



UNC

INSTITUTE FOR HEALTHCARE
QUALITY IMPROVEMENT

Falls Prevention in Primary Care:

**An interprofessional approach to reduce risk
for falls in older adults**

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Project Aim

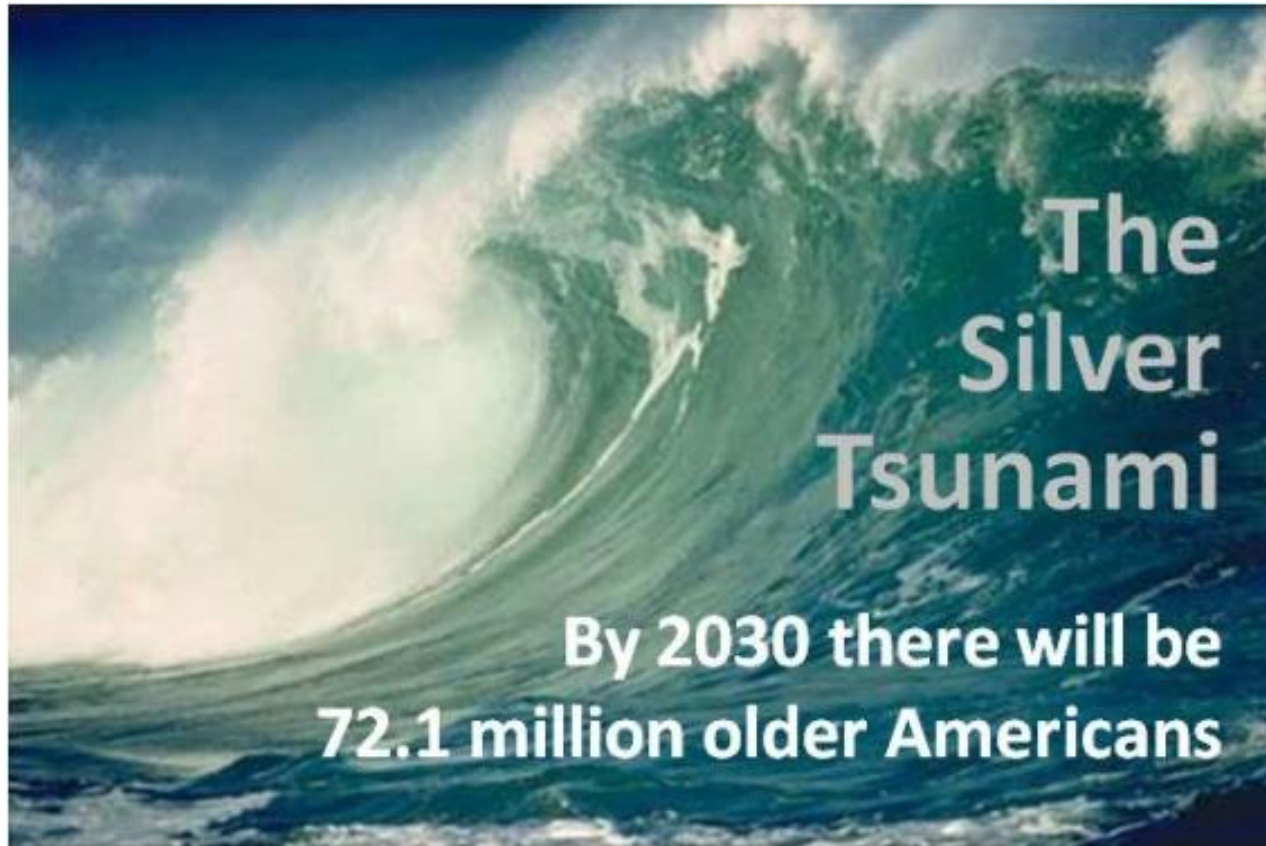
- To decrease risk of falls in patients who are:
 - 65 years of age and older
 - Ambulatory
 - Enrolled in Medicare
 - Seen by a primary care provider at Family Medicine Center

The Problem of Falls

In 2014:

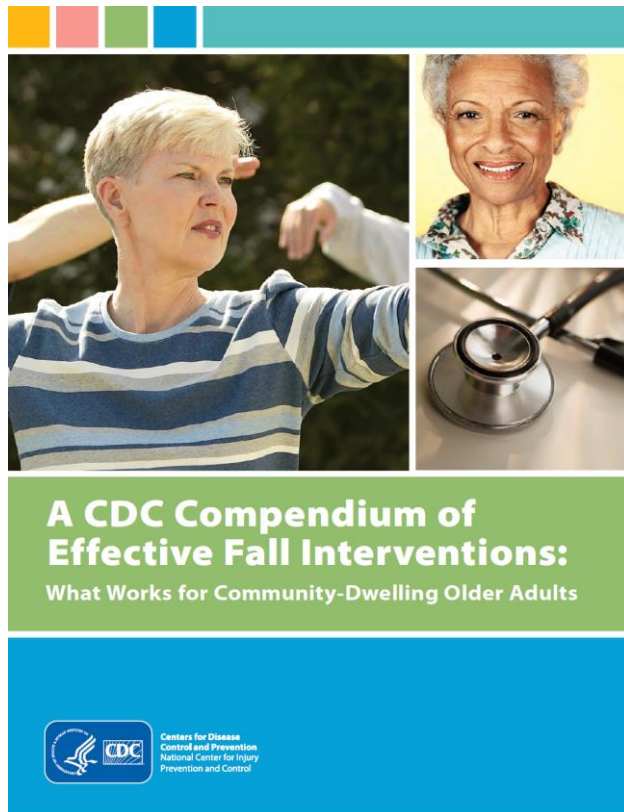
- One in four older adults had a fall
- More than 7 million of these falls had significant consequences
- More than 27,000 older adults died

A Growing Concern



Evidence-Based Guidelines and Interventions Already Exist!

STEADI Stopping Elderly
Accidents, Deaths & Injuries



➔ **Otago**

Return on investment

for >65 years of age = 36%
for >80 years of age = 127%

Patient Perspective



- “I had been toppling over for a while, but then I had a bad fall and got a concussion.”
- “The exercises are pretty easy to do; they only take 20-25 minutes. Now I’m getting my balance back and my legs are getting stronger.”

