

September 18 to 22, 2023

HEALTHDIRECT  
PHARMACY SERVICES

# Falls Prevention Awareness Week

These bones aren't as strong as they used to be. Tell me, what can I do to reduce my risk of falling?, I'm really quite terrified!

## OLDER ADULT FALLS Did you know?

FALLS ARE  
**2nd**  
LEADING  
CAUSE OF

**+59%**

**+19%**

FALLS  
ARE  
**COSTLY!**

Unintentional injury deaths worldwide. From 2007-2016, fall death rates for older adults increased by 30% in the U.S. If rates continue, we can anticipate 7 falls deaths every hour by the year 2030!

Number of older adult fall deaths has increased **59%**.

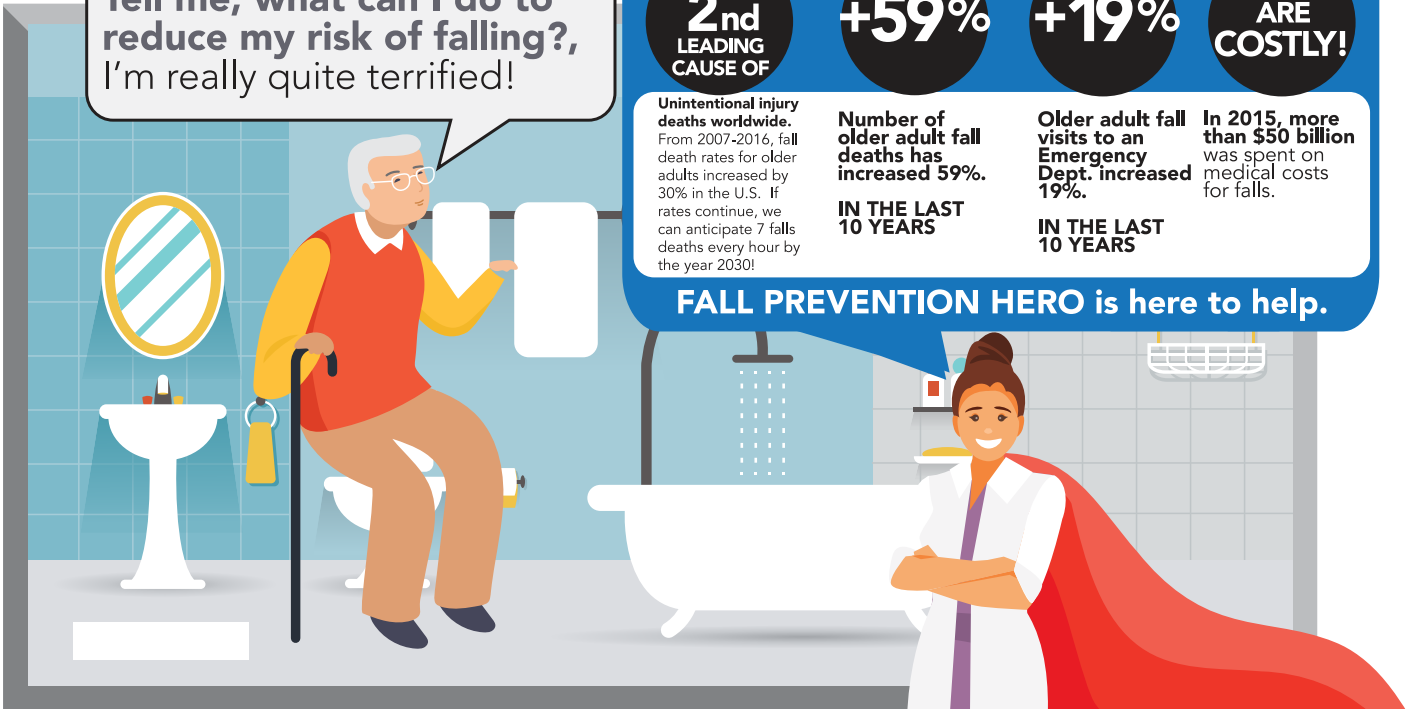
**IN THE LAST 10 YEARS**

Older adult fall visits to an Emergency Dept. increased **19%**.

**IN THE LAST 10 YEARS**

In 2015, more than **\$50 billion** was spent on medical costs for falls.

FALL PREVENTION HERO is here to help.



Fall Prevention Hero

A national health campaign to increase awareness around

# Falls Risk Reduction & Prevention

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Monday

# TIP 1

## Screen For Risk

First, let's see if you are at risk of falling.

There are several screening tools we can use to see if you are at an increased risk of falling.

We'll ask questions such as:

- Do you worry about falling?
- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?

We'll take your blood pressure when you're sitting versus standing to see if you experience something called **orthostatic hypotension**, which can increase your fall risk. We'll also perform some gait, balance, and strength tests.

Once we've got a bigger picture, we'll make sure we intervene appropriately to help you reduce your fall risk!



