

PPTA Pennsylvania
Physical Therapy
Association


A Chapter of the American Physical Therapy Association

PPTA Leading the Way: Fall Prevention Awareness Day 2019


July 18, 2019 7:30-8:30 PM

1

Presenter: Jennifer Sidelinker, PT, DPT, GCS



Jennifer Sidelinker, PT, DPT, is a VP of Clinical Services and the Director of Physical Therapy for Genesis Rehab Services, a national rehab company addressing the needs of older adults in multiple care settings and across the continuum of care. Jennifer directs multiple clinical projects related to falls risk management. She is a PA State Advocate for the AGPT, a member of the PA Falls Coalition through the PA Department of Aging, the AGPT/NCOA Partnership Task Force, and the PPTA Geriatric SIG. Jennifer is a board certified specialist in Geriatrics and was recognized by APTA's Academy of Geriatric PT with the Clinical Excellence in Geriatric Practice award in 2005. Jennifer has been a leader in development and dissemination of Balance In Action®, the Genesis organization's care delivery model for fall risk management. Balance in Action was recognized as an innovative program at the 2013 APTA Innovation Summit.




A Chapter of the American Physical Therapy Association

2

Session Objectives

- Appreciate the scope and impact of the problem of falls and fall-related injuries in the US
- Identify critical ingredients of evidence-based fall risk management, focusing on the unique role/responsibilities of physical therapy providers.
- Identify fall risk factors most associated with future falls
- Understand the importance of advocacy efforts for falls prevention, including through participation in national Falls Prevention Awareness Day
 - Review selected evidence-based exercise programs for fall prevention, and the role of physical therapists as continuum partners
 - Review resources from various sources related to national Falls Prevention Awareness Day, and inspire participants to advocate and take action




A Chapter of the American Physical Therapy Association

3

CEU/Certificate Info

- This course has been approved for one contact hour
- The Office will email all of the attendees with the instructions the morning after the webinar, with post-test link/instructions.
- Have two weeks to complete the test (test closes Aug.1)
- Can take the test as many times as needed until they pass with a 70% or better.
- Certificates will be emailed directly to attendees Friday, Aug. 2



A Chapter of the American Physical Therapy Association

4

Each Year

- >25% of people over age 65 fall
- <50% of people over age 65 tell their doctor about falling
- 3 million older people are treated in emergency departments for fall injuries
- >800,000 older adults are hospitalized due to a fall injury, most commonly hip fracture or head injury

AND
Falling once doubles your chance of falling again!



5



More than 95% of hip fractures are caused by older adult falls.

Keep your patients **#STEADI.**

www.cdc.gov

STEADI Stopping Elderly Accidents, Deaths & Injuries

6

OLDER ADULT FALLS: A GROWING DANGER

Who is at Risk? While the percent of older adults who fall varies by location and demographics, all older adults are at risk for a fall.

What Can Be Done? Falls aren't just a normal part of aging—they are preventable. Screening and effective strategies can save lives and money.

A Preventable Problem: CDC, healthcare providers, and older adults and their caretakers can work together to reduce these devastating injuries.

10

FALLS AMONG OLDER ADULTS ARE

COSTLY
\$50 Billion Annually

\$29 Billion Medicare
\$12 Billion Private/Out-of-Pocket
\$9 Billion Medicaid

COMMON
1 in 4 Older adults (65+) falls each year

PREVENTABLE
Clinicians can use **STEADI** to prevent falls & reduce costs

Florence CS, Bergen G, Athey A, Burns ER, Stevens JA, Drake C. Medical Costs of Fall and Nonfatal Falls in Older Adults. Journal of the American Geriatrics Society, March 2016.

11

Comprehensive Fall Risk Management

- Ongoing, interprofessional communication and collaboration
 - Fall risk factors never completely disappear, they are part of the aging process
- Evidence-based screening at all entry points
 - Screening identifies if there is a problem (i.e. fall risk)
- Comprehensive assessment by appropriate team members within scope of practice
 - Using professional knowledge, triage risk factors and time referrals appropriately
- Evidence-based interventions to address identified risk factors across care continuum
 - Include patient/client/caregiver engagement in a feasible, ongoing management plan
- Periodic re-assessment/outcomes analysis
 - As specific risk factors improve, others addressed


Systematic approach

A Chapter of the American Physical Therapy Association

12

Fall Risk Screening

- Identifies if there is risk, not the cause(s) of the risk
- Can be done by anyone trained in the key elements
 - Falls in the last year? (>1 or 1 with injury)
 - Self-report of fear of falling limiting usual activities
 - Unsteady gait




A Chapter of the American Physical Therapy Association

13

Physical Therapy – Fall Risk Screening

- Content Considerations
 - Fall history
 - Self-report related to risk factors and fear
 - Performance –based (i.e. gait speed; TUG; Chair Rise)
 - Client review of results
 - framing of message to help, not make things worse
 - Education/“Recommendations”
 - Ensure client is positively empowered with knowledge and next step suggestions for success
- Prep and Follow-Up Critical for Effectiveness
 - Consent considerations (screening items and follow up actions)




A Chapter of the American Physical Therapy Association

14

Fall Risk Factors

• History of falls	• Muscle weakness
• Balance deficit	• Pain
• >4 medications or benzodiazepine	• Depression
• Gait deficit	• Orthostatic (postural) hypotension
	• Impaired ADL

Tinetti, 2010




A Chapter of the American Physical Therapy Association

15

Fall Risk Factors

- Female
- Age >80 years
- Diabetes
- Arthritis
- Cognitive impairment
- Visual impairment
- Incontinence

Tinetti, 2010




A Chapter of the American Physical Therapy Association

16

▶ Vision Statement for the physical therapy profession:
 ▶ Transform society by optimizing movement to improve the human experience

The Role of Physical Therapy

- › Gait and Mobility
 - Feet and footwear
 - Mobility aids
- › Balance
- › Strength
 - Especially lower body




17

Practitioners of Choice

PT's/PTA's are the practitioners of choice to lead fall risk management initiatives

Why?

