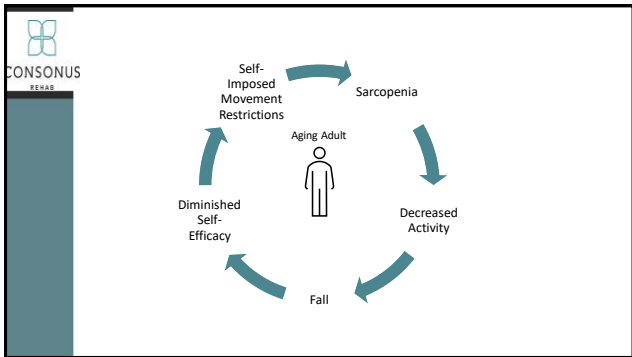


Fall Prevention:
Introduction To Assessing and
Managing Fall Risk

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Rehab Services By
Consonus Healthcare
consonushealth.com

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Objectives

1. Name two types of fall risk factors and state two examples of each.
2. Name and describe the 3 core elements of STEADI
3. State the 8 modifiable risk factors or assessment areas of the STEADI

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Define A Fall

To leave an erect position suddenly and involuntarily




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Define A Fall

Unintentional change in position coming to rest on the ground, floor or onto the next lower surface (e.g., onto a bed, chair, or bedside mat). The fall may be witnessed, reported by the resident or an observer or identified when a resident is found on the floor or ground. Falls are not a result of an overwhelming external force (e.g., a resident pushes another resident).



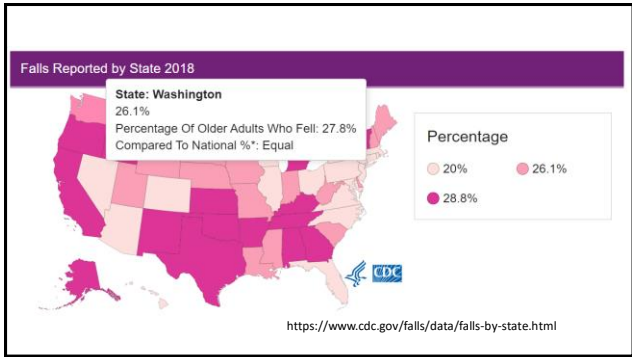
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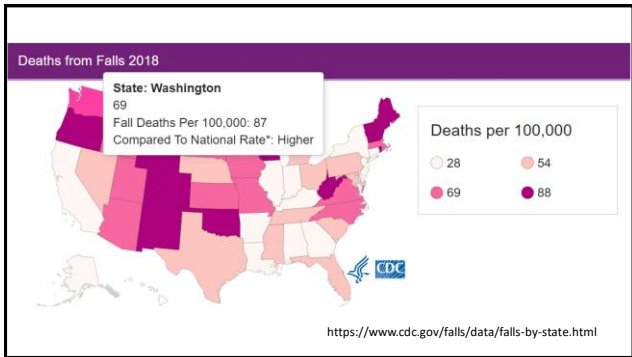



36K Deaths

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Risk Factors


- Intrinsic
- Extrinsic

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Intrinsic Risk Factors


- Age
- Vision
- Decrease in lower extremity strength, power
- Orthostatic hypotension
- Cognitive impairment
- Comorbidities
- Fear of falling
- Depression



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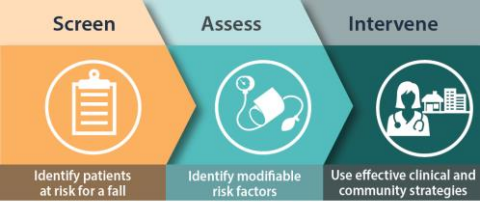
Extrinsic Risk Factors



