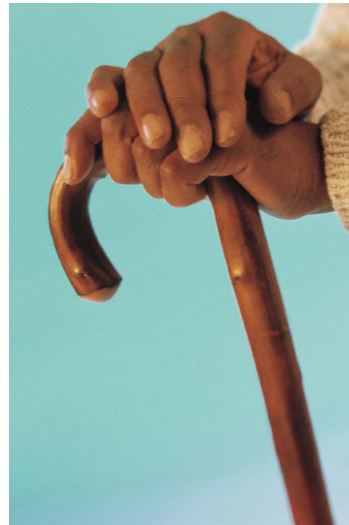


# **PREVENTING FALLS AND FRACTURES**

## **SELF-HELP CLASS**



## Description

- ▶ Basic 1 hour group class
- ▶ Includes risk factors, self-assessment, home checklist, preventative interventions and instructions on reporting falls.

## Patient Objectives

- ▶ Increase awareness of risk factors
- ▶ Assess personal level of risk
- ▶ Increase knowledge of risk reducing behaviors
- ▶ Decrease incidence of falls

## System Objectives

- ▶ Identify patients at risk
- ▶ Increase risk reducing behaviors
- ▶ Refer high risk patients for appropriate follow-up
- ▶ Decrease incidence of falls

## Supplies

- ▶ Name tags
- ▶ Marker board or pad and easel
- ▶ Markers
- ▶ Overhead projector
- ▶ Patient packets

## Teaching Instructions

- ▶ Suggested script provided as a guide
- ▶ Teaching tips appear in parenthesis
- ▶ Please ask participants to complete a satisfaction survey at the end of class
- ▶ Please complete and send to case manager:
  - Class roster
  - Patient report
  - Self-test

# **PREVENTING FALLS AND FRACTURES**



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**Long Term Care Authority of Tulsa**

# **MORE THAN JUST A TUMBLE. . .**

- ▶ **6<sup>th</sup> leading cause of death for > 65**
- ▶ **20% of all hospitalizations**
- ▶ **Of those admitted to hospitals, 50% will not be alive in 1 year**
- ▶ **1/2 who are injured will be discharged to a nursing home**
- ▶ **Among those who are independent at the time of fracture, 25% are still in nursing homes 1 year later**

# **RISK FACTORS**

- ▶ **Fallen before**
- ▶ **Fear of Falling**
- ▶ **Problems with walking and balance**
- ▶ **Improper use of walkers and canes**
- ▶ **Leg weakness**
- ▶ **Hazards at home**
- ▶ **Certain medicines**
- ▶ **Health factors**

# HEALTH FACTORS

- ▶ **Vision Problems**
- ▶ **Hearing problems**
- ▶ **Medicines**
- ▶ **Problems with bones, joints and muscles – osteoporosis, arthritis, back trouble, post-polio, foot disorders, Parkinson's**
- ▶ **Heart disease and stroke**
- ▶ **Dizziness – inner ear, anemia, low BP**
- ▶ **Leaking urine, especially at night**
- ▶ **Dementias**

# **ARE YOU AT RISK?**

- ▶ **Self-test**
- ▶ **Home check**



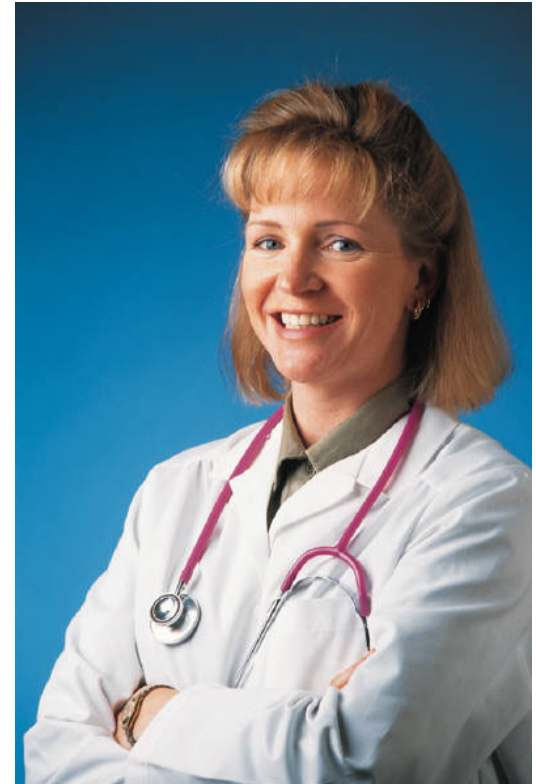
# WHAT YOU CAN DO



- ▶ **Medical Checkups**
- ▶ **Exercise**
- ▶ **Home Safety**
- ▶ **Common Sense**

