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

2030
- 74M PEOPLE
  - TOTAL OLDER ADULTS
  - 49M FALLS
  - 12M INJURIES

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/homeandreceralsafety/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:


