

Best Practice Intervention Package: Fall Prevention



HHQJOSC

Objectives

After viewing this WebEx, the learner will be able to:

- Recognize the key priorities of a fall prevention program.
- Recognize the potential impact of the *lack* of a fall prevention program on an agency's acute care hospitalization rate.
- Identify tools/resources available in this Best Practice Intervention Package.

HHQJOSC

Fall Prevention



•Fall Definition: "an unintentional change in position resulting in coming to rest on the ground or at a lower level."

(Missouri Alliance for Home Care)

•Fall Prevention: "strategy using specific interventions to avoid risks of falling."

(Briggs National Quality Improvement/Hospitalization Reduction Study)

HHQJOSC

Fall Prevention BPIP

- Missouri Home Care Alliance (MAHC)



- Christiana Care VNA, New Castle, Delaware



HHQJOSC

The Four C's

Fall Prevention must be:



- **Consistent**
- **Cross Disciplines**
- **Coordinated**
- **Culture**

HHQJOSC

Fall Prevention Program Priorities

- 1 Fall Risk Assessment
- 2 Proactive Interventions
- 3 Patient/Caregiver Education
- 4 Evaluation of Program

HHQJOSC



Priority #1: Fall Risk Assessment

- Select a Fall Risk Assessment tool that is home care specific.
- Target treatment for those at risk.

Intervention programs are most effective when they are designed to reach those at **greatest risk** of falling (Tinetti, 1994).

HHQJOSC



Priority #2: Proactive Interventions

- Move beyond responding to witnessed and non-witnessed falls to **fall prevention**.



HHQJOSC

Potential Interventions

- Physical therapy
- Occupational therapy
- Home health aide referral for assistance with bathing
- Medical social worker evaluation for social support
- Maintenance exercise program
- Reduce hazards in the home
- Annual vision evaluation (minimum)
- Medication management
- Check postural vital signs
- Nutrition evaluation



HHQJOSC



Priority #3: Patient/Caregiver Education

What You Can Do to Prevent Falls

Many falls can be prevented. By making some changes, you can lower your chances of falling.

Fall Facts:

- Each year, the leading cause of injury deaths and the most common cause for hospitalization.
- Home care cases: 1 in 4 adults, and 1 in 3 adults 65 and older, fall each year at home.
- Falling is a major cause of injury and hospitalization. Home care cases: 1 in 4 adults, and 1 in 3 adults 65 and older, fall each year at home.
- 1 in 4 adults, and 1 in 3 adults 65 and older, fall each year at home.
- Home care cases: 1 in 4 adults, and 1 in 3 adults 65 and older, fall each year at home.

Four Things YOU can do to prevent falls:

1. Engage in regular exercise program (ask your health care provider) to reduce your muscle loss.
2. Have your vision checked.
3. Make your home safer.
4. Engage in regular exercise program (ask your health care provider) to reduce your muscle loss.

Other Safety Tips:

- Keep your feet on a large mat on each step.
- If a shoe over the foot is loose, avoid and use proper fit.
- Avoid alcohol and drugs that will bring you to your feet.
- Avoid stairs when you are not sure you can go up or down.
- Avoid stairs when you are not sure you can go up or down.

WHAT TO DO:

CALL MY HOME HEALTH AGENCY	CALL MY HOME HEALTH AGENCY
• I'm having trouble with balance	• I fell and have a sore joint
• I fell and hurt myself	• I fell but didn't hurt myself

HHQJOSC



Priority #4: Evaluation of Program

- Benchmarking is fundamental to improving fall-related outcomes.



<http://www.homecaremissouri.org/index.cfm>


HHQJOSC

Falls...Impact on ACH

- In 2003, there were more than **309,500** hospital admissions for hip fractures [NCHS 2006].
- In 2000, **nearly two-thirds** of the costs for nonfatal fall injuries were for those needing hospitalization [CDC].
- If possible, coordinate fall risk with ACH risk.

HHQJOSC

What Else?

- Tools
 1. Risk Assessment Screening Tool
 2. What You Can Do to Prevent Falls
 3. TIMED UP AND GO screening tool
 4. Accurately Assessing Orthostatic Hypotension education sheet
 5. Home Care Fall Reduction Initiative Fall Report Form
- Connection Pages
- Fall Prevention Poster 

Fall Prevention
It's more than fall risk assessment...

STOP

Be Proactive – Prevent Falls Before They Occur



Consider utilizing the following interventions:

- ☐ Physical therapy – strengthening and balance program
- ☐ Environmental safety – clutter-free environment
- ☐ Home health aide alert for assistance with bathing
- ☐ Medical alert device – activation for external support
- ☐ Medication review and adjustment
- ☐ Reduce hazards in the home
- ☐ Personal care assistance (showering)
- ☐ Medication management
- ☐ Check ground coverage
- ☐ Nutrition evaluation

HHQIOSC


Care Tracks

- Guide to Fall Prevention
- Podcast
- Timed Up and Go (SN and Therapy)
- Examples of Excellence (SN and Therapy)
- Post-tests
- Free continuing education for RNs, LPNs/LVNs, PT, PTA, OT, COTA & SLP

HHQIOSC

Care Tracks



- Review Home Health Aide Guide to Fall Prevention
- Review Scenarios for fall prevention
- HHAs Podcast
- Complete post-test


HHQIOSC

Next Steps

- Review the Best Practice Intervention Package – Fall Prevention – Leadership and Care Provider Tracks
- Identify tools and resources for implementation
- Initiate or Enhance Fall Prevention Program



HHQIOSC



Next Best Practice Intervention Package:
Patient Self-Management
December 3, 2007

Congratulations on your commitment to the
HHQI National Campaign!!

This material was prepared by Quality Insights of Pennsylvania, the Medicare Quality Improvement Organization Support Center for Home Health, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication Number: SSOW-PA-HHQ07-027. App. 9/07.

HHQIOSC