



Falls Free®

Nevada Goes Falls Free Coalition

Fall Prevention...Virtually!

Jennifer Nash PT, DPT

ABPTS Board-certified Neurologic Clinical Specialist

Vice Chair, Nevada Goes Fall Free Coalition

UNLV | **PHYSICAL
THERAPY**

Community Partners

- **The Nevada Goes Falls Free coalition (NGFFC) would like to thank and acknowledge the input of our many partners:**
 - Touro University Nevada
 - University of Nevada – Las Vegas
 - Dignity Health
 - University of Nevada – Reno
 - Cleveland Clinic – Lou Ruvo Center
 - Sanford Aging Center at UNR
 - Rebuilding Together – Nevada
 - University Medical Center
 - Helping Hands of Vegas Valley
 - Henderson Senior Services: Heritage Center and Downtown Senior Center
- This work is made possible through volunteer hours and grant funding of the Nevada Aging & Disabilities Services Division.
- Virtual delivery of both Tai Ji Quan: Moving for Better Balance and Stepping On were approved by the national license holders.

Fall Prevention Awareness Week



FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | **ncoa**

- Free Fall Risk screenings
 - 30 second chair stand test
 - 4 stage balance test
 - Timed up and Go test
- Provide advocacy for Fall Prevention
- Encourage evidence-based fall prevention programs (EBFPP)
 - Stepping On
 - TJQMBB
 - Otago
- Educational events



STEADI TOOLS

Check Your Risk for Falling

| Circle "Yes" or "No" for each statement below | | | Why It matters |
|---|--------|---|--|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |
| Total _____ | | | Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor. |

CHECKLIST

Fall Risk Factors

Patient _____

Date _____

Time _____ ☐ AM ☐ PM

| Fall Risk Factor Identified | Present? | Notes |
|--|--|-------|
| FALLS HISTORY | | |
| Any falls in past year? | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Worries about falling or feels unsteady when standing or walking? | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| MEDICAL CONDITIONS | | |
| Problems with heart rate and/or arrhythmia | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Cognitive Impairment | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Incontinence | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Depression | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Foot problems | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Other medical problems | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | |
| MEDICATIONS (PRESCRIPTIONS, OTCs, SUPPLEMENTS) | | |
| Psychoactive medications | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Opioids | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Medications that can cause sedation or confusion | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Medications that can cause hypotension | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| GAIT, STRENGTH & BALANCE | | |
| Timed Up and Go (TUG) Test ≥ 12 seconds | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 30-Second Chair Stand Test: Below average score based on age and gender | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| 4-Stage Balance Test: Full tandem stance < 10 seconds | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| VISION | | |
| Acuity $< 20/40$ OR no eye exam in > 1 year | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| POSTURAL HYPOTENSION | | |
| A decrease in systolic BP ≥ 20 mm Hg, or a diastolic BP of ≥ 10 mm Hg, or lightheadedness, or dizziness from lying to standing | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| OTHER RISK FACTORS (SPECIFY BELOW) | | |
| | <input type="checkbox"/> Yes <input type="checkbox"/> No | |



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADI Stopping Elderly Accidents,
Deaths & Injuries

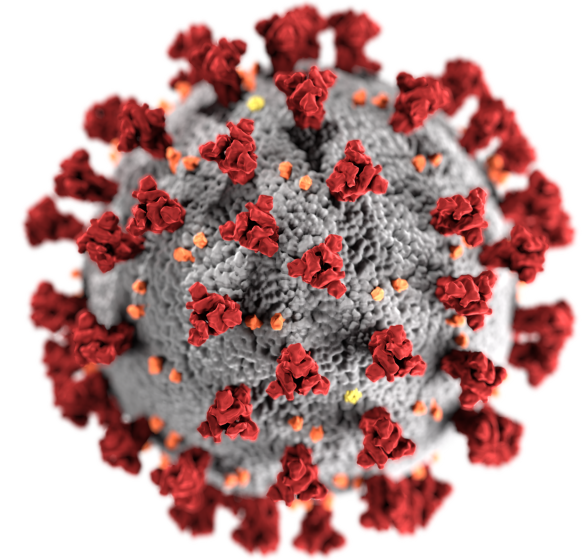
2017



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Why Go Virtual?