FALLS PREVENTION IN PRIMARY CARE

Family Medicine
Center

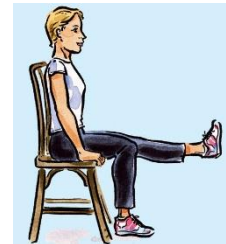
Screening



Referral

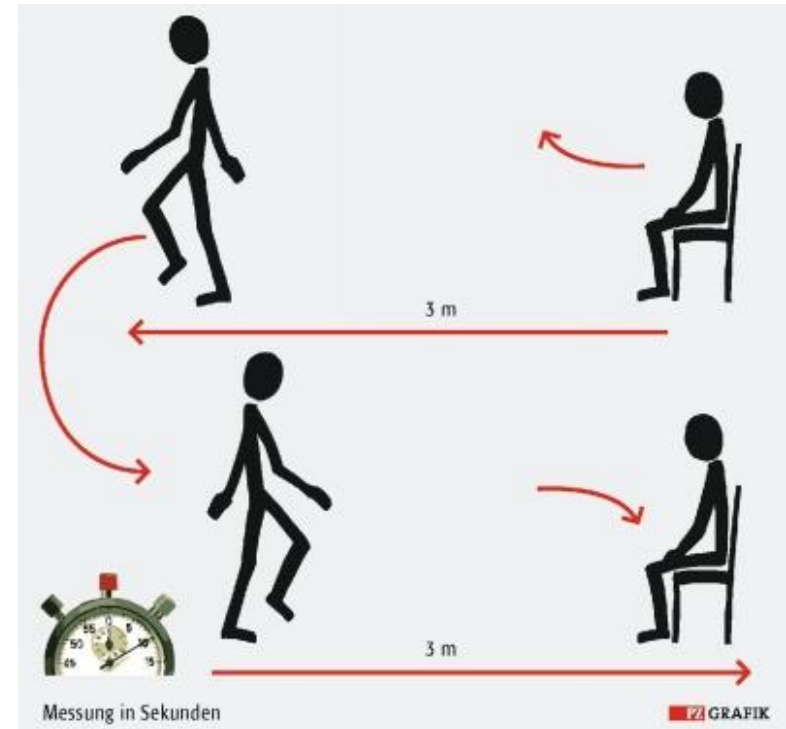


Physical
Therapy



Screening at Family Medicine Center

- Screening questions
- Timed Up and Go test (TUG)



Medical Assistant Perspective

- “The TUG is quick and easy to do... if I don’t get it done, it usually is because the physician comes into the room early, and I don’t have time.”



Referral

- Epic

- BPA for falls
- Preference lists
- Smart phrases

- Flyers for patients showing PT locations

- Handout/flyer for patients who screen positive



Are you at risk for falls?



Have you fallen in the past year?

Do you feel unsteady when standing or walking?

**Physical therapy can help you
Stay Safe, Stay Strong, and Stay Active!**

Ask your provider TODAY for a referral to physical therapy for falls risk evaluation.

Physician Perspective

- “We all have the same goal... we want to keep our patients safe.”



Physical Therapy

- Evaluation
 - TUG and other standard outcome measures
 - Epic template
 - Patient appropriate for Otago?
- Intervention
 - Therapists trained in Otago
 - If Otago, patient receives 5 PT visits over 5 months