Falls Prevention  
Awareness Week

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Tuesday

# TIP 2

## Reduce Your Risk



**Now that I know I'm at risk for falling,** tell me, what steps can I take to reduce my risk, Fall Prevention Hero.

**W**ell, you can start by asking your HealthDirect Pharmacist for a review of your medications! Medications such as:

- Antipsychotics, • Antidepressants, • Anxiolytics,
- Sedative/hypnotics, • Antihistamines,
- Seizure medications, • Hypoglycemics,
- Urinary incontinence medications,
- Pain medications, and even • Blood pressure medications can increase fall risk.

**Of course, the more of these you are taking, the greater the risk can be!**

**I'd be glad to take a look!**

Let's make sure all of these medications are necessary, dosed correctly for your kidney and liver function, and aren't interacting with each other, causing adverse effects that could increase your fall risk.



Super Pharmacist Hero

**Perhaps we can find some safer alternatives as well!**

**Don't you worry, we'll have your medication regimen primed up and ready for a falls free life in no time!**



Fall Prevention Hero

Wednesday

# TIP 3

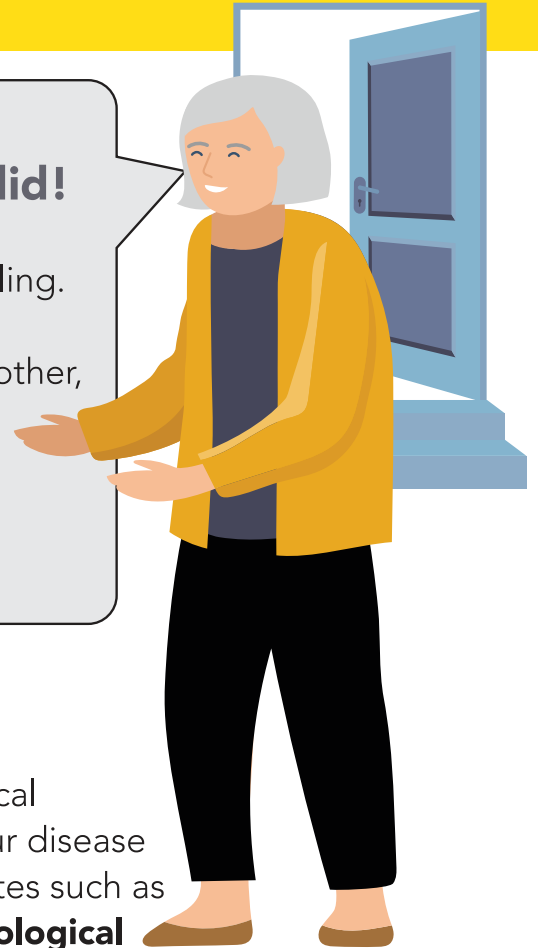
## Medication Review

The pharmacist took a look at my medications and boy am I glad they did!

I was on a couple that really increased my risk of falling.

There were also a couple that interfered with each other, further increasing my risk.

What else can I do to decrease my risk Fall Prevention Hero?



I'm glad you asked!

Next, let's have your medical provider take a look at your disease states. Several disease states such as **heart disease, pain, neurological conditions, incontinence, infection, diabetes,** and **dehydration** (just to name a few), can increase your fall risk; especially if they are not well managed.

Let's make sure all of your conditions are identified and well managed!



Fall Prevention Hero

Falls Prevention Awareness Week

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# TIP 4

## Review Conditions



**Wow!** I'm so glad I had my healthcare provider take a look at my conditions.

We discovered my blood sugars were just a little too low and we were able to decrease some of my diabetes medications. Turns out, the blood sugar goal for someone my age is a little different for someone in their 20s. **WHO KNEW?**

**Do you have any other good tips for me?**

I'm so glad you consulted with your healthcare provider. Interactive patient-clinician partnerships and increased monitoring of the implementation and outcomes can help improve engagement and help folks like yourself maintain fall prevention strategies.

During your assessment, we identified some **gait, strength, and balance abnormalities**. Let's get you working with a **physical therapist**. They can get you set up with an evidence-based falls prevention program

such as **Tai Chi, Stepping On, or Otago** for example, has been shown to reduce fall rates by up to 55%!

We also noticed a couple of throw rugs, clutter, and a lack of handrails in your bathroom. Your bedroom and bathroom were also pretty dark. These could be considered **environmental hazards** that can increase your fall risk. Let's get you set up with an **occupational therapist**. They can assist in detecting hazards in your living environment and make suggestions for a more favorable environment. **They are also great at identifying other limitations such as weakness in your lower extremities, balance, cognitive issues, and urinary incontinence for example.**



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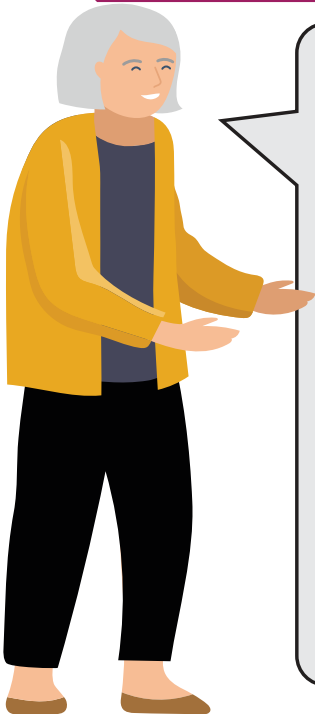
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Friday

# TIP 5

## Vision, Hearing, Podiatry



**Wow!** The PT and OT you referred me to were both wonderful!

The physical therapist noticed I may benefit from walking with a cane. She had me fitted for the right size and showed me how to properly use it to assist me with walking.