- According to the CDC, your risk of getting severely ill from COVID-19 increases as you get older.
- For an older adult, their lowest risk for COVID is to attend virtual-only activities, events, and gatherings – which may increase inactivity, social isolation, loneliness, depression and fall risk.
- Many fall risk screenings and evidence-based fall prevention programs have been cancelled during COVID.
- **Learning to bring these services to elders virtually and safely is critical now and will remain important going forward even after COVID is tackled.**
- Our experience with elders in Nevada is that virtual fall prevention is safe, important and effective.



Fall Prevention Awareness Week 2020



Touro University Nevada | University of Nevada – Las Vegas | Dignity Health
Nevada Goes Falls Free Coalition



Free Virtual Fall Risk Screenings

Who Qualifies? Nevada Adults Ages 65+

How does it work? Learn about your risk for falls with a virtual screen from supervised graduate students in physical and/or occupational therapy programs.

Where? At your home! We will use an online video chat called “Zoom” with your computer to perform the screen virtually. Don’t know how to use Zoom? We can help you with that!

When? Appointments available the w
Sign up by going to bit.ly/FPAW2020

Questions?

Email nvgoesfallsfreecoalition@gmail.com
Phone: (702) 616-4922

Screening will utilize the CDC’s STEADI fa
individualized and will include information for
activity programs, referral to virtual and/or local fa
to improve safety

Installing Zoom and Accessing Meetings

How to prepare for this Zoom class:

1) INSTALL ZOOM (as soon as possible) First, you need to download Zoom onto your computer, tablet, smartphone or other smart device. You only need to do this once, and you will want to do so as soon as you receive this. Please do not wait until class is about to start, so you have time to trouble shoot if needed. Do make sure you have enough space on your device to install it.

On a laptop or desktop, it’s best if you have Google Chrome browser installed on your computer—this is the browser with which Zoom is most compatible.

- Go to www.zoom.us/download

Instructions modified with permission from Albuquerque Oasis - Lifelong Adventure on 9/17/2020



Dear (participants name and care partner),

Thank you for attending Nevada Goes Falls Free Coalition’s First VIRTUAL Fall Risk Screening today. Enclosed is your final screening results including the questionnaire and the physical screening measures. This is great information to share with your family and medical providers.

Congratulations! Your results indicate you are at **Low Fall Risk**.

- Questionnaire –
- 30 Second Chair Stand –
- Four Stage Balance Test –

Your results indicate you are at **Heightened Fall Risk**. Let’s revisit what you can work on to decrease this risk.

- Questionnaire – 10/14; You answered yes to the following questions. Let me tell you why that concerns us.
 - Question 1 – Having a fall this year puts you at higher risk for falling in the future.
 - Question 2 – Using a cane or walker signals increased risk for falling and opportunities that might be available to improve your strength and/or balance.
- 30 Second Chair Stand – 5 repetitions. Age and gender target -
- Four Stage Balance Test – 3 seconds in tandem stance. Goal – hold the position for 10 seconds.

Per our discussion, we do recommend that you call your primary care provider (PCP) and schedule an annual “fall prevention visit.” These are preventive visits that are paid for by Medicare.

Additionally, it is good practice to share this information with your family members to enlist their support in taking steps to stay safe. Here is a list of the Good fall prevention habits:

- Keep your home safe. Start by removing tripping hazards, increase lightening throughout home and outdoors, make stairs safe, and install grab bars in key areas, for example the shower.
- Get your vision and hearing checked annually and update your eyeglasses when appropriate. Your eyes and ear are keys to keeping you on your feet.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren’t increasing your risk of falling. Keep your medications to one pharmacy if possible and take medications only as they are prescribed.
- Find a good balance and exercise program. Building balance, strength and flexibility are hallmarks to decreasing your fall risk and optimizing your quality of life!

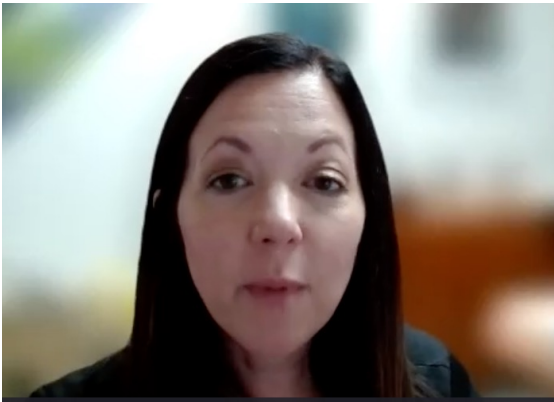
Individualize
based on
conversation

Student Training

- Completion of online STEADI training module
- Review 17 minute Virtual Fall Risk Screening
- Attendance to a live zoom training with Faculty
- Faculty present in Zoom meeting with 2 students and participant (and care partner if appropriate)



<https://www.cdc.gov/steady/training.html>



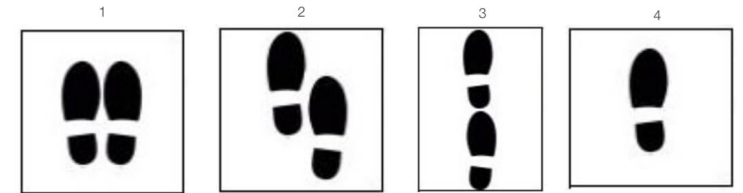
Virtual Delivery - Screenings

- Volunteer coordination
 - Student trainings –Google form to collect STEADI certification; Zoom for trng
 - Recruiting and scheduling volunteers & faculty – Signup.com
 - Technology training with participants
- Participant Registration
 - Recruiting – recommend >1 month marketing efforts
 - Pre-screening 1 on 1 phone call to schedule with participant/ care partner
 - Confirm technology availability
- Screening Day
 - Recommendations – Standardized form that students individualized then sent to faculty prior to sending on to participant
 - Goodie bags – sent community donations to participants as thank you

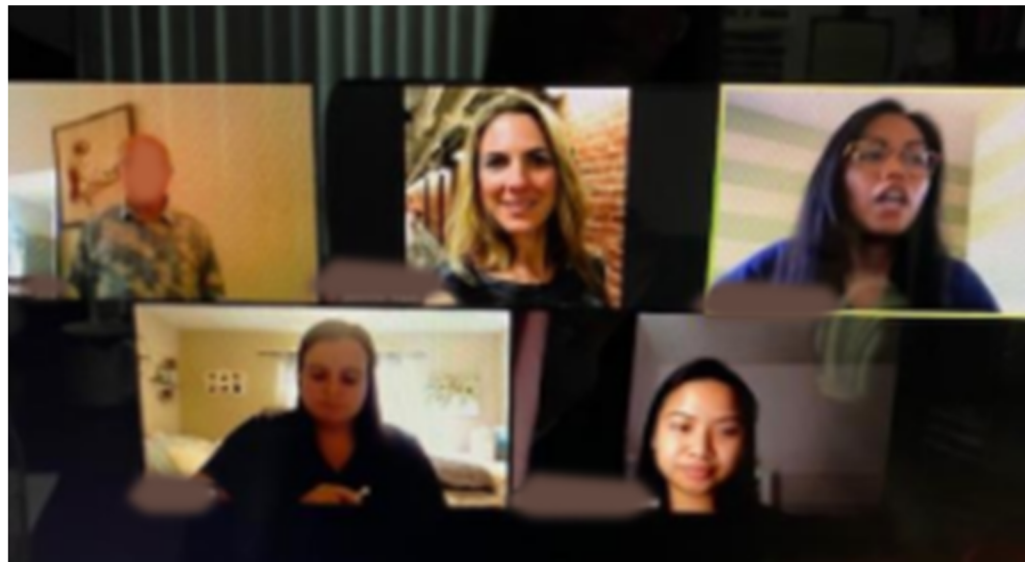


Virtual Fall Risk Screenings – September 2020

- Fall Prevention Awareness Week September 21-25
- Volunteers (faculty, students)
- Screening
 - STEADI Stay Independent Questionnaire
 - 30 second chair stand, 4-stage balance
 - Individualized fall prevention education and recommendations
- 31 screenings, 5 educational events. 70 students, 4 faculty
- Goodie bags



