



# Indiana University Health

---

## ThinkFirst to Prevent Falls: A Program Overview

---

Catana Philipps, BSN, RN, CEN, TCRN  
Injury Prevention Coordinator, Trauma Services  
IU Health Methodist Hospital

# Objectives



- Describe the process and requirements for implementation of ThinkFirst programs
- Identify the key topics covered in the ThinkFirst to Prevent Falls program
- Describe the program flow and resources required for successful implementation of ThinkFirst to Prevent Falls program

# Why is Fall Prevention Important?

Falls are serious

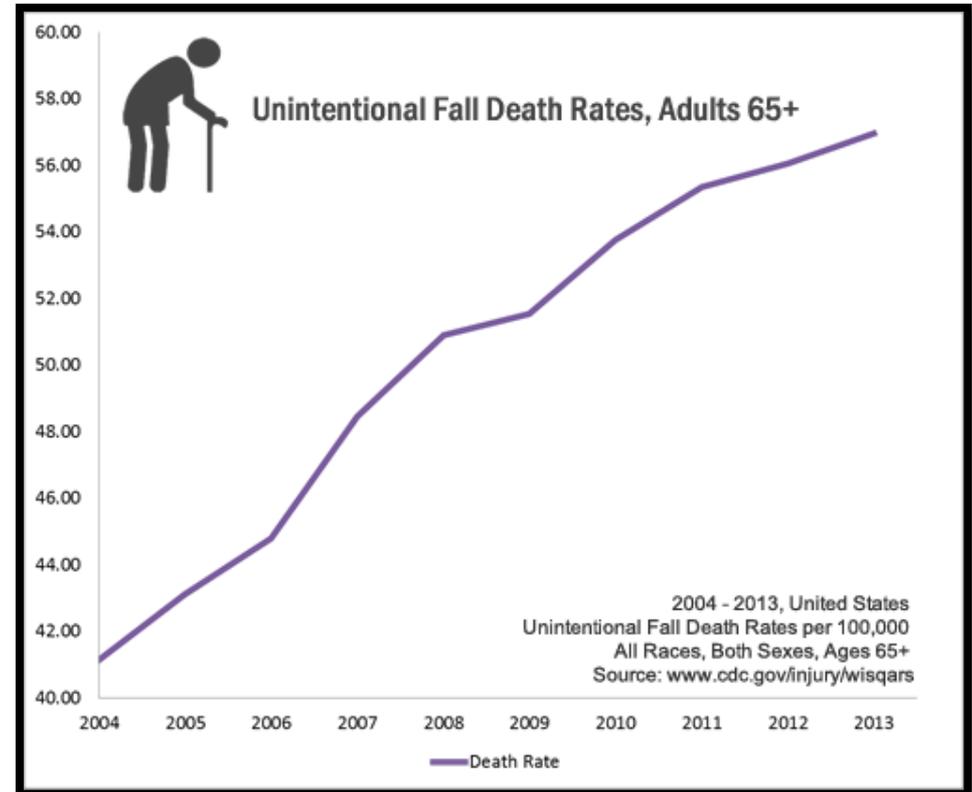
Falls are costly

Falls can be fatal

Falls are PREVENTABLE

# Fall Statistics

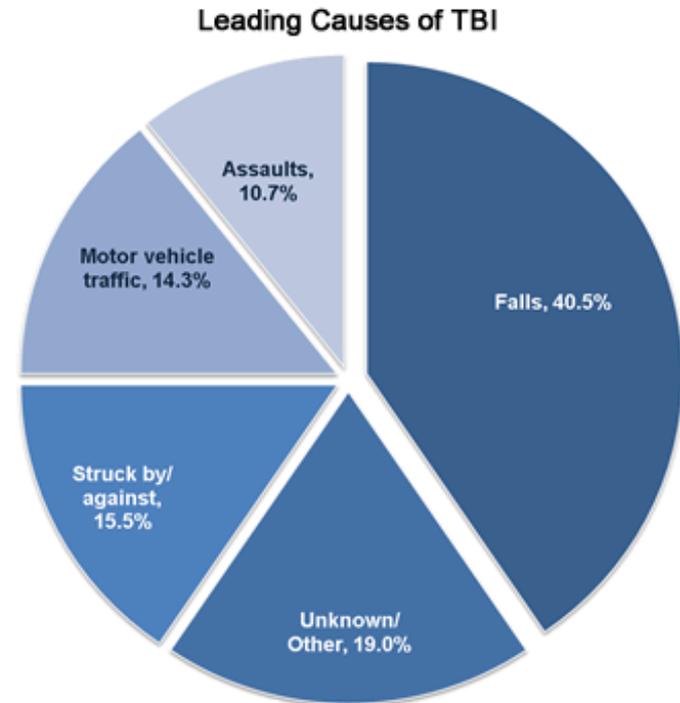
- Each year, 2.5 million older adults are treated in emergency departments for fall injuries
- 95% of hip fractures are caused by falls
- Costs for fall injuries are \$34 billion annually



<http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

# Falls and Traumatic Brain Injuries

- Falls are the leading cause of traumatic brain injuries (TBI)
- More than two-thirds (81%) of TBI's in adults aged 65 and older are caused by falls



[http://www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](http://www.cdc.gov/traumaticbraininjury/get_the_facts.html)

# Falls in Indiana

- From 1999 to 2013, 92.8% increase in fall related deaths
- Every 15 minutes an older adult falls, resulting in a fall-related ED visit

# What is ThinkFirst?

- The ThinkFirst National Injury Prevention Foundation was first implemented nationally in 1986.
- 501c3 nonprofit organization
- Injury prevention programs
  - Theory based
  - Evidence based

**“Use your mind to protect your body”**

# Mission



To prevent brain, spinal cord injuries, and other traumatic injuries through education research, research and advocacy.

Individuals of all ages have access to ThinkFirst programs in order to increase their ability to lower their risk for injury, thereby significantly lowering the incidence of injury-related death and disability for all age groups

# ThinkFirst Programs

- ThinkFirst for Kids
- ThinkFirst for Youth
- ThinkFirst for Teens
- VIP Speakers
- ThinkFirst about Concussion
- ThinkFirst to Prevent Falls

# ThinkFirst Chapters in Indiana

- Indianapolis
  - ThinkFirst Indiana University Health
  - ThinkFirst Riley Hospital
  - ThinkFirst Peyton Manning Children’s Hospital at St. Vincent
- Bloomington
  - ThinkFirst IU Health Bloomington Hospital
- Fort Wayne
  - ThinkFirst Parkview Hospital
- Terre Haute
  - ThinkFirst Union Hospital
- South Bend
  - ThinkFirst of Memorial Hospital

# Starting a Chapter

- Identify the people who will serve as
  - Chapter director
  - Sponsoring physician
- Submit to the ThinkFirst Foundation:
  - [ThinkFirst Chapter Application](#)
  - CV/resume of director and sponsoring physician
  - Application fee

# Training



- 1 day training course
- Available via
  - Online webinar
  - Onsite
- Instruction from a qualified ThinkFirst trainer

# Training Day

- History & Overview
- Program Overviews
- Research & Evaluation
- Public Policy Support
- Website
- Logo Guidelines
- Strategic Planning
- Networking & Coalition Building
- Chapter Development
- Marketing
- Budgeting & Funding
- VIPs



# Annual Requirements

- Annual Membership Fee: \$300
- Annual Chapter Survey

# ThinkFirst to Prevent Falls

- Introduced in Spring 2016
- Developed by a committee of ThinkFirst state chapter directors
- Targeting older adults

# Purpose



- Overview of basic brain function
- Discuss brain injury and prevention
- Identify strategies to prevent falls, including home safety
- Learn the importance of good nutrition and vision checks
- Demonstrate simple exercises

# Design



- 2 hour 30 minute
- 98 slide PowerPoint
- Interactive lecture
- 30 minute exercise
- 6 supplemental handouts

# Agenda



Hour 1	Hour 2
Brain Overview	Talking with Your Physician
Concussion Discussion	Nutrition
Significance of Falls	Exercise
Fear of Falling	Vision
Safety Inside the Home	Medications
Community Safety	Conclusion and Resources

# Demonstrations

- 30 minute modified exercise focusing on:
  - Muscle strength & endurance
  - Balance
  - Coordination
  - Flexibility
  - Full range of motion
  
- How to get up from a fall

# Additional Resources

- Handouts
  - Exercises
  - Medication Checklist
  - Home Safety Checklist
  - Talking with Your Physician
  - What to do following a fall
  - Nutrition

# For More Information



**Visit:**

[www.thinkfirst.org](http://www.thinkfirst.org)

OR

**Contact:**

[thinkfirst@thinkfirst.org](mailto:thinkfirst@thinkfirst.org)

630.961.1400

# Questions?



Please contact:

Catana Philipps, BSN, RN, CEN, TCRN

Injury Prevention Coordinator

ThinkFirst State Director – Indiana

[cphilipps@iuhealth.org](mailto:cphilipps@iuhealth.org)

317-962-3456