Example exercise illustration from Otago manual

Physical Therapist Assistant Perspective

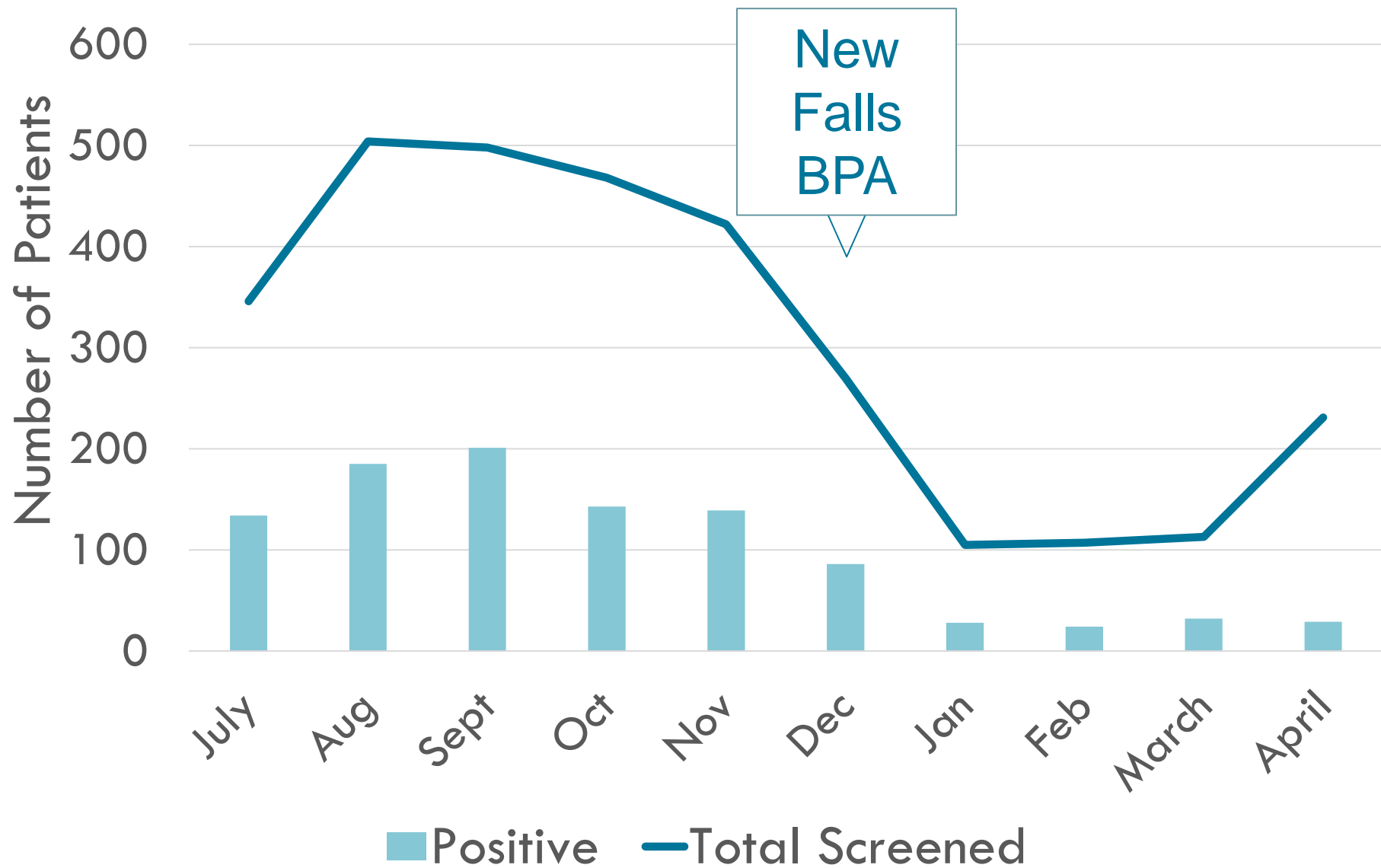


- “I do like the exercises... my patient is a high functioning, cognitively intact, independent man who is still driving, but has horrible balance, and he stated, ‘I like these the more I am doing them because I can do them, and I will keep on doing them, because they are doable.’ He stated that they are not so difficult and complex that he gets discouraged and just stops doing them....”

