

# STEADI Fall Prevention and Management Program

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<http://www.excelphysicaltherapy.com/wp/wp-content/uploads/2012/06/4-Older-People-Exercise21.jpg>



## Description<sup>1</sup>

- ⊗ STEADI = Stopping Elderly Accidents, Deaths, & Injuries
- ⊗ A tool kit created by the CDC “for health care providers who see older adults in their practice who are at risk of falling or who may have fallen in the past”
- ⊗ Gives health care professionals additional resources to integrate into their own practices
- ⊗ Adapted from the American and British Geriatric Societies’ Clinical Practice Guideline

Image: <http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Images/injury%20prevention/fallspageimage.ashx>

# Description<sup>1</sup>



- ⊗ Tool kit includes:
  - ⊗ Basic information about falls
  - ⊗ Case studies
  - ⊗ Conversation starters
  - ⊗ Standardized gait and balance assessment tests (with instructional videos)
    - ⊗ TUG
    - ⊗ 30 Second Chair Stand Test
    - ⊗ 4 Stage Balance Test
  - ⊗ Educational handouts about fall prevention specifically designed for patients and their friends and family

Image: [http://www.rttworks.com/tl\\_files/images/toolkit.gif](http://www.rttworks.com/tl_files/images/toolkit.gif)

## The Timed Up and Go (TUG)

### Instructions to the patient:

When I say "Go," I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word "Go" begin timing.

Stop timing after patient has sat back down and record.

Time: \_\_\_\_\_ seconds

*An older adult who takes  $\geq 12$  seconds to complete the TUG is at high risk for falling.*

# 30 Second Chair Stand Test

**Instructions to the patient:**

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.
5. On "Go," rise to a full standing position and then sit back down again.
6. Repeat this for 30 seconds.



**Chair Stand—Below Average Scores**

Age	Men	Women
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

# The 4 Stage Balance Test

**Instructions to the patient:**



1. Stand with your feet side by side. **Time: \_\_\_\_\_ seconds**



2. Place the instep of one foot so it is touching the big toe of the other foot. **Time: \_\_\_\_\_ seconds**



3. Place one foot in front of the other, heel touching toe. **Time: \_\_\_\_\_ seconds**



4. Stand on one foot. **Time: \_\_\_\_\_ seconds**

## PT Advocacy

- ⊗ A PT should utilize this tool kit when they suspect a patient is at high risk for falls
- ⊗ In order to be effective with this tool kit, the patient should be tested during an appointment and referred to other specialists as necessary



<http://waystohelp.ncoa.org/images/content/pagebuilder/BalanceFalls.jpg>

## Contact Information<sup>2</sup>

- ⊗ Since this is a tool kit for health care providers to use in their offices and clinics, there is no group to contact or eligibility for this program
- ⊗ If the patient would like more information on the STEADI tool kit they can search for it on the [CDC website](#)



<http://evaluation.umn.edu/wp-content/uploads/CDC-Logo.jpg>

# Referrals?

- ⊗ The purpose of this tool kit is not for referral to a specific agency, but rather to obtain referrals to other health care professionals to help patients improve/decrease risk factors for falls



<http://silverwaves.co.uk/blog/wp-content/uploads/2013/03/seniors-walking1.jpg>

**Falls Prevention**<sup>®</sup>  
is everyone's business

[http://www.cec.health.nsw.gov.au/\\_\\_images/programs/falls-prevention/everybody.png](http://www.cec.health.nsw.gov.au/__images/programs/falls-prevention/everybody.png)

# Materials for PTs<sup>2</sup>

- ⊗ [Algorithm for falls risk assessment and interventions](#)
- ⊗ [Integrating Fall Prevention into Practices](#)
- ⊗ [Fall Risk Checklist – determining fall risk](#)
- ⊗ [Talking About Fall Prevention with Patients](#)
- ⊗ [Measuring Orthostatic Hypotension](#)
- ⊗ [Fall Prevention Patient Referral Form](#)
- ⊗ [Recommended Fall Prevention Program](#)

**STEADI**  
Stopping Elderly  
Accidents, Deaths & Injuries

<http://1.bp.blogspot.com/-VawWR0HCVrk/UQAJ6MM76bl/AAAAAAAAAAB0/7MxA9gh8uYU/s1600/STEADI.jpg>



## Case Studies<sup>2</sup>

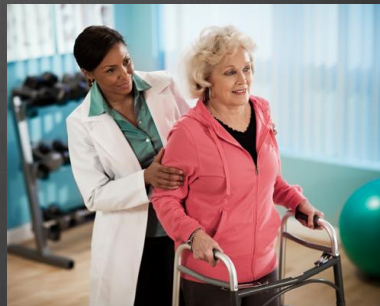
- ⊗ [Case 1](#)
- ⊗ [Case 2](#)
- ⊗ [Case 3](#)



<http://3.bp.blogspot.com/-ZanNbgHV8Q8/UCN58oxQ1FI/AAAAAAAAOas/wQ4Wf-K8OU0/s1600/exercise+for+older+people.jpg>

## Background Information on Falls<sup>2</sup>

- ⊗ [Risk Factors for Falls](#)
- ⊗ [Threat of falling](#)
- ⊗ [Medications](#)



<http://ptclinic.com/websites/937/website/photos/gait-and-balance.jpg>

## Materials for patients<sup>2</sup>

- ⊗ [Staying independent and check list for falls risk](#)
- ⊗ [Chair rise exercise](#)
- ⊗ [Patient information on postural hypotension](#)
- ⊗ [Preventing Falls](#)
- ⊗ [Safety Check list](#)



[http://waystohelp.ncoa.org/images/content/pagebuilder/FallsFree\\_ss.png](http://waystohelp.ncoa.org/images/content/pagebuilder/FallsFree_ss.png)

## Materials to Potentially Add

- ⊗ Although this tool kit is very comprehensive, added information on different specialists or older adult friendly exercise locations could be offered depending on location



[http://whosblogisthis.files.wordpress.com/2010/09/dancing\\_533.jpg](http://whosblogisthis.files.wordpress.com/2010/09/dancing_533.jpg)

# QUESTIONS????

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<http://julieamarxhausen.files.wordpress.com/2012/05/happy-old-people.jpg>

## References

1. Baldwin G. About CDC's STEADI (Stopping Elderly Accidents, Deaths, & Injuries) Tool Kit. Center for Disease Control and Prevention Web Site. Updated December 2012. Accessed April 13, 2013.
2. STEADI (Stopping Elderly Accidents, Deaths & Injuries) Tool Kit for Health Care Providers. Center for Disease Control and Prevention Web Site. Updated April 2013. Accessed April 13, 2013.