Falls Prevention Awareness Week
SEPTEMBER 21-25, 2020

DAY ONE: MONDAY, SEPTEMBER 21
10:00–11:30 a.m. | Live Panel Discussion:

FALLS FREE KICK-OFF
KEEPING STEADI IN TEXAS
TODAY’S PANELISTS

MODERATOR: MATTHEW SMITH
TEXAS A&M CPHA
matthew.smith@tamu.edu

CHRISTINA BARTHA
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christina@ardentspirit.com

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UNT HEALTH SCIENCE CENTER
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MATTHEW LEE SMITH,
PHD, MPH, CHES, FGSA, FAAHB
TEXAS A&M CPHA
Falls among older adults remains a public health issue

- 1 in 4 adults age 65+ fall each year
- Those who fall are 2 to 3 times more likely to fall again
- 1 in 5 falls cause a serious injury (fracture, head trauma)
  - Result in morbidity, reduced mortality, loss of independence, premature mortality

Fall-related risks are biological, behavioral, and environmental

- **Intrinsic**: age, sex, chronic disease, medications, gait/balance, muscle weakness
- **Extrinsic**: clutter, poor lighting, lack of railings/grab bars

Community-wide efforts are needed to reduce falls

- Introducing and enforcing policy
- Offering community-based programs
- Changing clinical care
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- Offering community-based programs
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**STopping Elderly Accidents, Deaths, & Injuries (STEADI) Tool Kit**

- Screen; Assess; Intervene (and follow-up)

- Created by researchers at the CDC Injury Center (Stevens & Phelan in 2012)

- Utilizes an approach recommended by the American and British Geriatrics Societies’ (AGS/BGS) practice guidelines

- Contains an array of resources for healthcare providers and patients
  - Provider Resources, Training Materials, Patient Education
STEADI ALGORITHM

- Core of the Tool Kit
- Performed in clinical setting
- Series of screenings and assessments to determine patient risk
- Used to guide treatment and referral

低风险
- 创建个性化跌倒预防计划
- 教育患者
- 维生素D及/或钙
- 转诊至社区锻炼计划

中等风险
- 创建个性化跌倒预防计划
- 教育患者
- 审核并修改药物
- 维生素D及/或钙
- 转诊至物理治疗，改善姿势、平衡及行走能力
- 参与社区跌倒预防计划

高风险
- 30天内随访
- 审核并实施跌倒风险减少行为
- 评估及处理跌倒相关障碍
- 转诊至长期护理机构

- 持续至患者准备好

对于这些患者，可以考虑额外的风险评估（如，药物审查，认知功能，眩晕）
Stay Independent Brochure

Resources for Clinicians
- Tip sheets
- Case Studies
- Charts and Pocket Guides

Resources for Patients
- Exercise Handouts
- Brochures

Gait & Balance Assessments
- TUG, 30-S Chair Rise, 4-Stage Balance (with videos)

Checklists

Referral Forms

Training & Continuing Education

THE STEADI TOOL KIT
HTTPS://WWW.CDC.GOV/STEADI
Stay Independent Brochure
- Risk of falling and why it matters (educational)
- Available in physician waiting rooms
- Used in community settings

May be at risk for falls if score 4+ out of 14 possible points (12 items)

Check Your Risk for Falling

<table>
<thead>
<tr>
<th>Item</th>
<th>Yes (2)</th>
<th>No (10)</th>
<th>What it means</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have fallen in the last 6 months.</td>
<td>Yes (2)</td>
<td>No (10)</td>
<td>People who have fallen once are likely to fall again.</td>
</tr>
<tr>
<td>I use or have been advised to use a cane or walker to get around</td>
<td>Yes (2)</td>
<td>No (10)</td>
<td>People who have been advised to use a cane or walker may already be more likely to fall.</td>
</tr>
<tr>
<td>Sometimes I feel unsteady when I am walking.</td>
<td>Yes (1)</td>
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<td>I steady myself by holding onto furniture when walking at home.</td>
<td>Yes (1)</td>
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<td>Numbness in your feet can cause stumbles and lose balance.</td>
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<td>Yes (1)</td>
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<td>Yes (1)</td>
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<td>Symptoms of depression, such as not feeling well slowed down, are linked to falls.</td>
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Total: Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and is a validated self-assessment tool (Rubenstein et al., J. Safety Res., 2011;42(5):493-499). Adapted with permission of the authors.
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CHRISTINA BARTHA, MS
TEXAS HEALTHY AT HOME
THE UNITED WAY OF TARRANT COUNTY
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---|---
I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall.
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Circle “Yes” or “No” for each statement below

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<th>Yes/No</th>
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STEADI TOOLKIT: FALLS FREE CHECKUP

- STEADI Falls Free Check-up
  - What?
  - How?
  - Why?

- Allow for consistency
- Increase healthcare provider referrals
- Optimize funding opportunities
- Promote spirit of collaboration
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Checking Your Risk of Falling

The 12-statement checklist is part of the Stay Independent brochure that assists in identifying potential risk of falling. The checklist includes the following three statements:

1. I need to push with my hands to stand up from a chair.
2. I have some trouble stepping up onto a curb.
3. I often have to rush to the toilet.
Checking Your Risk of Falling

The checklist statements assessing functional ability are important to identify:

- Potential leg muscle weakness
- Referrals for programs to strengthen leg muscles and improve balance
The STEADI Toolkit resources can be utilized in a variety of ways including:

- Informing program planning, development, and implementation
- Sharing as a resource with partners
- Providing professionals (including program facilitators) with resources to assist older adults with assessing their fall risk and referring to services
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KIM MCFARLAND, MSN, RN
TEXAS HEALTH
HARRIS METHODIST HOSPITAL
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WHY IS THIS IMPORTANT?

- Medications
- Blood Pressure Checks
- Chronic Disease Maintenance
WAYS THFW HAS INCORPORATED STEADI

- Advocate
- Educate
- Screening Program

PROGRAM RESULTS

Program was implemented at two sites with 11 participants total over two years.

- 97% participants had at least one risk factor for falls
- 89% had previously attended A Matter Of Balance (AMOB) class
- 80% had fallen in the past year – 10% of which required medical care

Percentage of participants identified for risk of falling by screening type

- Timed Up and Go: 20.80%
- 20-Second Chair Stand Test: 37%
- 4-Step Balance Test: 35%
- Medication Screener: 16.80%
- Blood Pressure Screener: 32.00%
- Vision Screener: 14%
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JENNIFER SEVERANCE, PHD
THE UNIVERSITY OF NORTH TEXAS
HEALTH SCIENCE CENTER
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WHY THIS MATTERS

- Emotional and behavioral aspects of falls risk
  - Fear of falling
  - Depressive symptoms
- Related to other risk factors
- Tailoring interventions to reduce risk and maintain quality of life
Best practices and tools

Link clinical assessment with community programs

Age-Friendly strategies
  - Interdisciplinary
  - Individualized
  - Universal