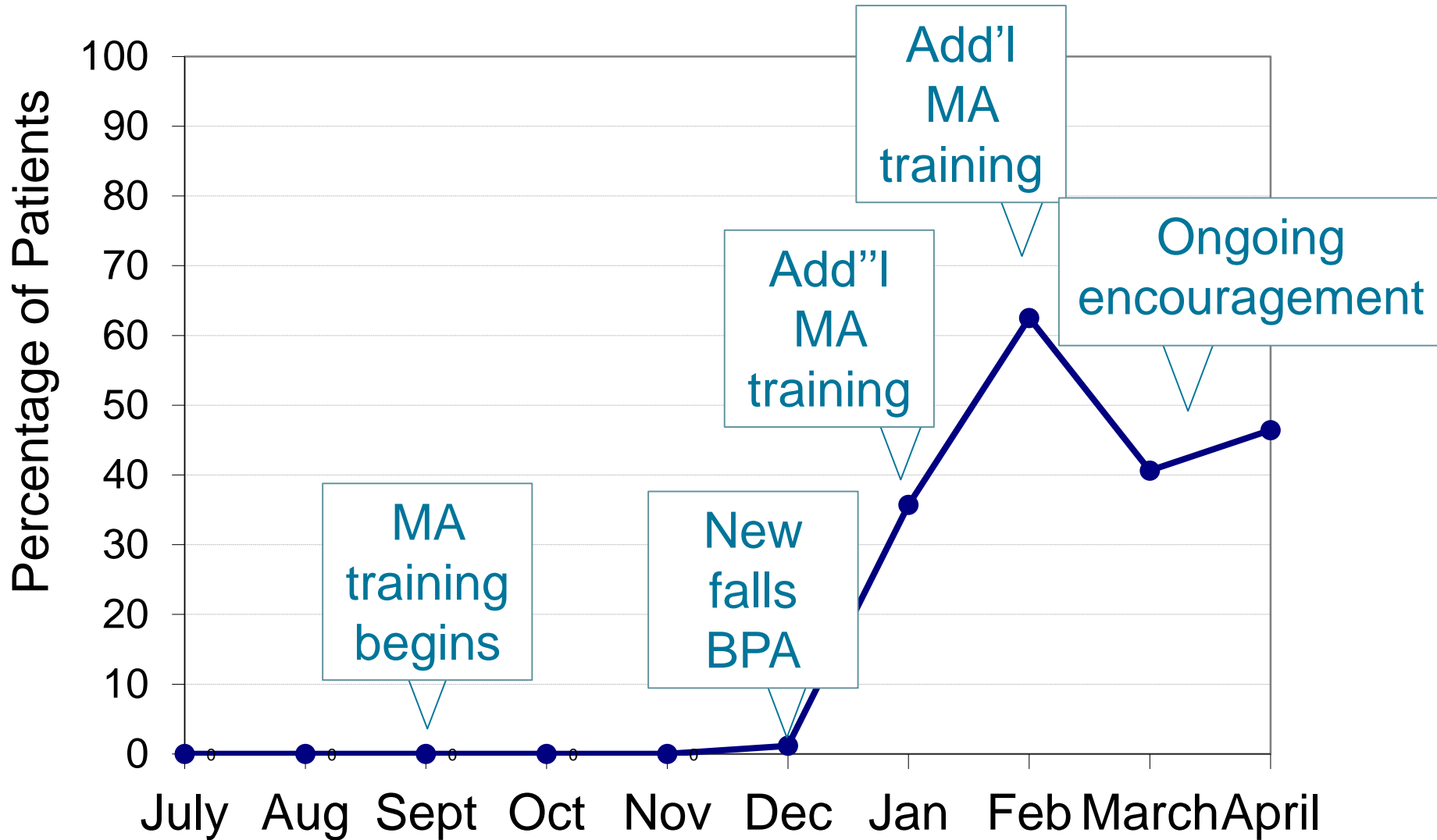
RESULTS TO DATE



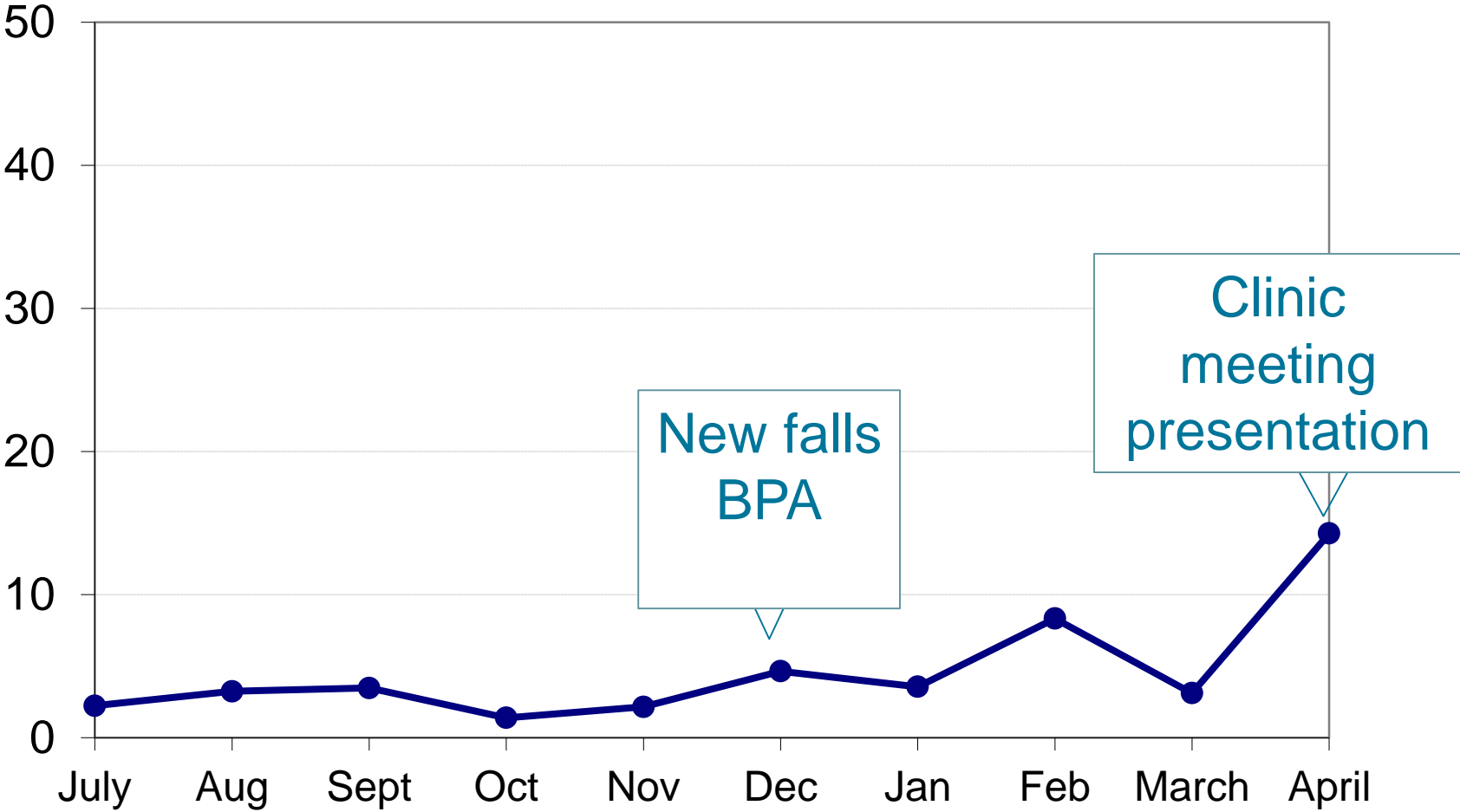
Total patients screened and patients with positive screen



