Fall Prevention with Community Dwelling Seniors: A Student Interprofessional Experiential Learning Activity

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Objectives

• Describe IPE activity including OT and PT students
• Identify the positive features of implementing a pilot IPE program and recommendations for future programming
• Discuss benefits of providing an interdisciplinary community based program
Origin of activity

OT need:
- Level I fieldwork
- Geriatric based
- Psychosocial group
- IPE

PT need:
- Service Learning
- Community Based
- Opportunity to practice clinical skills
- IPE
Community Need

OLDER ADULT FALLS
A Growing Burden

2014

29M FALLS
7M INJURIES
46M PEOPLE
TOTAL OLDER ADULTS

2030

49M FALLS
12M INJURIES
74M PEOPLE
TOTAL OLDER ADULTS

http://www.cdc.gov/steadi/materials.html
Fall Prevention Clinic

- IPE activity
- 8 weeks
- 2 hour sessions
- PT and OT students
- Based on CDC recommendations for Fall Prevention Clinics
- Community dwelling adults
- 65 or older
- Fear of falling
- Interested in “Aging in Place”

http://www.cdc.gov/homeandrecreationalsafety/falls/compendium.html
Assessment

Balance testing
- TUG
- 30 sec chair stand
- Arm curl
- 2 min step
- 4 stage balance test

Blood pressure screening
BMI

Flexibility testing
- Chair sit and reach
- Back scratch

Vision testing

Home evaluations
Fall risk assessment

http://www.cdc.gov/steadi/index.html
Program Components

**Otago Exercise Program**

- Binder with ex. Program
- 1:1 support with student therapist
- Home program issued
- HEP Monitored weekly

**Matter of Balance Education**

- Binder with educational materials
- Psycho-social group based
- Fall risks
- Importance of exercises
- Senses affecting falls
- Medications and BP
- Home modifications and home safety review
- Outside safety


Students Benefits

- To see how each discipline approached patient care
- Identifying links to academics
- Practical application of classroom instruction
- Practice with real clients
- Working with community dwelling elderly
- Recognizing challenges of the home environment for the client
- Development of affective skills and professional behaviors

Participants Benefits

- Participants enjoyed the student interaction
- Valued helping the students to learn
- Guidance for appropriate implementation of HEP
- Individualized feedback
- Sharing experiences with one another
- Learning to identify fall risks
- Strategies to reduce fall risk
- Exploring possible home modifications and equipment needs
Recommendations

• Adapted clinic structure to allow for more deliberate integration of interprofessional networking

• Deliberate incorporation of all students in the training modules

• Utilization of an environment which allows for increased group dynamics

• Implementation of a ‘debriefing’ following the session to coordinate PT and OT services
References:


