The Power of Observation & Falls PIP

Continuation Phase, Session 16

Today

IHI Curriculum

• The Power of Observation

Falls PIP

Falls Talk
In Chat Box

Did you do walk rounds last week?

In the Chat

- Have you seen any changes in your fall rate recently?
  - pre/post COVID?

Even if you have not been submitting your homework, we would like to know
In the Chat

Are you able to identify when staff are stressed?
What signs do you see when staff are stressed?

Video

5 Essential Components of Response to Stress
Older Adults & Falls

Heading into our next PIP

Thank you for Sharing Heart of America - Rugby
Falls

Goals

1. Understand fall risk factors
2. Post fall assessment and management
3. Fall Prevention program
Intrinsic risk factors

- Multiple chronic conditions
- Medications
- Weakness / sarcopenia / frailty

Postural control problems

- Environmental hazards
- Change in position
- Post prandial hypotension
Interceding factors

- Acute illness
  - atypical COVID-19
- Unfamiliar staff
- High patient to staff ratio

Falls mortality and COVID-19

[Graph showing hip fracture mortality with bars for COVID and non-COVID cases]

J Bone Joint Surg Am. 2020 Jul 1; 102(13):e69
Risk

- Age
- Dementia
- Female Gender
- Previous falls

Theodore Gericault, 1822

Risk

- Arthritis
- Foot disorders
- Vision / bifocals
- Hearing / impaction
- Pain
- Stroke
- Parkinson’s disease
## Vision problems and falls

<table>
<thead>
<tr>
<th>Vision problem</th>
<th>Fall OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visual acuity</td>
<td>1.89</td>
</tr>
<tr>
<td>Low contrast sensitivity</td>
<td>1.5</td>
</tr>
<tr>
<td>Poor depth perception</td>
<td>2.5</td>
</tr>
<tr>
<td>Multi – focal glasses</td>
<td>2.29</td>
</tr>
<tr>
<td>Central vision loss</td>
<td>2.5</td>
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</tbody>
</table>

## Foot issues

<table>
<thead>
<tr>
<th>Problem</th>
<th>Odd Ratio for falls</th>
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</thead>
<tbody>
<tr>
<td>Foot pain / fasciitis</td>
<td>1.95</td>
</tr>
<tr>
<td>Hallux valgus (aka, bunions)</td>
<td>1.89</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>17.0</td>
</tr>
<tr>
<td>Toe weakness (L5 / S1)</td>
<td></td>
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<tr>
<td>Reduced range of motion</td>
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<tr>
<td>Amputation</td>
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Risk Assessments

Performance – based tests

- Gait speed
- Timed Up and Go
Neuro-sensory

- Cerumen impaction
- Visual field cut
- Nystagmus
- Upper gaze paralysis

Balance / postural stability

- Cogwheel
- Back propulsion
- Sharpened Romberg
Sarcopenia

- Temporal wasting
- Fatigue
- Weakness

Metabolic

- Vitamin D
- Hypoglycemia
- Post prandial
Homework

This week

• With your primary topic you selected from your RCA, Identify Intervention; begin to structure PDSA

Submit Homework via Dropbox

• Now on our website (direct link to dropbox with instructions)
  • https://www.dakotageriatrics.org/project-echo-can/phase-2-continuing-education
• Please note we might share your work with the group (if you don’t want to share, please let us know)

If you would like additional technical assistance, please let us know.
You can work with our mentors one-on-one.