

ISDH Long Term Care  
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## Tuberculin Shortage Guidelines

### Recommendations for Implementation of the Indiana State Department of Health's Tuberculin Shortage Guidelines for Acute and Long Term Care Facilities in the State of Indiana

The attached [recommendations](#) are based on earlier health advisories from the Centers for Disease Control and Prevention and the Indiana State Department of Health (ISDH) TB/Refugee Health Division concerning the shortage of tuberculin and the prioritization of its use.

## Falls Prevention

### FALLS PREVENTION AWARENESS DAY AIMS TO REDUCE FALLS AND INJURIES

INDIANAPOLIS-Indiana joins 46 other states and the Falls Free<sup>®</sup> Coalition in celebrating a fall-free zone with the sixth annual National Falls Prevention Awareness Day on the first day of fall, Sept. 22, 2013. This year's theme, *Preventing Falls*, hopes to unite professionals, the elderly, caregivers and family members to play a part in raising awareness and preventing falls in the older adult population.

"Many people may not realize, but falls are a leading cause of fatal and non-fatal injuries in Indiana," said Art Logsdon, Assistant Commissioner of Health and Human Services at the Indiana State Department of Health.

In 2011, Hoosiers ages 65 years and older suffered 8,276 falls that resulted in hospitalizations and there were 340 fatalities due to falls. Every 15 seconds, an elderly adult is seen in an Emergency Department for a fall-related injury. As one ages, the chances of falling and of being seriously injured in a fall increases. Hip fractures due to falls in older adults resulted in an additional 1,062 emergency room visits.

Five easy ways to prevent falls include:

- **Increase your physical activity.** Exercises like walking or swimming at least 15 minutes a day can help build muscle strength and improve balance, which can prevent falls. Exercise programs that increase strength and improve balance also help.
- **See your eye doctor once every year.** Age-related eye diseases, such as cataracts, macular degeneration and diabetic retinopathy, can increase the risk of falling. Early detection is critical to minimizing the effects of these conditions.
- **Review your medications.** Talk to your doctor or pharmacist about the medicines you are taking and whether they may cause drowsiness or dizziness.

- **Remove environmental hazards.** Search your home for anything that could cause falls, including poor lighting, loose rugs, slippery floors and unsteady furniture. Remove or modify these hazards.
- **Think, plan and slow down.** Many falls are caused by hurrying. Slow down and think through the task you are performing.

Thirty percent of adults age 65 and older who live in the community fall each year, according to the Centers for Disease Control and Prevention (CDC). That number increases to 50 percent for older adults who live in residential care facilities or nursing homes.

Indiana is part of the Falls Free© Coalition, which includes several states and national organizations, professional associations and federal agencies across the country dedicated to reducing fall-related injuries and deaths among older adults.

For more information on injury prevention, visit the Indiana State Department of Health's website at [www.StateHealth.in.gov](http://www.StateHealth.in.gov).