

Standing Together to Prevent Falls



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St. Mary's Adult and Pediatric Trauma Centers

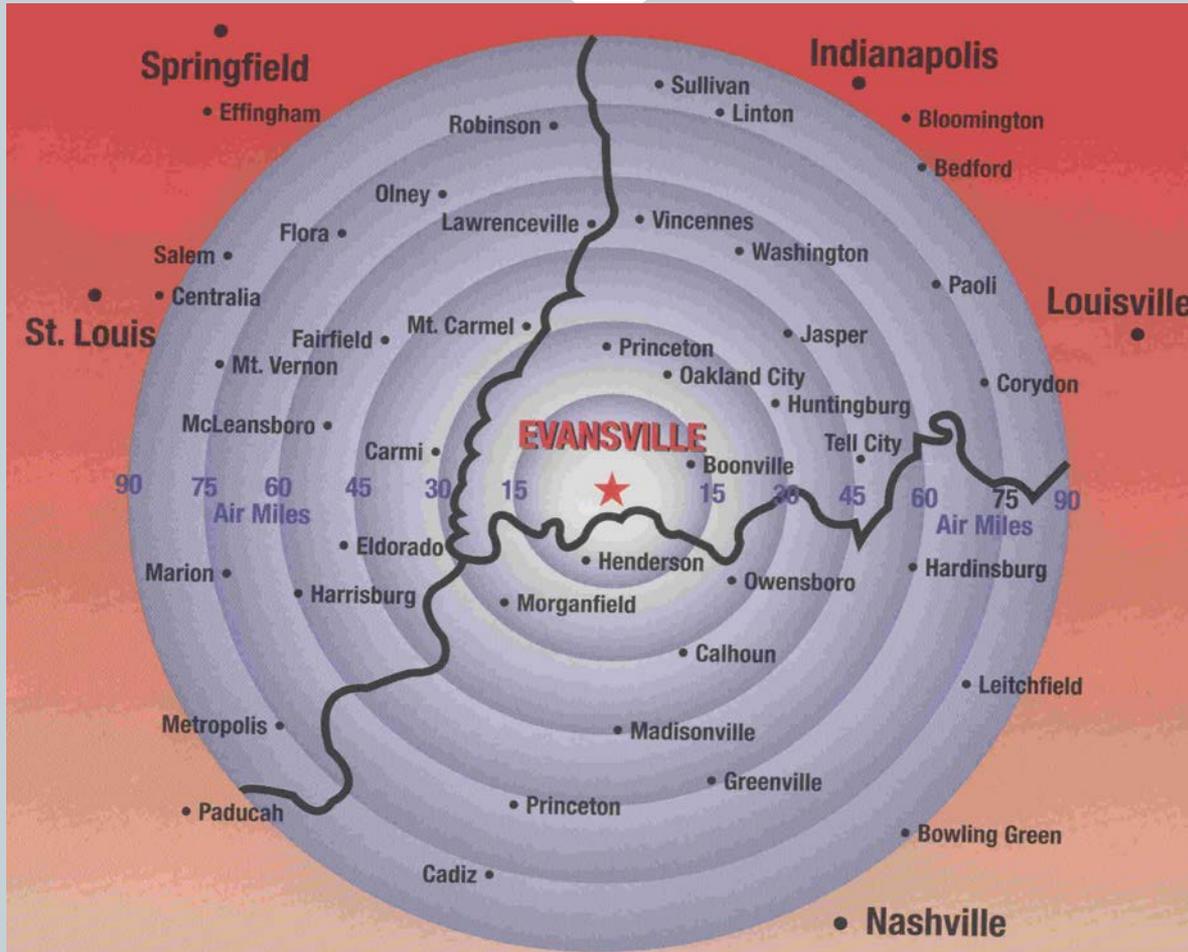


Evansville, Indiana



- **Population, 2013 estimate: 120,310**
- **Demographics of older adults >65 year of age:**
 - ✦ **Males: 5.9%**
 - ✦ **Females: 10.4%**
- **Percentage of older adults: 16.2%**
- **St. Mary's Trauma Center Falls Data:**
 - ✦ **January – May 2014**
 - **38%**
 - **Trauma admissions -- Falls from stand**
 - **52%**
 - **Trauma admission related to Falls**

