

LeadingAge
Oklahoma

It's Not OK to Fall: Interventions Tailored to Meet Each Resident's Needs

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Fall Statistics

- Approximately 1/3 of community-dwelling adults over 65 fall each year
- Increases to 50% for over 80 years old
- Nearly 50% of residents in LTC settings fall within first 12 months
- Oklahoma 48th for falls with major injury at the start of the program
- Often result in need for higher level of care

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Impact of Falls

- Leading cause of death due to injury among older adults
- Most common cause:
 - nonfatal injuries
 - hospital admissions for trauma
- Fear of falling
- Restriction in ADLs
- Increased medical cost

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Program Objectives

- Reduce the rate of falls with major injury from 5.3% in September 2014 to 3.0% in June 2019
- Improve physical, mental, social and emotional well being as well as functioning of residents in nursing homes

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History of Project

- 2015 Governor's Healthy Aging Summit
- LTCFAB Ad hoc committee
- Fall Prevention Program: "It's Not OK to Fall"
- Collaboration OSDH & OUHSC Fran and Earl Ziegler College of Nursing

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Project Overview

- 12 week program
 - Newsletters
 - Town hall meetings
 - Staff education
 - Facility fall team
 - Mentor(s)
 - Three Things (Hydration, Strengthening, Sleep at night)

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Project Components

- Assessment
- Person-centered care
- Culture change
 - Team Building
 - Learning Circles
- Mobility and Strength
 - Increase exercise
 - Tai Chi

Assessment

- Evidence-based instruments
- Comprehensive fall risk assessment
- Post-fall assessment
- Interdisciplinary approach to fall prevention
- Environmental assessment

Person Centered Care

- Using individualized assessment to develop person-centered care plans
- Moving beyond “canned” care plans
- Incorporating resident “voice and choice”

Culture Change

- Wake/sleep times determined by resident
- Hydration
- Expanded meal times
- Personal alarm reduction
- No overhead paging
- Reduce night time noise
- Promote Sleep hygiene

Mobility and Strength

- Tai Chi
- Individualized activities and exercise
- Squats and toileting
- Device fitting
 - Wheelchair/walker

Outcome Measures

- Overall falls
 - Short stay (≤ 90 days)
 - Long (>90 days)
 - Falls with major injury
- Measured at baseline, end of 12-week, and 90 days post

Thank You!

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Project Team

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