- Environment
- Medications
- Footwear
- Vitamin D intake
- Physical activity

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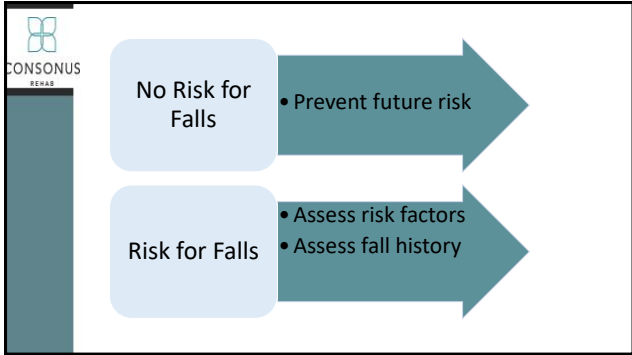
Screen
Identify patients at risk for a fall

Assess
Identify modifiable risk factors

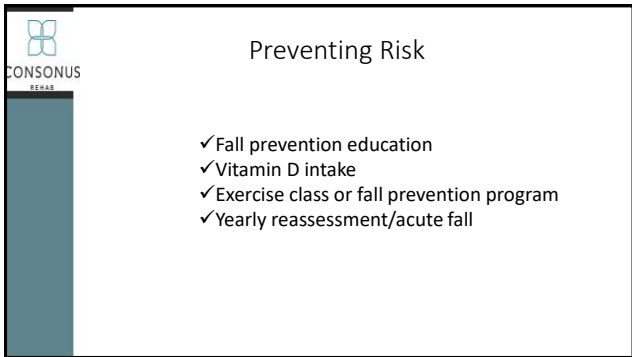
Intervene
Use effective clinical and community strategies

STEADI Stopping Elderly Accidents, Deaths & Injuries

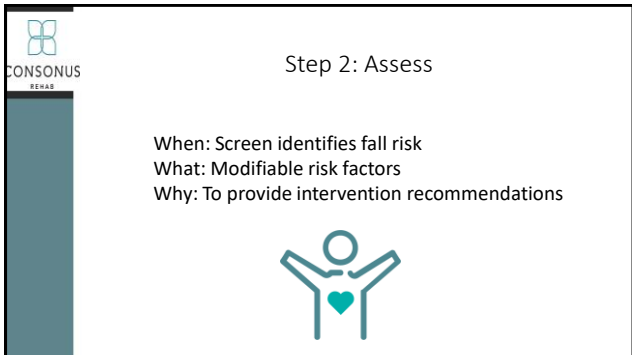
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Modifiable Risk Factors

- ✓ Gait, Strength, Balance
- ✓ Medication review
- ✓ Home hazards/Home assessments
- ✓ Orthostatic BP
- ✓ Visual acuity
- ✓ Feet/footwear
- ✓ Vitamin D intake
- ✓ Comorbidities

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Gait, Strength, and Balance

30 Second Chair Stand
4-Stage Balance Test
Timed Up and Go (TUG)

<https://www.cdc.gov/steady/materials.html>

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ASSESSMENT

30-Second Chair Stand

Purpose: To test leg strength and endurance
Equipment: A chair with a straight back without arm rests (seat 17" high), and a stopwatch.

① **Instruct the patient:**

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder creases at the wrists.
3. Keep your feet flat on the floor.
4. Sit up back straight, and keep your arms against your chest.
5. On "Go" rise to a full standing position, then sit back down again.
6. Repeat this for 30 seconds.

NOTE: *Adjustments to perform*

② **On the word "Go," begin timing.**
If the patient must use his/her arms to stand, stop the test, record "0" for the number of stands.

③ **Count the number of times the patient comes to a full standing position in 30 seconds.**
If the patient is able to perform the standing procedure within 30 seconds have elapsed, count it as a stand.

④ **Record the number of times the patient stands in 30 seconds.**

Score: _____ Date: _____

© 2015 STEADY and researchers can take any other steps and determine to reduce any additional risk for their patients and ensure protection.

