

Fall Reduction – Essential to Overall Senior Wellness and the Community’s Health

Sandi Brekke, COTA; Healthy Living & Senior Summit Coordinator
Walt Schroeder, Pharm.D., Director; Transition and Senior Care Strategy



Learning Objectives

List resources available to Kaiser Permanente members to reduce fall risk

Summarize examples of how Kaiser Permanente applied the foundational elements of fall prevention into practice

Assess opportunities for improving fall prevention awareness/interventions within your organization

Facts around falls

- 1 in 3 elders fall each year; less than half tell their doctor
- Falling once doubles your chance to fall again
- More than 95% of hip fractures are caused by falling
- Half of all falls happen at home
- Many elders hospitalized after a fall never achieve independence again

Source: <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

A vision for elder care...

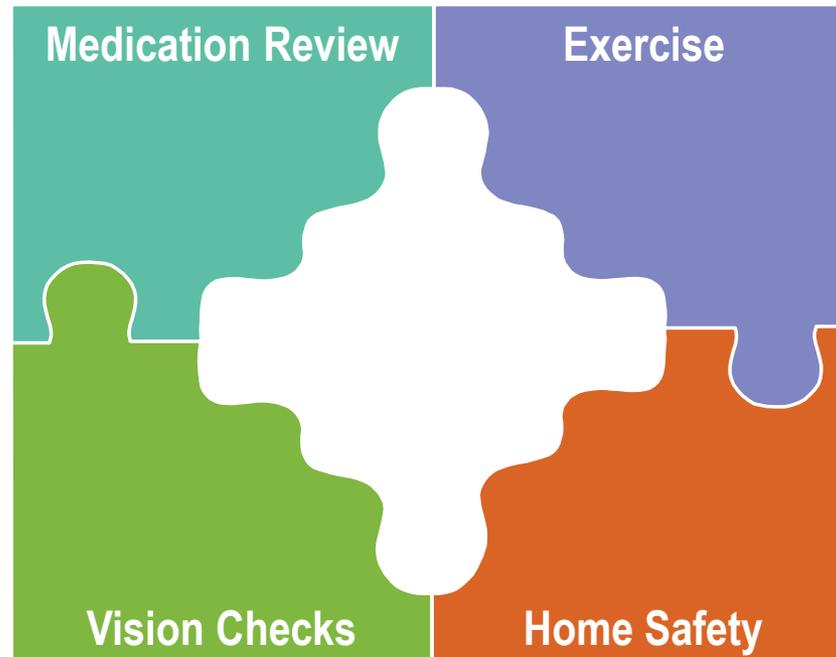
Kaiser Permanente is committed to aging well; understanding, planning and supporting all stages of life

Partnership with the Fall Prevention Consortium

- Coordinated and aligned with Fall Prevention Awareness 2015 campaign
- State's Fall Prevention awareness videos
 - Kaiser Permanente Moanalua Medical Center closed circuit television system
 - Fall Prevention Classes within Kaiser Permanente Clinics
- Joint KHON, Fall Prevention Consortium and Kaiser Permanente media campaign on fall prevention awareness (to air late 2015)

Internal Alignment within Kaiser Permanente

State's Fall Prevention Campaign



Exercise

Benefits of staying active

Exercise

- You are less likely to fall by staying active and participating in activities such as tai chi, hula, gardening, and walking around the mall or neighborhood.
(<http://health.hawaii.gov/injuryprevention/home/preventing-falls/information>)
- World's largest fall prevention study in Sydney in 2007
– After 16 weeks of learning and practicing Tai Chi the results showed that Tai Chi significantly reduced the number of falls.
- Tai Chi for Fall Prevention (Dr. Paul Lam) – Waipio, Honolulu
- Chairbics - Honolulu

Incorporating STEADI into your program

Exercise

STEADI – Stopping Elderly Accidents, Deaths and Injuries

- Balance and Fitness Testing – Honolulu, Kailua, Mapunapuna and Waipio
 - Timed Up and Go (agility/dynamic balance)
 - 30-Second Chair Stand (lower body strength)
 - 4-Stage Balance Test
 - Fall Prevention class
 - Tai Chi for Fall Prevention
 - Chairobics
 - Silver&Fit (YMCA, Tai Chi home program)
 - Exercise handout
 - NIA exercise video & guide
 - Health Coach

At Risk

A large, solid orange silhouette of a plastic shopping bag with two handles at the top. The bag is centered on the page and occupies most of the vertical space.