- A PT/PTA has training and expertise to:
 - Efficiently and effectively administer fall risk screens
 - Manage many fall risk factors (gait and balance impairments, etc.)
 - Prescribe evidence-based exercise interventions



A Chapter of the American Physical Therapy Association

18

Healthy Steps for Older Adults Program Summary

Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program for adults ages 50 and over. The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations. HSOA was developed by the Fall Prevention Initiative of the Pennsylvania Department of Aging.



A Chapter of the American Physical Therapy Association

22

Healthy Steps in Motion Program Summary

Healthy Steps in Motion (HSIM) is an exercise program designed for people of all fitness levels. The program is a one-hour session twice a week for eight weeks, and is taught by certified instructors; it starts with a warm-up, followed by strength & balance exercises and ends with a cool down-stretch. There are three levels so participants can continue HSIM as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals, YMCAs/YWCAs, and more.



A Chapter of the American Physical Therapy Association

23

ncoa
National Council on Aging

Economic Security **Healthy Living** Public Policy & Action Blog & News Get Involved Resources

Falls Prevention Chronic Disease Management Senior Hunger & Nutrition Aging Mastery Program*

Falls Prevention Awareness Day

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>


24

Date: September 23, 2019



The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the **impact of falls**, share fall prevention strategies, and advocate for the expansion of evidence-based community **fall prevention programs**. National and state efforts are published in NCOA's annual **FPAD Impact Report**. If you would like to learn more about fall prevention efforts in your state, please contact your **State Falls Prevention Coalition lead**.

25




A Chapter of the American Physical Therapy Association

PA Falls Prevention Awareness Day (FPAD) Event Planning

26

Basics – Who?/What?

- Who? Considerations:
 - Older adults along the continuum of risk
 - Physical therapy practitioners – need to support, engage, own, partner
 - Vision Statement for the physical therapy profession:
 - Transform society by optimizing movement to improve the human experience
 - Interprofessional fall risk management care partners
- What? Considerations:
 - Engage to: Advocate, Educate, Empower, and Activate
 - Risks of "one and done" approach – strategies to support success




A Chapter of the American Physical Therapy Association

27

Basics – When?/Where?

- When? Considerations:
 - Monday, September 23, 2019
 - Within the month of September
 - PT Month.....
- Where? Considerations:
 - Captive audience
 - Usual Suspects: Church, Mall, YMCA
 - Other community events/public meetings
 - PA Dept of Aging Resources for more ideas
 - Area Agency on Aging all counties
 - Adult Day Centers
 - Senior Community Centers




A Chapter of the American Physical Therapy Association

28

Basics – Why?/How?

- Why?
 - Statistics – Public Health Epidemic for Older Adults
 - Scope of PT – uniquely positioned to be leaders in these efforts
 - What was that vision again?:
 - Transform society by optimizing movement to improve the human experience
- How? – see toolkit
 - Other: CHACHKIES!: jar gripper giveaways order form




A Chapter of the American Physical Therapy Association

29

Follow - Up

- Support to Succeed:
 - Resource Toolkit – something for everyone; “grab and go”
 - Informal as needed along the way: Jen Sidelinker
 - Jennifer.sidelinker@genesishcc.com
- Celebration:
 - Document your events/activities:
 - Event summary survey monkey: reach, scope, successes, lessons learned
 - Reporting: NCOA, AGPT, PA DOA, PPTA, etc
 - Submit pictures with consent form
 - Submit videos/stories
 - Contact Janita Kilgore at jkilgore@cmemanage.com




A Chapter of the American Physical Therapy Association

30

Review PPTA FPAD Toolkit

- Navigation/Highlights
 - Organization
 - "Resources for PPTA FPAD 2019 Advocacy and Event Planning" document
 - Files named according to source (i.e. APTA, AGPT, CDC-STEADI, PA DOA, NCOA)
 - Contents
 - Presentations for Consumers
 - Brochures/Handouts for Consumers
 - Clinician Resources
 - Marketing Tools




A Chapter of the American Physical Therapy Association

31

Summary

- The rate of falls and fall related injuries in the US continues to grow, along with associated functional, financial, and societal burden
- There are many critical ingredients to managing falls successfully
- It takes collaboration and partnership to effectively manage fall risk over time
- Annual Fall Prevention Awareness Day offers a great opportunity to advocate and raise awareness around this public health problem for older adults in the US



A Chapter of the American Physical Therapy Association

32




Thank You!!!

33

CEU/Certificate Info

- This course has been approved for one contact hour
- The Office will email all of the attendees with the instructions the morning after the webinar, with post-test link/instructions.
- Have two weeks to complete the test (test closes Aug.1)
- Can take the test as many times as needed until they pass with a 70% or better.
- Certificates will be emailed directly to attendees Friday, Aug. 2



A Chapter of the American Physical Therapy Association