**I had no idea that an improper fit and use, could actually INCREASE my fall risk**

She also got me set up with a great exercise program to help work on my balance and strength. The OT removed a few tripping hazards and installed some grab bars in my bathroom.

**They also observed how I perform daily activities and are working with me on modifying how I do these to make them safer.**

**Thank you so much for referring me to these other fall prevention heroes! You can't possibly have any more tips, can you?**

### Oh, do I...

There are so many great people with a wealth of knowledge that can help us with our end goal:

**REDUCE YOUR FALL RISK!**

So, of course I have some more tips from some other great team members!

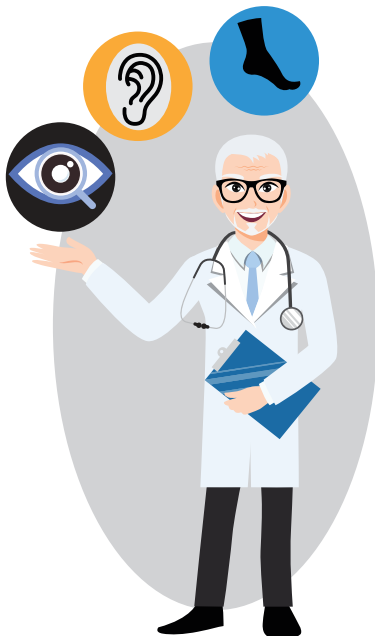
Let's get your vision and hearing checked out. Believe it or not, your eyes and ears are super important to keeping you steady on your feet!

And speaking of feet, improper footwear can increase your fall risk. Let's get you set up with a podiatrist. They can ensure you have a proper shoe fit and traction.

They can also check to see if you need insoles or need an adjustment in the heel height.



**Fall  
Prevention  
Hero**



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Friday

# TIP 5

Continued...

## Vision, Hearing, Podiatry

**Wow! I never would have thought that vision and hearing could increase my fall risk!**

As it turns out, my eyeglass prescription was a little outdated. I was also experiencing some blurry vision.



**The ophthalmologist had me double check with the pharmacist to see if I was on any medications that could contribute to the blurry vision.**

**Turns out, I was!**

The medication really wasn't working for my incontinence, so we discontinued it after consulting with the prescriber. My blurry vision is much better now!



**I also finally caved and got some hearing aids. Now, I can actually hear my grandchildren's conversations.**

Boy, are they in trouble!



**And lastly, the podiatrist was able to fit me to a wonderful shoe with an insole.**

They also told me about these nifty non-slip socks to wear when I'm not wearing the new shoes indoors. Unfortunately, my days of dancing around the house like Tom Cruise in Risky Business are numbered with these new socks, but at least I'll decrease my fall risk!



Falls among nursing home residents are usually the result of a combination of both intrinsic and extrinsic risk factors such as chronic disease, acute medical conditions, deconditioning due to inactivity, gait, balance, and strength abnormalities, behavioral symptoms, adverse effects from medications, environmental hazards, unsafe equipment, or unsafe personal care items. Although many of these factors cannot be eliminated, they can be improved through evaluation and treatment. Interdisciplinary teamwork is essential for success. The team will work to identify those at risk for falls and develop individualized and person-centered care plans to help reduce risk.

**Contact your Consulting Pharmacist for more information**

A national health campaign  
to increase awareness around

# Falls Risk Reduction & Prevention

As they say...

**TEAMWORK MAKES  
THE DREAM WORK**



You've got me set  
up with a great team.  
**THANK YOU  
SO MUCH!**

**ANYTIME!**  
*Well, I'm off to prevent  
the next fall...*  
**Until next time!**

**Fall  
Prevention  
Hero**



## Some tips for a successful program:

- 1) Form your TEAM (Physicians, DONs, Administrators, Nursing staff, Pharmacists, OT's, PT's, Podiatrists, etc)
- 2) Identify those at high risk of falling. Screen at admission, quarterly, annually and if a change of condition occurs. Complete a comprehensive falls assessment and develop individualized care plan interventions. Monitor and manage each patient's response and make care plan revision where needed.
- 3) If a fall occurs, ensure a thorough evaluation and investigation is completed. 30-40% of those patients who fall, will do so again. Immediate intervention can help identify risk and prevent future falls.
- 4) Create a culture of safety. Strong leadership is vital here. The leaderships' role is to make safety a top priority and to have clearly defined safety policies. Goals need to be set and resources allocated to support safety programs.
- 5) Educate staff, families, and residents.
- 6) Regularly evaluate progress and identify areas of improvement.

**Ask your HealthDirect pharmacist about their fall prevention in-service and how they can assist in setting up and maintaining a successful falls prevention program in your nursing home!**

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