SIT-TO-STAND



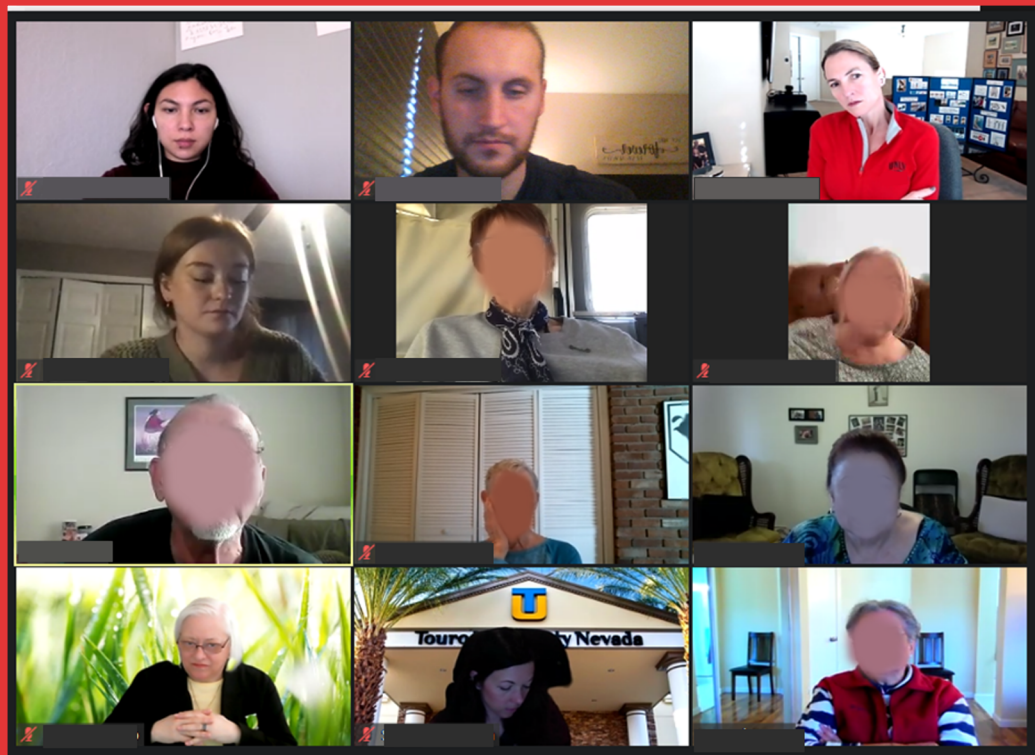
Potential Challenges to Virtual Delivery Model

- Not comfortable with virtual delivery platform
- Limited access to appropriate device or internet
- Home environment is not conducive to program
- Not everyone is comfortable with showing themselves or homes on camera
- Programs require *active* participation



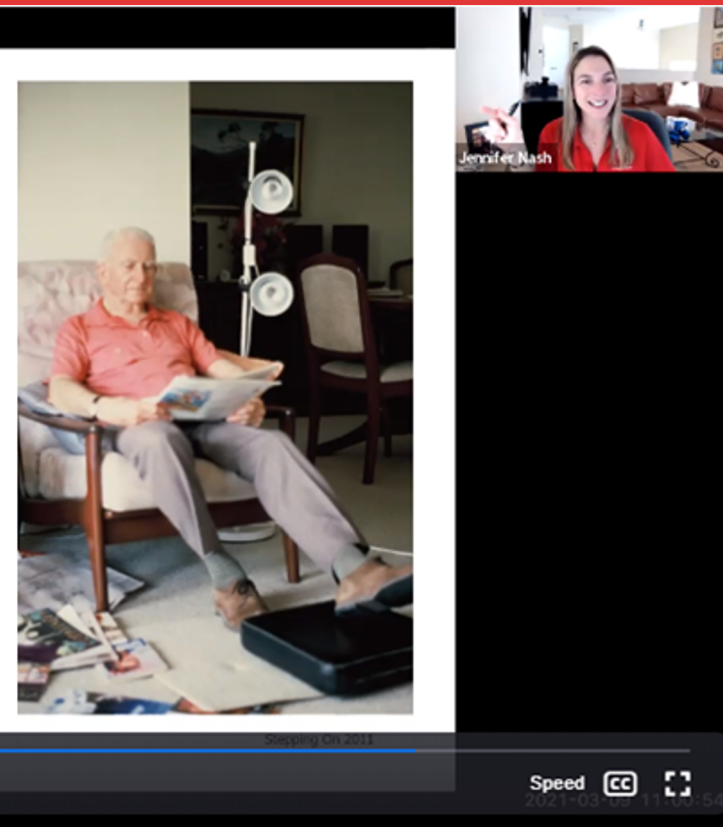
“Participant said he would remove the rug and coffee table before the session. Computer is placed on a desk. Participant was advised to use this desk for tandem stance if needed, or to remain close to the couch. “

Virtual Stepping On February/ March 2021



Stepping
On

wiha
Wisconsin Institute
for Healthy Aging



TJQMBB Virtual

- My class June – August
- 35 participants
- MWF 9-10 am
- TJQMBB has 48 sessions
- 70% 34 sessions
- Face to face classes were getting 40% completion rate before COVID

**55.5% of Virtual
participants completed at
least 70% of sessions**



Otago Exercise Program: Fall Prevention Training



Training for Physical Therapists

Statewide Engagement
Carolina
Geriatric Education Center
Led by UNC Center for Aging & Health

LOGIN | SIGNUP

Home | About Us | Help | Courses

Course Catalog

- [Alzheimer's Series #1: Screening for Alzheimer's Disease and Related Dementias](#) (\$0.00)
- [Alzheimer's Series #2: Treatment Approaches to Alzheimer's Disease and Related Dementia](#) (\$0.00)
- [Alzheimer's Series #3: Managing Comorbid Conditions and Safety in Dementia](#) (\$0.00)
- [Falls Prevention Awareness: Advanced Training for Home Health Aides](#) (\$0.00)
- [Healthy IDEAS: Depression Screening and Intervention Program for Older Adults](#) (\$10.00)
- [Otago Everyday for Falls: Tools to Support Daily Exercise for Fall Prevention](#) (\$10.00)
- [Preparing Community Health Workers and Promotores to Prevent and Reduce Falls Among Older Adults](#) (\$0.00)
- [The Otago Exercise Program: Falls Prevention Training](#) (\$50.00)

Evidence-based Fall Prevention

- Program components
 - 17 strength and balance exercises
 - Walking program
 - 5 visits, 3 phone calls in 6 months
- Most effective for frail older adults
- Studies demonstrate OEP participants experience a 35 – 40% reduction in falls.
- Beneficial to incorporate as part of POC or discharge plan from outpatient or home health PT
- Transitions to a self-management
 - Phone call check-ins (telehealth)