Home Safety

Improving home safety



- Bathrooms
 - Grab bars
 - Non-slip mats
 - Shower bench
- Clutter
 - Clear pathways
 - Remove rugs & extension cords
- Lighting
 - Increase brightness
 - Night lights
 - Stair edging

Available Resources



- Home Health
- Project Dana
- Fall Prevention Home Safety

Medication Review

High Risk Medications for Falls

Medication Review

- Muscle relaxants (e.g. cyclobenzaprine)
- Sleep aids (e.g. zolpidem)
- Glyburide
- Over the Counter Products
 - Diphenhydramine (Benadryl)
 - Chlorpheniramine (AllerChlor, Chlor-Trimenton)
 - Combination products
 - Tylenol PM
 - NyQuil

Where medication reviews occur

Medication Review

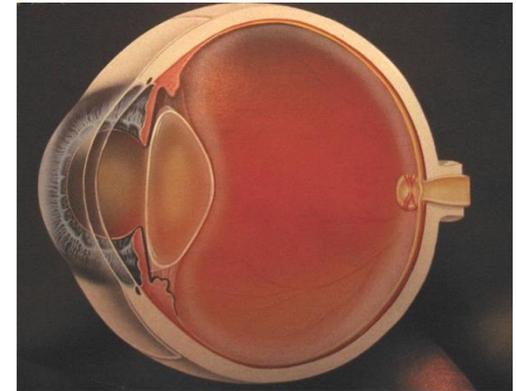
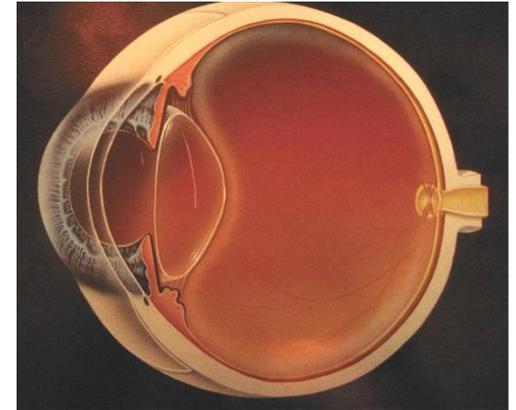
- Clinical settings
 - Hospital
 - Nursing homes
 - Clinic
 - Kaiser Permanente Home Health
- Senior Summit/Brown-bag events
- Medicare Part D
- Member request

Vision Checks

Eye Conditions Affecting Seniors

Vision Checks

- Cataracts
 - Clouding of the lens of the eye
 - Symptoms:
 - Blur
 - Glare
 - Halos
 - Risk factors:
 - Aging
 - Excessive sunlight exposure
 - Smoking
 - Certain medications and diseases
 - Treatment
 - Surgery



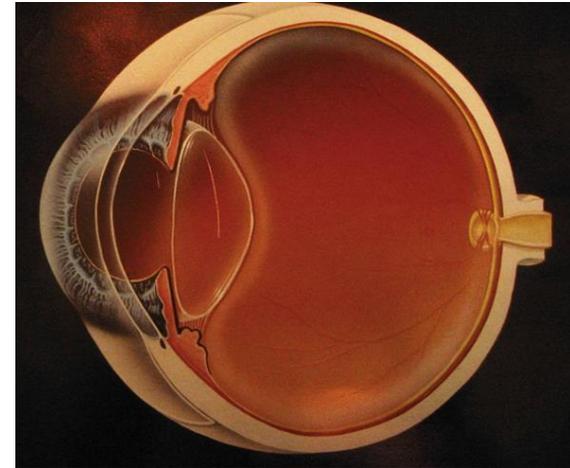
Eye Conditions Affecting Seniors



Vision Checks

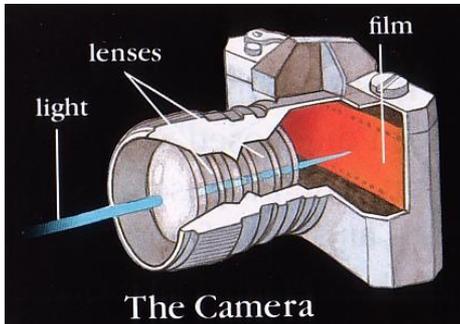
■ Glaucoma

- high pressure in the eye causing nerve damage (often)
- Symptoms
 - Slow loss of peripheral vision
- Risk Factors
 - Older age
 - Family history
 - African ancestry
 - Latino/Hispanic ethnicity
 - History of significant eye injury
- Treatment
 - Eye drops
 - Laser treatments
 - Surgery



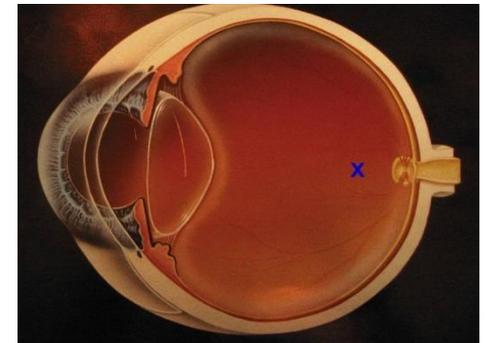
Eye Conditions Affecting Seniors

Vision Checks



■ Macular Degeneration

- Damage to the center of the retina
- Symptoms
 - Center of everything a person tries to look at is distorted or missing
- Risk Factors
 - Family history
 - Old age
 - Smoking
 - Excessive sunlight exposure
- Treatment
 - No effective treatments to restore vision



Screening and Prevention



- Screening
 - Yearly eye appointments
- Prevention
 - Green leafy and colorful vegetables
 - Control blood sugar, cholesterol, blood pressure, weight
 - Sunglasses
 - Avoid smoking

Transforming Practice

Transforming Elder Care



who am I caring for?



what do they want?