Who we serve



Resources for Falls Prevention



- **What available for our older adults?**
 - ✦ Silver Sneakers through the YMCA
 - ✦ Southwestern Indiana Regional Council on Aging
 - ✦ Balance Screenings – St. Mary's Outpatient Rehabilitation



SWIRCA
& More

Balance Screening



Program Development



- **Concern for falling is universal...we all know someone who is at risk for falling.**

- **You may ask how big is the problem?**

Trauma Center Data

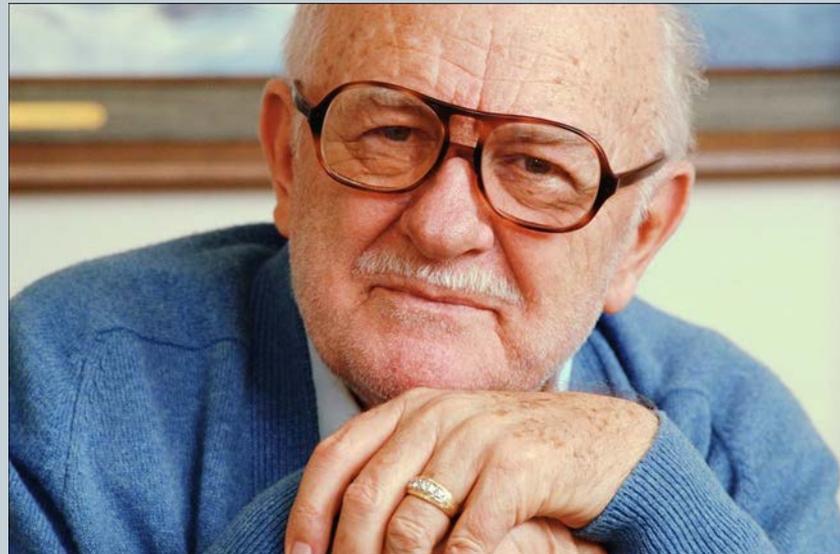


- **Level II Trauma Center registry data**
 - ✦ **Falls**
 - Most frequent presentation among people older than 65
 - One in three adults 65 and older had have at least one fall a year
 - 30% of them will require medical attention
 - **Fractures**
 - **TBI**
 - **Lacerations**

Debunking the Myths



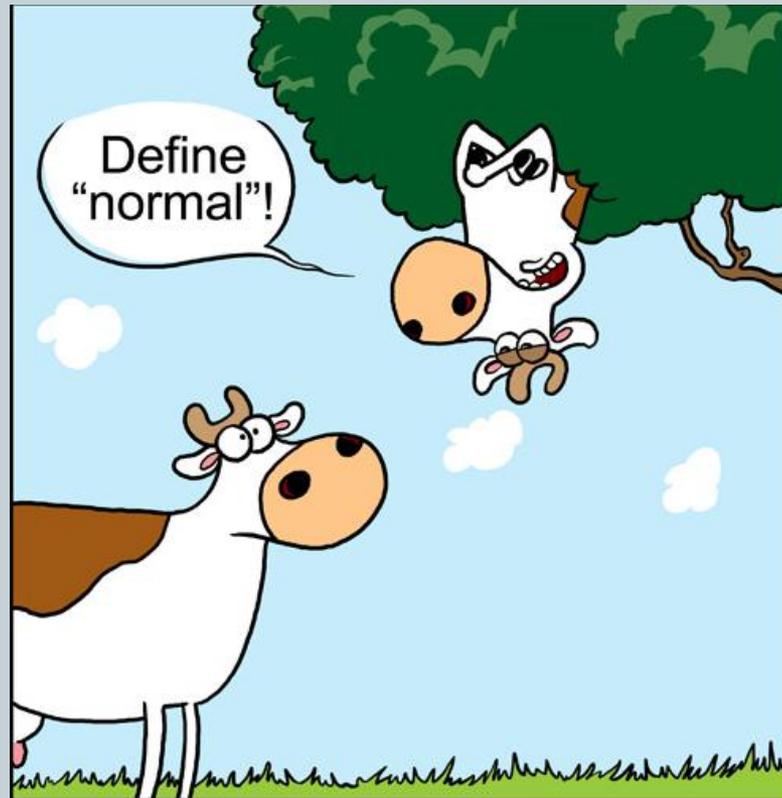
- **Myth #1:** Falling happens to other people, not to me.



