohol use

Geriatrician Perspective: Nutrition

Why is proper nutrition important?

- Cognitive care
- Muscle maintenance
- Bone health
- Immune support
- Disease prevention

Food assistance

- *Fill in with local food resources*



Geriatrician Perspective: Activity



Stretching



Seated exercises

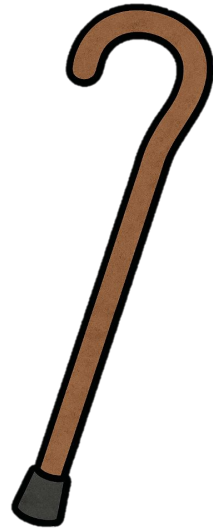


Standing exercises

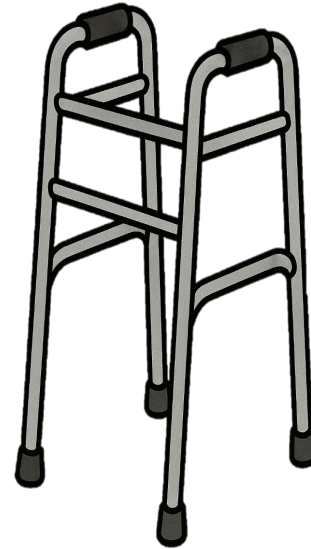
***Fill in with
local
resources on
exercise
classes for
older adults***

Local resources

Geriatrician Perspective: Assistive Walking Devices



[How to Walk with a Cane](#)



[How to Walk with a Walker](#)

Geriatrician Perspective: How to Fall and Get Up

How to Fall

1. Lean forward into the fall
2. Bend your knees
3. Tuck your chin to chest
4. Keep your arms tucked



How to Get Up

1. Roll onto your side
2. Push yourself up onto your hands and knees
3. Crawl toward a sturdy chair, table, couch for support and slowly stand up

How to Fall and Get Up Safely

Medications and Effect on Falls: Polypharmacy

Polypharmacy in adults over 65 years old can be:



Expensive



Cognitively impairing



Difficult to manage

Medications and Effect on Falls: High-Risk Meds

Pain medications

Allergy medications (anti-histamines)

Antidepressants

Blood pressure medications

Sleeping medications



Medications and Effect on Falls

According to a study on older adult falls:

62%

of patients had taken a high-risk med 24 hours before falling

57%

of patients were administered high-risk meds greater than recommended doses

16%

of patients were taking ≥ 3 high-risk meds



Medications and Effect on Falls: Side Effects

DIZZINESS

**DAYTIME
DROWSINESS**

**LOW BLOOD
PRESSURE**

**BALANCE
ISSUES**

**COORDINATION
DIFFICULTY**

**COGNITIVE
IMPAIRMENT**



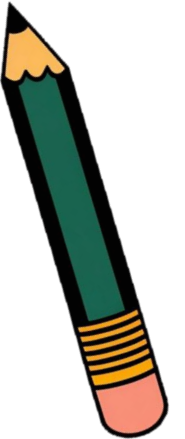
Medications and Effect on Falls: Tips for Success

Review medication lists every 6-12 months with your clinician

Identify unnecessary medications with your clinician

Involve family, caregivers, and clinicians with management

Maintain an updated and organized list of medications



Senior Resources and Social Services: Driving

American Association of Retired Persons Smart Driver Online Course

- Self-paced online course
- Teaches on driving skills and strategies, driving techniques for dealing with aggressive drivers, local laws and traffic rules

CarFit

- Free safety education
- Information on vehicle safety features

Department of Motor Vehicles Mature Driver Improvement Program

- Designed for drivers ≥ 55 years
- Discusses the effects medications, fatigue, alcohol, and visual and auditory limitations can have on one's driving abilities



Senior Resources and Social Services: Transportation



Fill in with local transportation options for seniors

For example:

- ***Senior shuttle options***
- ***Non-emergency medical transportation***
- ***Transportation for individuals with disabilities***
- ***Free taxicab services for eligible individuals***

Senior Resources and Social Services: In Home

Fill in with local in home services for seniors

For example:

- *In-home supportive services (IHSS)*
- *Office on Aging Caregiver Agency Listing*
- *Senior Services Programs*
- *Living options in the area (i.e. assisted living, skilled nursing facilities)*



Tai Chi for Fall Prevention: What is Tai Chi?



Ancient Chinese Martial Art



Characterized by slow, intentional movements, mindfulness, meditative breathing, imagery and a focus on balance

Meditation in
Motion



[Breathing
Exercises](#)



[Parting the Wild
Horse's Mane](#)

Conducted Standing
or Seated

Breathing and Balance

Tai Chi for Fall Prevention: Data

Benefits of Tai Chi

- Better balance and mobility among community dwelling adults
 - Includes those with chronic health conditions
- Community based implementation of tai chi program in older adults
 - **49% reduction** in the number of falls



Tai Chi for Fall Prevention: Data

Practicing **2-3 times per week** for a six month period can result in:

Reduced fall risk

Decreased number
of falls



Reduced fear
of falling

Cognitive benefits

Tai Chi for Fall Prevention: Get Started

Start practicing Tai Chi at home today!



[Tai Chi Playlist](#)

Tai Chi for Fall Prevention: Exercises

The National Council on Aging



[The Health Benefits of
Tai Chi and How to
Get Started](#)



[Evidence-Based
Program:
Tai Chi Prime](#)

Assess Your Fall Risk

Falls are **NOT** a normal part of aging



[Fall Risk Assessment](#)

Summary

- 1. Falls are common, but not a normal part of aging**
- 2. Falls are the #1 cause of unintentional injuries, hospital admissions, and death in the elderly**
- 3. If you or your loved one falls, call or text 911 to get help**
- 4. Assess your home for potential fall hazards (cords, slippery surfaces)**
- 5. Poor vision and hearing can increase your risk of falls! Get an eye and hearing exam annually**
- 6. Proper nutrition and exercise can decrease your risk of falls**
- 7. Certain medications can increase your risk of falls! Talk to your clinician about your medications**
- 8. Tai Chi can help promote balance, improve mentation, and reduce your fall risk**

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