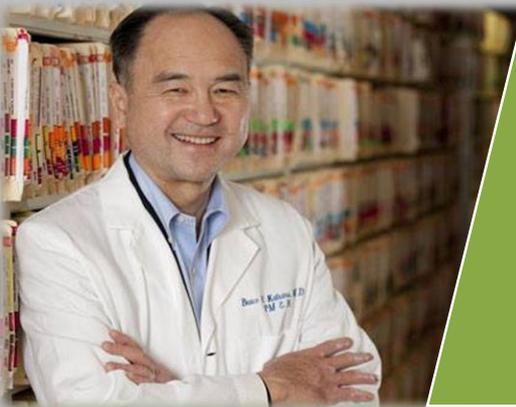
how would I know?

Source: <http://www.tomhussey.com>

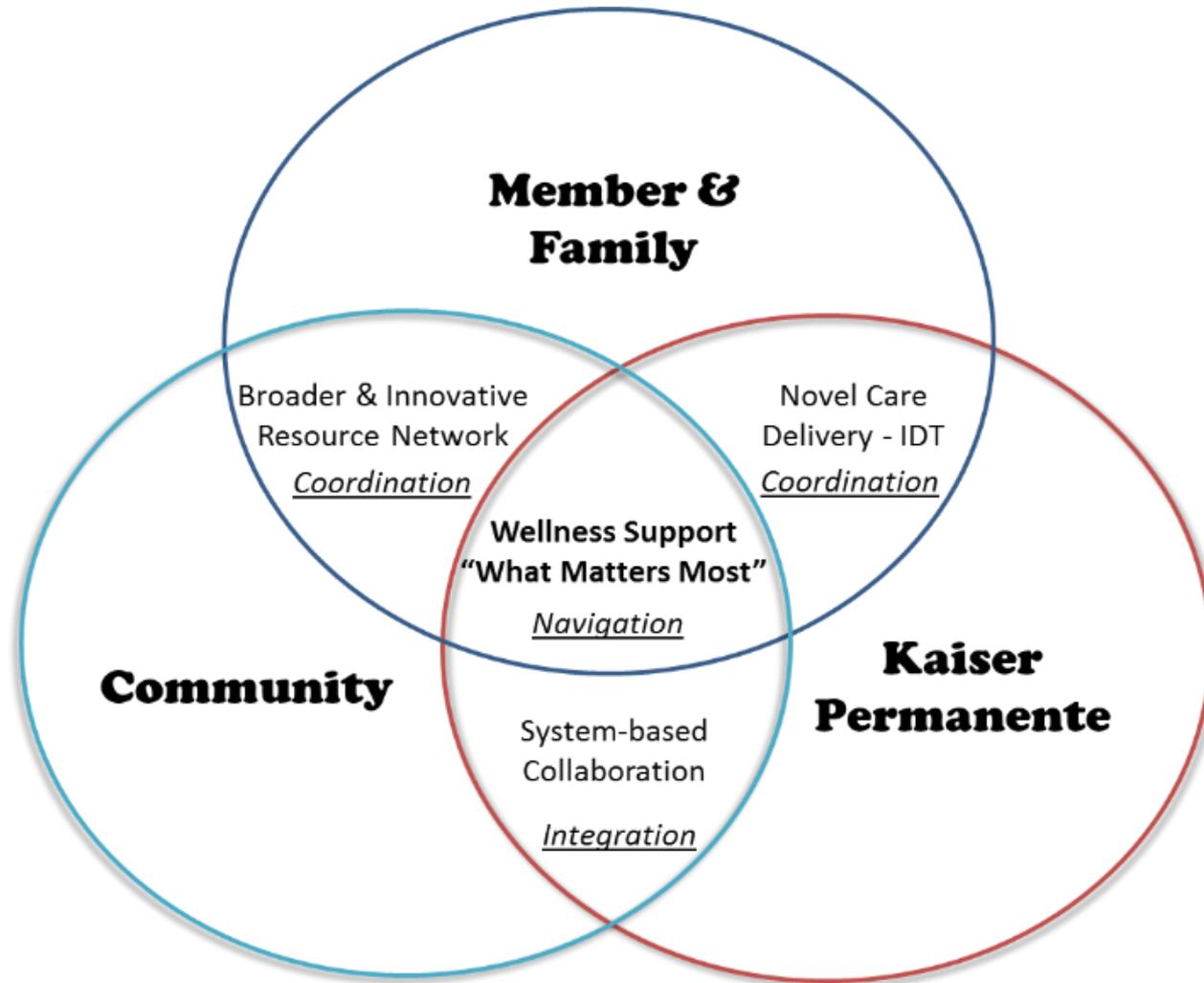
I'm old, sick and on a lot of medicine



*She has dementia, metastatic colon cancer,
so I enrolled her in hospice in May*



*During my visit today, I told her things look
good! Continue your meds and follow-up in
6 months for lipids and chemistries*



Navigation: Social Care Insights

 <p>Purpose</p>	 <p>Interactions</p>	 <p>Friends/Family</p>	 <p>Finances</p>	 <p>Planning</p>
What matters most to members?	Who are members routinely interacting with?	Who provides caregiver support?	How will members pay for care?	Do members understand their current condition and trajectory? Are their decisions clear to everyone?

Coordination: care delivery



Integration: partnering differently



THE MEDIATION CENTER OF THE PACIFIC
Bringing People Together to Talk and Resolve Their Differences

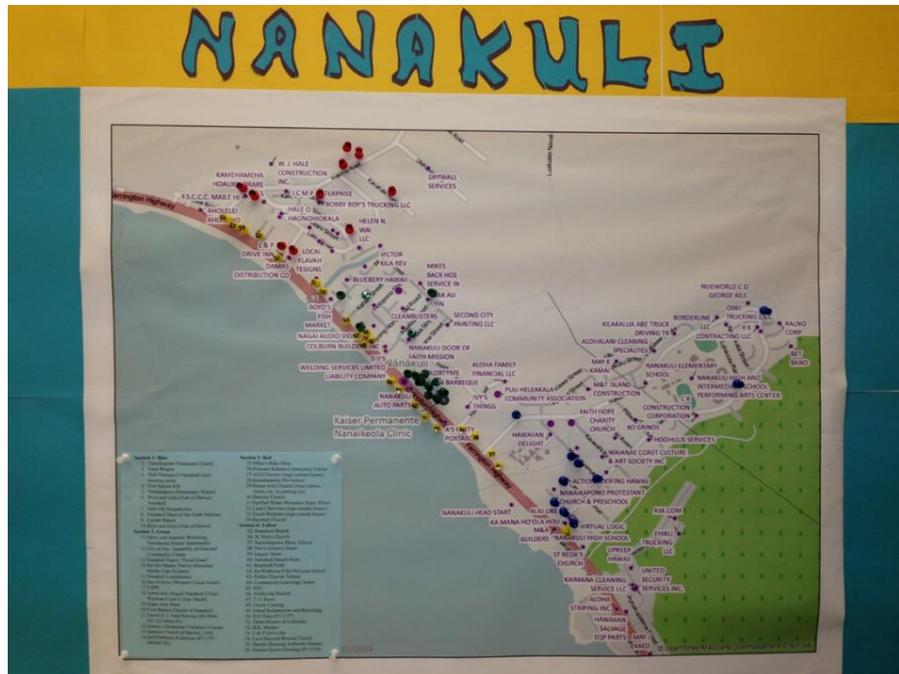
Family Mediation/Conferencing



Prevention



Friendly visiting/home safety



Incorporating fall prevention into programs

Point of Contact: _____ Ph: _____ Hours avail: Mon-Fri 8 am-4:30 pm
 Patient Name/MR#/Age/Sex/2-3 sentence overview (including "what matters most")

Ambulation [N]	Activity [N]	Self-Care [N]	Intake [N] Issues with: • Wt. Loss • Constipation	Home/Family environment [N + HHRN]
AHCD [N]	Decision: _____ Power of Attorney: _____ File date: _____			
POLST [N]	Decision: _____ File date: _____			
Desired location of passing [N]				
Caregiver [N]				
Identified Social Gaps [N]				
Consciousness [N]				
Capacity for Medical Decision Making [MD]	Y			
Likely to show up in the ED or clinic for:				
(What do you want your colleagues to know/do) [MD]				
Does the patient need [T]	<ul style="list-style-type: none"> • Fall Prevention <ul style="list-style-type: none"> ○ Med Review ○ Vision Check ○ Home safety assessment ○ Exercise 			
Does the patient need [T]	<ul style="list-style-type: none"> • Fall Prevention <ul style="list-style-type: none"> ○ Med Review ○ Vision Check ○ Home safety assessment ○ Exercise 			
Other.... [T]				

Thank you for your time and attention

Questions?