

STEADI

fall prevention and management program

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STEADI toolkit

- Stopping Elderly Accidents, Deaths, & Injuries
- Developed by the CDC, a fall prevention toolkit that contains resources to assess and address fall risk in different clinical settings for various health care providers and the elderly population

STEADI
Stopping Elderly
Accidents, Deaths & Injuries

STEADI algorithm

- http://www.cdc.gov/homeandrecrereationalsafety/pdf/steady/algorithm_fall_risk_assessment.pdf
- Adapted from the American and British Geriatric Societies' Clinical Practice Guideline

Optimal Aging

- "The capacity to function across many domains-physical, functional cognitive, emotional, social, and spiritual to ones satisfaction and inspite of one's medical conditions"
(Brummel/Smith)
- Falls among people 65 and older are the leading cause of injury, injury-related deaths ,and ER visits for trauma(over 2 million)
- 1 out of every 3 people age 65 and older fall each year



PT advocate for services

- Physical therapists should incorporate fall intervention strategies into the management of individuals 65 and older in order for them to stay healthy and maintain their independence
- Spread the word to other health care providers about the program

Contacting the group

- Phone: 800-CDC-INFO
- Website: <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/about.html>
- Center for Disease Control and Prevention
National Center for Injury Prevention and Control (NCIPC)



Self advocacy

- In my future practice as a PT I will incorporate fall prevention in my daily clinical routine for screening older adults to identify their fall risk
- Brochures for patients and for health care providers
- <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html#offer>
- Recommended Program Forms:
- http://www.cdc.gov/homeandrecreationalafety/pdf/steady/recommended_programs_form.pdf

Brochures topics

- What YOU can do to prevent falls
- Recommended Programs Form
- Check for Safety: A Home Fall Prevention Checklist for Older Adults
- Case studies
- validated tests to assess patients' falls risk factors
- Stay independent
- Chair rise exercises
- Postural hypotension, what is it and how to manage it

Stay independent

- http://www.cdc.gov/homeandrecreationalafety/pdf/steady/stay_independent.pdf

Chair Rise Exercise

- Recommend this simple exercise to your older patients to help improve their thigh and buttock strength and to reduce their fall risk
- http://www.cdc.gov/homeandrecreationalafety/pdf/steady/chair_rise_exercise.pdf

What I could add to the group?

- In the future I could provide data on patient outcomes with use of the STEADI fall prevention tool kit to rule in what works for each type of patient
- Provide more case reports with patients who have co-morbidities

Questions??

Resources

- <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html#offer>