# MEDICAL CHECKUPS

- ▶ Chronic diseases
- ▶ Acute illness
- ▶ Vision check
- ▶ Hearing check
- ▶ Medications
- ▶ Assistive devices – canes, walkers, wheelchairs



# EXERCISE



- ▶ General fitness
- ▶ Strength training
- ▶ Flexibility
- ▶ Tai Chi
- ▶ Physical Therapy

# HOME SAFETY

## Lighting

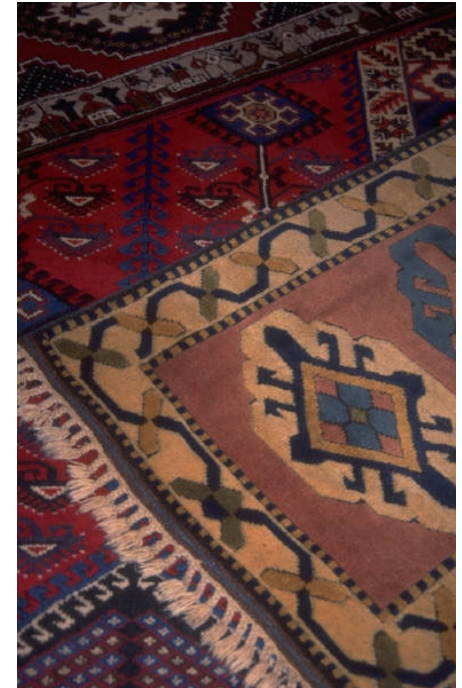
- ▶ 4100-200 watt bulbs
- ▶ 4Reduce glare – halogen or fluorescent bulbs, lamp shades, polarized glass
- ▶ 4Light pathways and stairwells w both ends
- ▶ 4Bedside lamp
- ▶ 4Night lights, flashlights



# HOME SAFETY

## Flooring

- ▶ Avoid highly polished surfaces such as glazed tiles and smooth vinyl
- ▶ Carpet should be low pile and tightly woven in a solid color that contrasts with walls
- ▶ No loose edges on any flooring
- ▶ No throws or area rugs



# HOME SAFETY

## All living areas

- ▶ Free of clutter
- ▶ Pathways free of cords
- ▶ Storage areas easily reached without tip-toeing or climbing
- ▶ Sturdy step stools with handles and slip resistant tread
- ▶ Thresholds do not present trip hazard
- ▶ Rails on both sides of all stairs and steps

# HOME SAFETY

## Furniture

- ▶ Out of pathways
- ▶ Couches and chairs easy to get in and out of
- ▶ Chairs have armrests
- ▶ Chairs do not have wheels
- ▶ Avoid pedestal tables



# HOME SAFETY

## Bathrooms

- ▶ Grab bars
- ▶ Elevated toilet seat or safety frame
- ▶ Non-skid mats, abrasive strips or carpet on all surfaces that can get wet
- ▶ Shower chair



## Bedrooms

- ▶ Bed side lamp
- ▶ Bed side telephone
- ▶ Bed height so that both feet are firmly planted when seated on the edge
- ▶ Wheels removed or locked
- ▶ Clear pathway to bathroom



# HOME SAFETY

## Outside

- ▶ Lighted pathways and steps
- ▶ Doorways, porches, walkways, steps, and railings in good repair and free of plants and debris
- ▶ Ladders used safely (or better yet, not at all)
- ▶ Non-skid surfacing in areas that could get wet

## General Tips

- ▶ Sturdy non-slip shoes or slippers
- ▶ Frequently used items at waist level
- ▶ Reachers or grabbers to get things above your head
- ▶ Limit alcohol

# COMMON SENSE

- ▶ Follow medical advice
- ▶ Avoid slippery surfaces
- ▶ Do not climb
- ▶ Get up slowly
- ▶ Keep nighttime temperatures in the home above 65 degrees
- ▶ Carry a cordless telephone
- ▶ Never move about the house in the dark
- ▶ If you live alone, consider Lifeline

# IF YOU FALL . . .

- ▶ Call 911 if you suspect serious injury
- ▶ Report ALL falls to your doctor:



## SPLATT

**S**ymptoms at the time of fall  
**P**revious number of falls or near falls  
**L**ocation of fall  
**A**ctivity engaged in at time of the fall  
**T**ime of the fall  
**T**rauma from the fall

# **SUMMARY**

- ▶ **Know your risk factors**
- ▶ **Do a home safety check**
- ▶ **Get medical check-ups and follow your doctor's advice**
- ▶ **Exercise**
- ▶ **Use common sense**
- ▶ **Report ALL falls, SPLATT**
- ▶ **Consider Lifeline**