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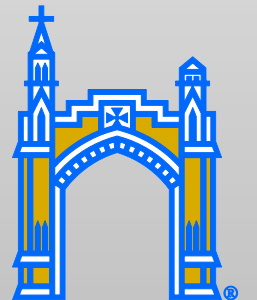
Fall Prevention with Community Dwelling
Seniors: A Student Interprofessional
Experiential Learning Activity



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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



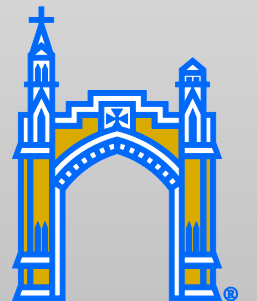
Origin of activity

OT need:

- Level I fieldwork
- Geriatric based
- Psychosocial group
- IPE

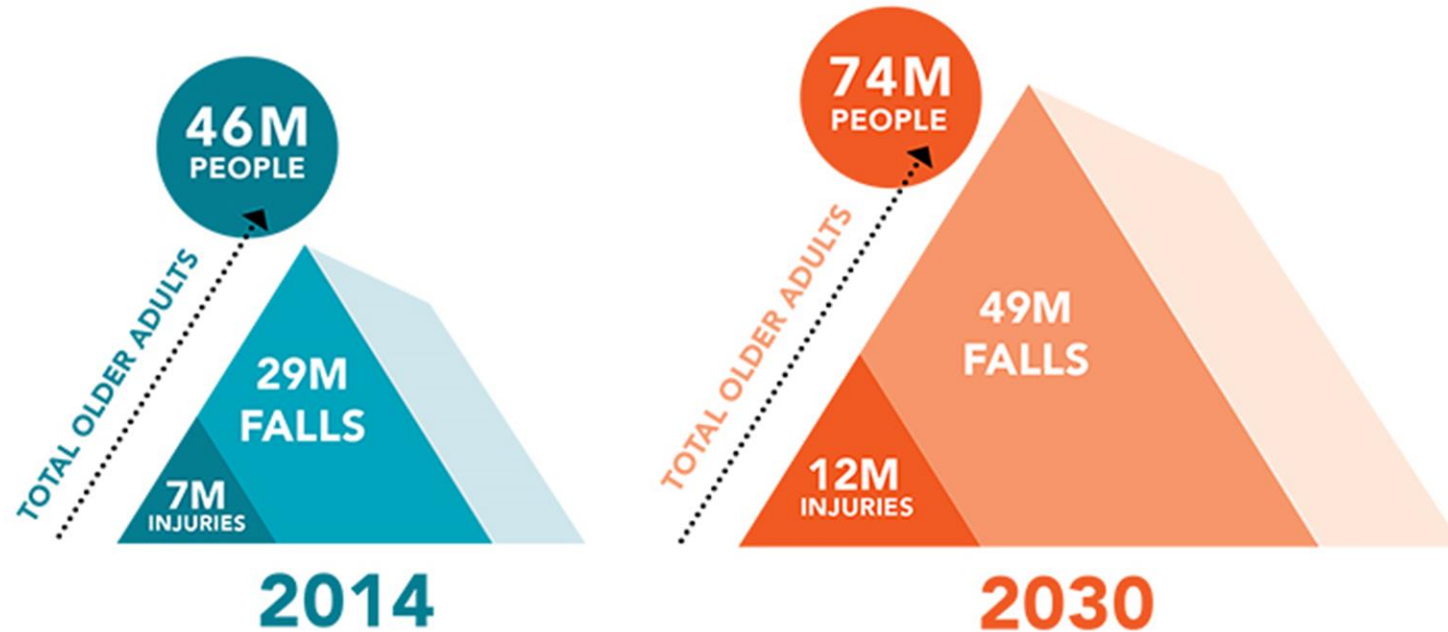
PT need:

- Service Learning
- Community Based
- Opportunity to practice clinical skills
- IPE



Community Need

OLDER ADULT FALLS A Growing Burden



STEADI Stopping Elderly
Accidents, Deaths & Injuries

www.cdc.gov/steady



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”



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



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

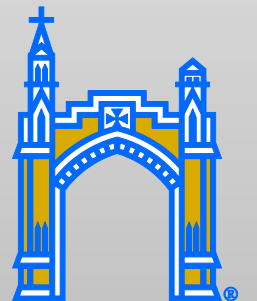
Participants Benefits

- 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:

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