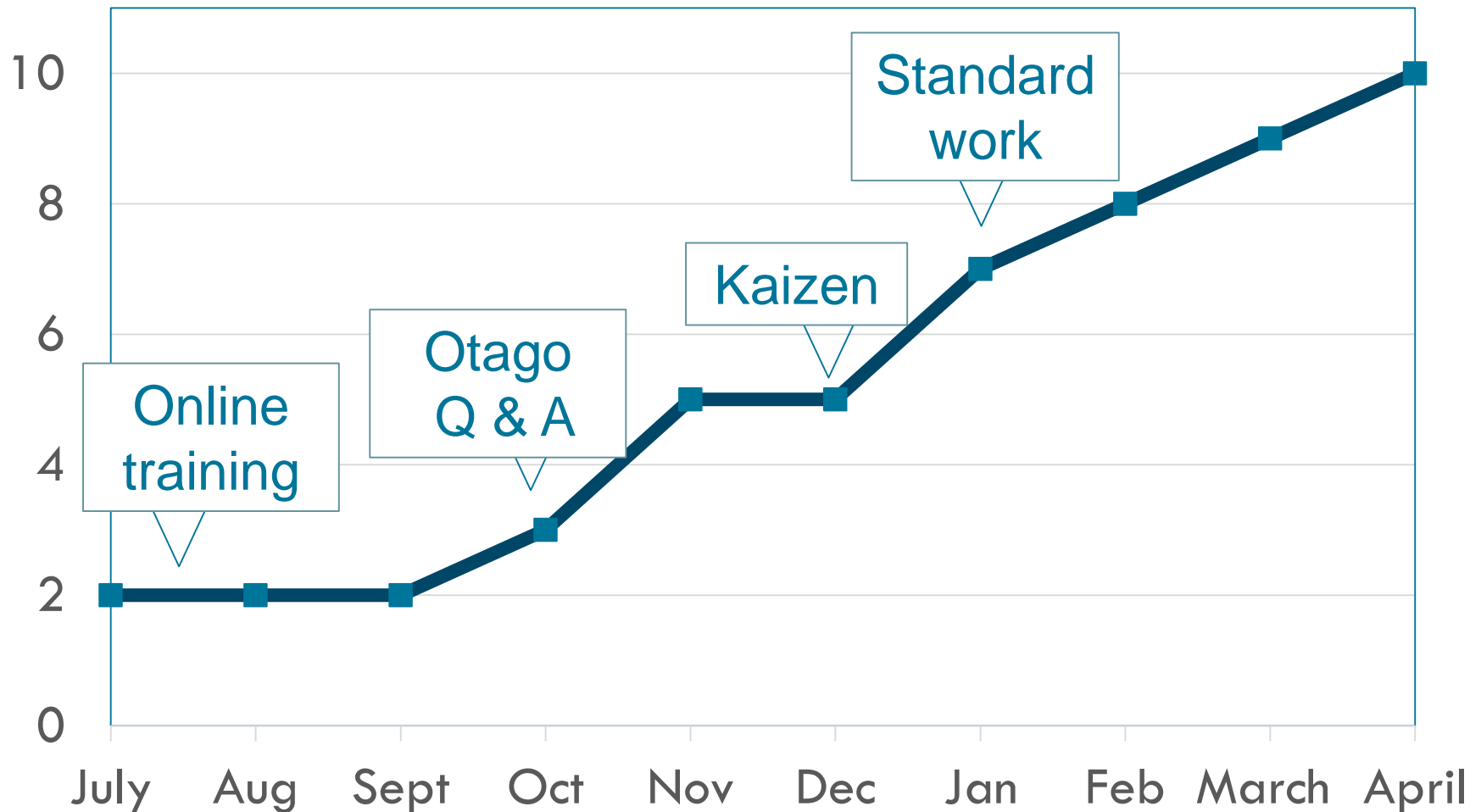
Patients who received TUG



Percentage of patients with positive screen referred to PT



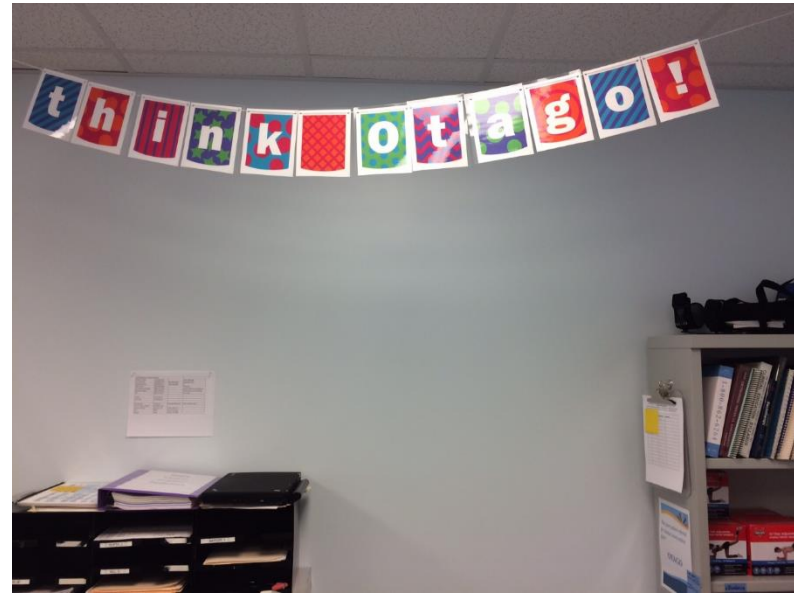
Number of physical therapists providing Otago to patients



Sustainability and spread

Sustainability:

- Dashboard
- Standard work
- Ongoing training
- Adjustable ankle weights for patients



Spread:

- Standard work
- Primary Care Improvement Collaborative presentation
- Other presentations
- Publications

QUESTIONS?