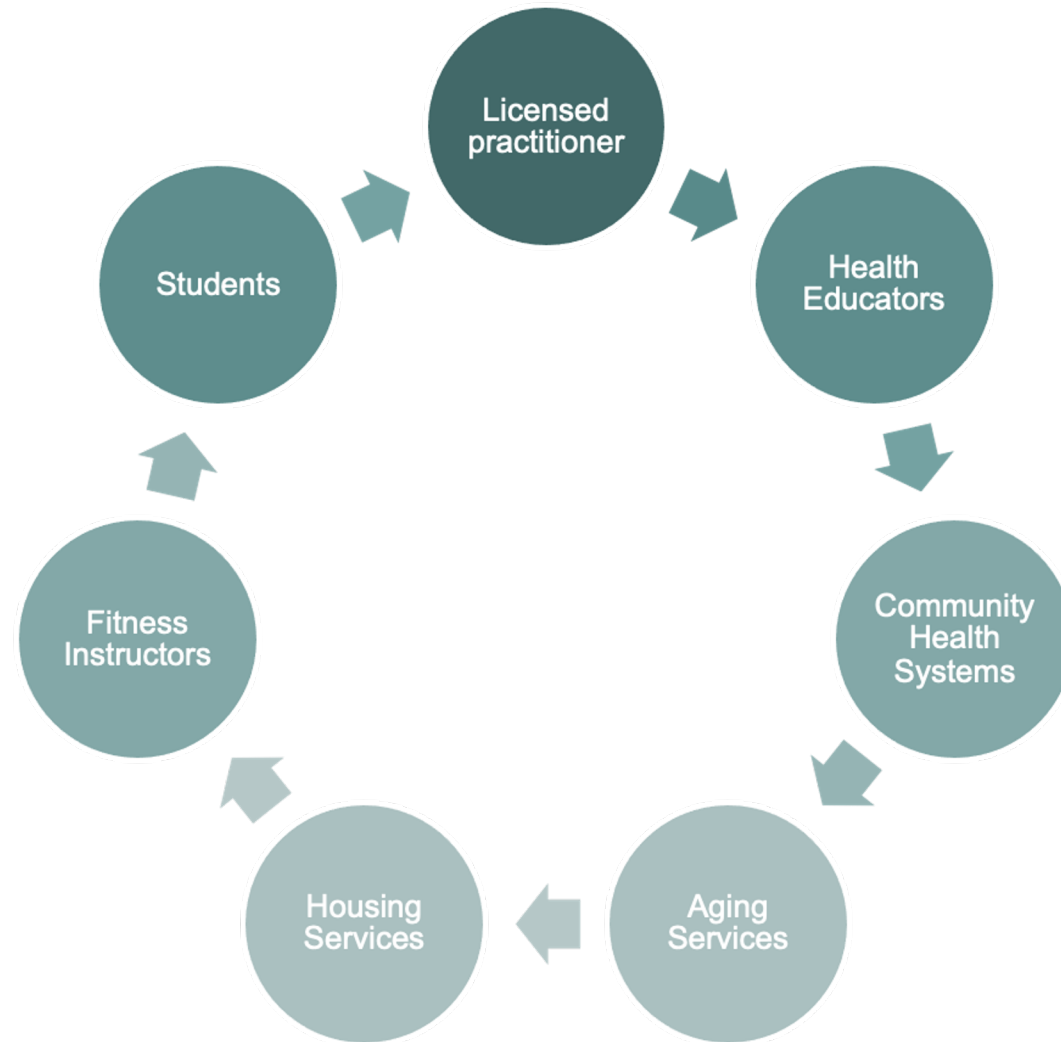
| PT Management Phase | | | | | | Self-Management Phase | | | | | |
|---------------------|-------|-------|--------|-------|------|-----------------------|------|------|------|----|----------|
| Month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Initial | Visit | Visit | Visit* | Visit | | | | | | | Visit |
| Month | | | | | | | Call | Call | Call | | |
| Week | | | | | | | | | | | |
| Week | | | | Visit | | | | | | | Visit/DC |
| | Call | Call | | | Call | Call | | | | | |

<http://www.uncgeriatrics.com/>

March 2021 APTA NV Webinar



Maximizing the Team



Balance and Memory Screening



Free Community Event

Presented by Cleveland Clinic and UNLV School of Integrated Health Sciences

Balance Screening

Are you fearful of falling? Have you been stumbling lately? Falls are not a normal part of aging and most can be prevented. Empower yourself: Join us for a free balance screening conducted by physical (PT) and occupational therapy (OT) students and learn ways to decrease your risk.

Memory Screening

Screenings are appropriate for anyone. Whether you are experiencing memory loss right now or are simply concerned about the future, this is an opportunity to have a brief memory screening and receive results to share with your healthcare provider.

Participants will receive:

- A copy of your screening assessments to share with your primary healthcare provider
- Information on free community programs that reduce fall risk
- Information on clinical research participation
- Resources and tools to improve your health and wellbeing

Registration required
<http://ccf.org/NevadaScreenings>

When:

Saturday, September 18, 2021
8 am - 3 pm

Location:

UNLV OT campus located at:
1125 E. Shadow Lane, Las
Vegas, NV 89102

Cost:

Free community event

RSVP:

Registration is **REQUIRED**:
ccf.org/NevadaScreenings

Questions?

rehabNV@ccf.org or
702.483.6032

Key Takeaways for Success


- You need a dynamic, engaged team to be successful
 - Identify a lead or champion
 - Assign roles
- Plan ahead
 - The processes, set up, and communication all take a lot of time
 - Try to include automated sign ups
- 1:1 technology set-up and support is key
 - Include education on features of virtual platform
 - Ensure home environment is set up for safety and to facilitate optimal participation





Nevada Goes Falls Free Coalition

@NVGoesFallsFreeCoalition · Community

 Edit Send Email



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Nevada Goes Falls Free Coalition

*Thank
You*

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702.971.0402

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