

Fall Prevention Program Overview

With more than 900 fall patients admitted to The XXX last year, trauma services identified a need for a comprehensive fall prevention program. Trauma Services partnered with Cardiac rehab to develop the fall program, as they had already been offering Tai Chi to our community for over 6 years. In order to identify the target population, a fall prevention referral order was added to the trauma and geriatric admission order sets. Patients that meet criteria are screened for the fall prevention program and placed in the appropriate class. Classes consist of evidence based A Matter of Balance and Tai Chi, ball exercise class and a balance-back to basics class. A Matter of Balance is designed to reduce the fear of falling and increase activity levels of those who have this concern, whereas Tai Chi is a low impact mind body exercise that combines breathing and controlled movements to strengthen muscles and loosen joints. Within the Matter of Balance class, a pharmacy review component was added. Participants are eligible to attend a session with a pharmacist to review medications that may increase their risk for fall. There is also an evaluation tool that participants fill out before, during, and after the series. These results are compiled and evaluated to determine the effectiveness of the class. Offering a wide variety of classes allows for increased participation in the fall prevention program and to target those who are at a high risk for fall related injury. Since August 2016, the fall prevention program has served 710 members of our community.

FALL PREVENTION CHECKLIST

Admit diagnosis/brief description		

YES NO

Falls History		
1. Additional falls in the past year?		
2. Worries about falling or feels unsteady when standing or walking ?		

Medical Conditions		
1. Cognitive Impairment?		
2. Incontinent/ Urgency?		
3. Foot problems?		
4. Other Medical Conditions affecting Balance (Specify)		

Vision		
Had eye exam within last year?		

Any Other Risk Factors (Specify)		

Medications		
Printout from Meditech & attach		

Postural Hypotension		
Teach - lying to sitting to standing		

Recommendations		
Quarterly Fall Prevention Medication class		
A Matter of Balance		
Continuing Balance exercise class		
Stabilty Ball		
Tai Chi		



BALANCE: BACK TO BASICS

A 45-minute exercise class, safe and gentle enough for everyone.

- Chair and/or standing exercises with modifications for all levels
- Exercise your way to a strong body!



Evidence-Based Fall Prevention Programs

A Matter of Balance

- 97 percent of participants feel more comfortable talking about their fear of falling
- 97 percent feel comfortable increasing their level of activity
- 98 percent would recommend the A Matter of Balance program

Tai Chi

- 55 percent reduction in fall rates
- 99 percent of participants had improved balance and flexibility and 100 percent improved strength

Please call Cardiac Rehab and Wellness Center at XXX-XXX-XXXX for more information.

Cardiac Rehab & Trauma Services presents...



FREE Fall Prevention Classes

- **A MATTER OF BALANCE**
Managing concerns about falls — an eight-week series
- **SUN STYLE TAI CHI**
On-going weekly classes, from beginning to advanced
- **STABILITY BALL EXERCISE CLASS**
On-going weekly classes from beginning to advanced
- **BALANCE: BACK TO BASICS**
45-minute exercise class, safe and gentle enough for everyone