STEADY Steady State


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Home Hazards/Assessment

Use this checklist to find and fix hazards in your home.

| STAIRS & STEPS (INDOORS & OUTDOORS) | FLOORS | BEDROOMS |
|--|--|--|
| <p>Are there papers, shoes, books, or other objects on the stairs?</p> <p><input type="checkbox"/> Always sweep objects off the stairs.</p> <p>Are there loose bricks or concrete?</p> <p><input type="checkbox"/> Fix loose or broken steps.</p> <p>Is there a light and light switch at the top and bottom of the stairs?</p> <p><input type="checkbox"/> Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.</p> <p>Has a stairway light bulb burned out?</p> <p><input type="checkbox"/> Have a friend or family member change the light bulb.</p> <p>Is the carpet on the steps loose or torn?</p> <p><input type="checkbox"/> Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.</p> <p>Are the handrails loose or broken? Is there a handrail on only one side of the stairs?</p> <p><input type="checkbox"/> Fix loose handrails, or put in new ones. Place non-slip treads on both sides of the stairs, and as long as the stairs.</p> | <p>When you walk through a room, do you have to walk around furniture?</p> <p><input type="checkbox"/> Ask someone to rearrange the furniture so you can sit down.</p> <p>Do you have throw rugs on the floor?</p> <p><input type="checkbox"/> Remove the rug, or use double-sided tape or non-slip backing on the rug's front side.</p> <p>Are there papers, shoes, books, or other objects on the floor?</p> <p><input type="checkbox"/> Pick up things that are on the floor. Always keep objects off the floor.</p> <p>Do you have to walk over or around wires or cords that hang, sag, or are loose nearby?</p> <p><input type="checkbox"/> Cut or tape cords, and wrap them to the wall or around legs over them. If possible, have an electrician put in another outlet.</p> | <p>Is the light near the bed hard to reach?</p> <p><input type="checkbox"/> Place a lamp close to the bed where it's easy to reach.</p> <p>Is the path from your bed to the bathroom clear?</p> <p><input type="checkbox"/> Put in a nightlight so you can see where you're walking. Some nightlights go on the thermostat after dark.</p> |
| | <p>Do you need some support when you get in and out of the tub, or sit on the toilet?</p> <p><input type="checkbox"/> Have grab bars put in next to and inside the tub, and next to the toilet.</p> | <p>BATHROOMS</p> <p>Is the tub or shower floor slippery?</p> <p><input type="checkbox"/> Put non-slip rubber mat or anti-slip strips on the floor of the tub or shower.</p> |
| | <p>KITCHEN</p> <p>Are the things you use often on high shelves?</p> <p><input type="checkbox"/> Move things you use often on low shelves (below waist level).</p> <p>Is your step clear always?</p> <p><input type="checkbox"/> If you need a step stool, get one with a bar to hold on to. Never use a chair as a step stool.</p> | |



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Other Modifiable Risk Factors


- ✓ Orthostatic BP
- ✓ Visual acuity
- ✓ Feet/footwear
- ✓ Vitamin D intake
- ✓ Comorbidities

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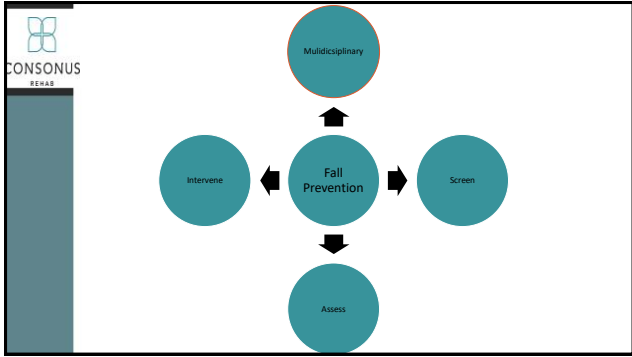
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Step 3: Intervene

When: Assessment identifies impairments
 What: Modifiable risk factors
 Why: **TO REDUCE FALL RISK**



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Questions?


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THANK YOU!!!

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DOI: <http://dx.doi.org/10.15585/mmwr.mm6927a5>
