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
<table>
<thead>
<tr>
<th>Otago Exercise Program</th>
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<tbody>
<tr>
<td>• Binder with ex. Program</td>
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<tr>
<td>• 1:1 support with student therapist</td>
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<td>• Home program issued</td>
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<td>• HEP Monitored weekly</td>
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<table>
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<tr>
<th>Matter of Balance Education</th>
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<tbody>
<tr>
<td>• Binder with educational materials</td>
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<tr>
<td>• Psycho-social group based</td>
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<td>• Fall risks</td>
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<td>• Importance of exercises</td>
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<td>• Senses affecting falls</td>
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<tr>
<td>• Medications and BP</td>
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<td>• Home modifications and home safety review</td>
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<td>• Outside safety</td>
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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:


• CDC. *STEADI – Materials for healthcare providers.* Retrieved from http://www.cdc.gov/steadi/materials.html

• CDC. *STEADI-Older adult fall prevention.* Retrieved from http://www.cdc.gov/steadi/index.html