Debunking the Myths



- **Myth #2:** Falling is something normal that happens as you get older.



Debunking the Myths



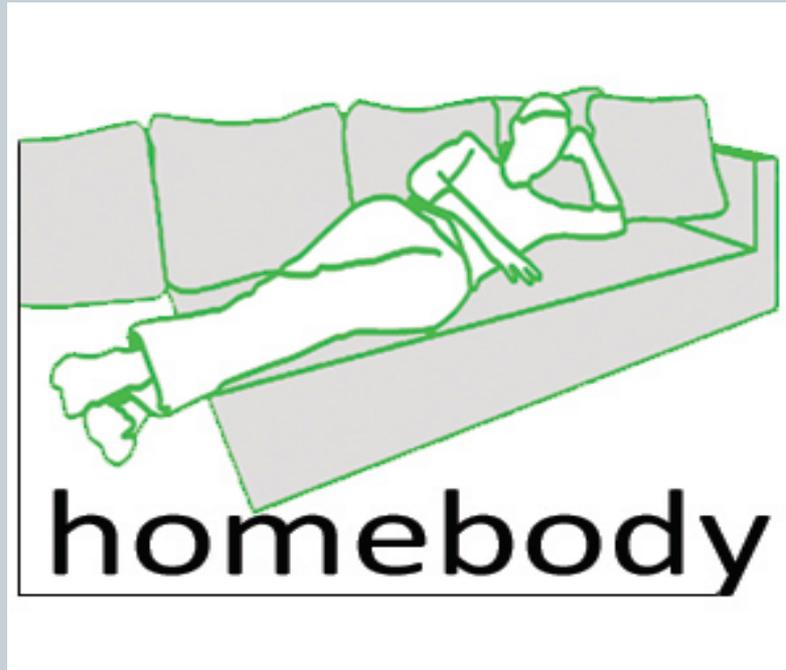
- **Myth #3:** If I limit my activity, I won't fall.



Debunking the Myths



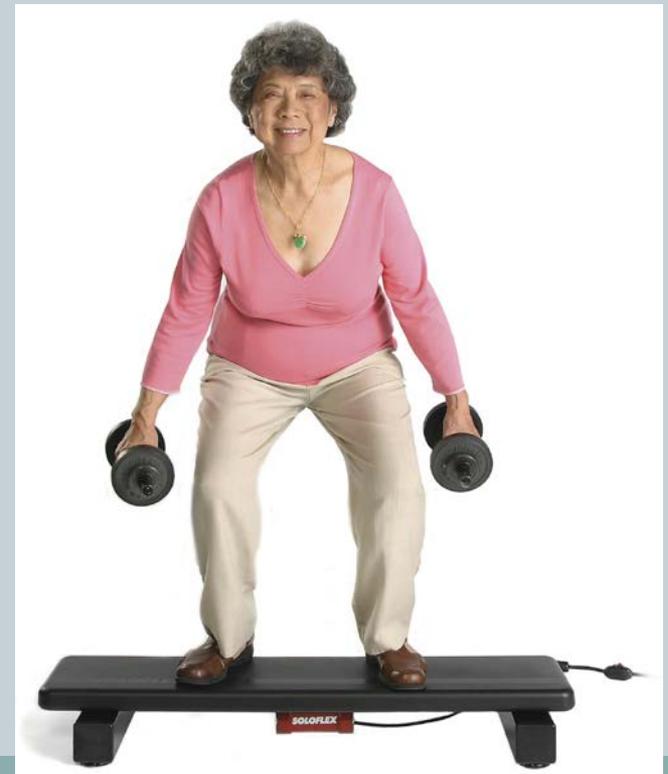
- **Myth #4:** As long as I stay home, I can avoid falling.



Debunking the Myths



- **Myth #5:** Muscle strength and flexibility can't be regained.



Debunking the Myths



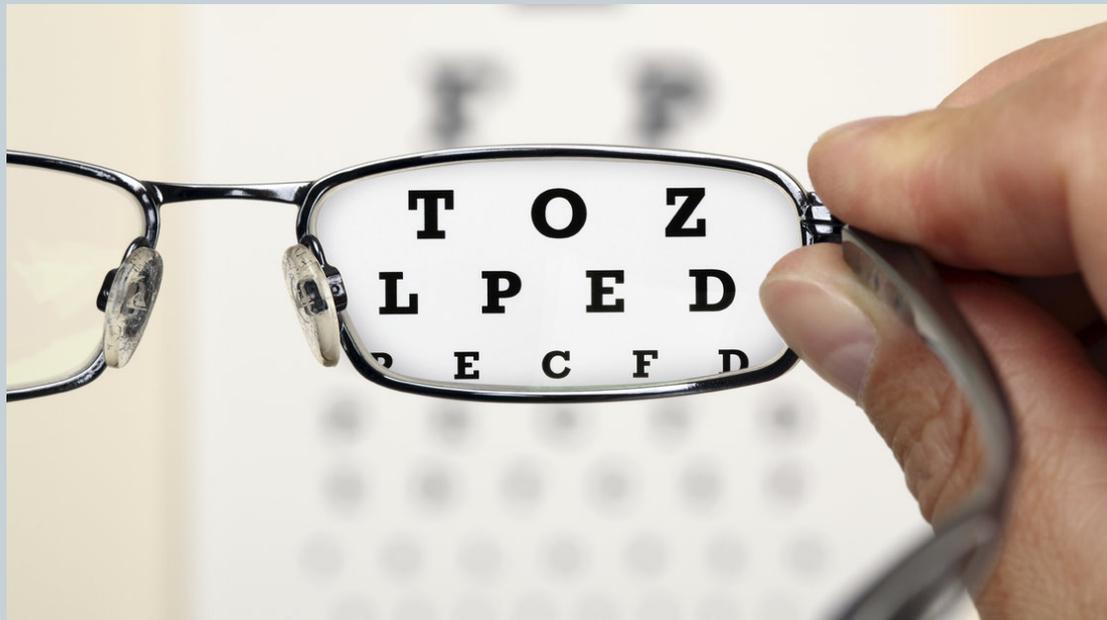
- **Myth #6:** Taking medication doesn't increase my risk of falling.



Debunking the Myths



- **Myth #7:** I don't need to get my vision checked every year.



Debunking the Myths



- **Myth #8:** Using a walker or cane will me more dependent.



Debunking the Myths



- **Myth #9:** I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.



Debunking the Myths



- **Myth #10:** I don't want to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.



The Building Blocks of our Fall Prevention Program



- **The Mind-Body Connection**
 - ✦ Promotion of health and health maintenance for the body, mind, and spirit to improve mobility, strength and balance.
- **Nutrition Matters**
 - ✦ Increasing the awareness of nutrition status as a falls risk factor can assist in the prevention of malnutrition and subsequently reduce falls and acquired injuries.
- **Healthy Eyes**
 - ✦ A key to safety, wellness, and fall prevention is to keep your eyes healthy.
- **Fall-Proofing your Surroundings**
 - ✦ Reducing environmental risk factors from the ground up

The Mind-Body Connection



- **Tai Chi**

- ✦ Focuses on practices such as balance, muscle development, and even cardio-vascular fitness and over all well-being.
- ✦ Movements emphasized are circular and not forced, leaving connective tissue up-stretched and muscles relaxed.
- ✦ Is growing in popularity in older adults because of the gentle usage of increasing balance and strength and focus on improving the central core of the body.



Nutrition Matters



- **Nutritional status shown to be a determining factor**
 - Risk of falling
 - Severity of injuries incurred
 - Recovery time after fall-related event
- **Studies confirm effects of micro- and macro-nutrient deficiencies**
 - Reduced muscular strength
 - Impaired mobility

Nutrition Matters



- **Malnutrition and under nutrition is a growing problem in adults over the age of 70**
 - ✦ **Have poor dietary intake – eating less than 3 meals a day**
 - ✦ **Making poor food choices – not enough protein**
 - National study showed that the majority of calories came from white bread, cake, rolls, cereal, pie, whole milk
 - ✦ **Diabetes related changes in blood sugar**
 - Blurred vision
 - Muscle weakness and fatigue
 - Dizziness
 - Numbness in hands and feet

Nutrition Mattes



- According to the Academy of Nutrition and Dietetics/American Society for Parental and Enteral Nutrition (ASPEN), identification of 2 of the following suggest adult malnutrition:
 - Insufficient energy intake
 - Weight loss
 - Loss of muscle mass
 - Loss of subcutaneous fat
 - Localized or generalized fluid accumulation that may sometimes mask weight loss
 - Diminished functional status as measured by hand grip strength

Nutrition Matters



- **Loss of muscle mass (Sarcopenia)**
 - ✦ Part of the normal aging process even while maintaining same weight
 - ✦ 15% muscle loss per decade
 - ✦ Rate increases with a period of inactivity (hospitalization and bed rest)

Healthy Eyes



- **Aging is associated with some forms of vision loss**
 - ✦ Cataracts
 - ✦ Age-related macular degeneration
 - ✦ Diabetic retinopathy
 - ✦ Glaucoma
 - ✦ Presbyopia

- **Vision – related Intrinsic Factors**
 - ✦ Reduced contrast sensitivity
 - ✦ Reduced depth perception
 - ✦ Reduced visual field

Fall-Proofing your Surroundings



- **Environmental**

- ✦ Lighting
- ✦ Slippery surfaces
- ✦ Obstacles
- ✦ Stepstools and storage spaces

- **Assistive Devices**

- ✦ Increase your base of support
- ✦ Improves postural awareness
- ✦ May only be necessary for a short period of time with exercises to improve balance and strengthen muscles

What do our participants say?



- What was the most useful information that you learned today that may be useful in the future?
- What did you find interesting that you didn't already know?
- Would you attend future programs?

Comments from our Participants



- “I loved the diabetic shoe presentation. Need for good footwear and orthotics.”
- “Stay active and maintain as high a level of dexterity as possible.”
- “Controlling stress effects balance.”
- “Dr. Carey’s presentation and Pharmacy comedy routine.”
- “It reminded of guided imagery. I’ve done it in the past but forgot about it.”

Comments from participants



- “I always thought that workouts that cause you to sweat were the only meaningful exercises.”
- Deep breathing from the diaphragm is important to overall health.”
- “List of foods with samples of high protein and calcium helpful.”
- “I didn’t think diet affected falls as much as it does.”
- “I didn’t know protein would help heal wounds.”

The good news for our older adults is that with adequate knowledge, falls can be prevented.



THANK YOU!
QUESTIONS??