



#### Presenter: Jennifer Sidelinker, PT, DPT, GCS

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Jennifer Sidelinker, PT, DPT, is a VP of Clinical Services and the Director of Physical Therapy for Genesis Rehab Services, a national rehab company addressing the needs of older six management. She is a PA Slate Advocate for the AGPT, a strk management. She is a PA Slate Advocate for the AGPT, or of Aging, the AGPT/NICOA Partnership Task Force, and the PPTA Geriatric SIG. Jennifer is a board certified specialist in Geriatric SIG. Jennifer has been a leader in development and dissemination of Balance In Actional, the Genesis organization's care delivery model for fail risk management balance in Action was recognized as in innovative program at the 2013 APTA Innovation Summit.

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### **Session Objectives**

- Appreciate the scope and impact of the problem of falls and fall-related injuries in the US
- Identify critical ingredients of evidence-based fall risk management, focusing on the unique role/responsibilities of physical therapy providers.
- · Identify fall risk factors most associated with future falls
- Understand the importance of advocacy efforts for falls prevention, including through participation in national Falls Prevention Awareness Day

  - Review selected evidence-based exercise programs for fall prevention, and the role
    of physical therapists as continuum partners
     Review resources from various sources related to national Falls Prevention
    Awareness Day, and inspire participants to advocate and take action

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## **CEU/Certificate Info**

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#### Each Year

>25% of people over age 65 fall

<50% of people over age 65 tell their doctor about falling

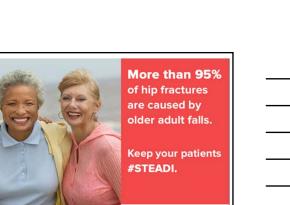
3 million older people are treated in emergency departments for fall injuries

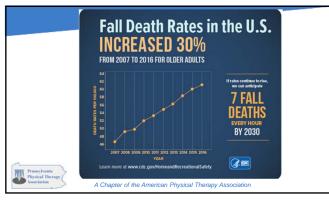
>800,000 older adults are hospitalized due to a fall injury, most commonly hip fracture or head injury

AND Falling once doubles your <u>chance of falling again!</u>

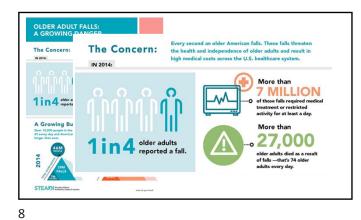




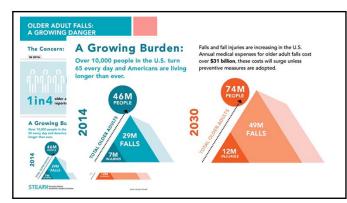






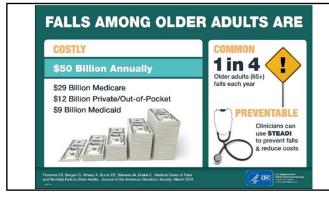














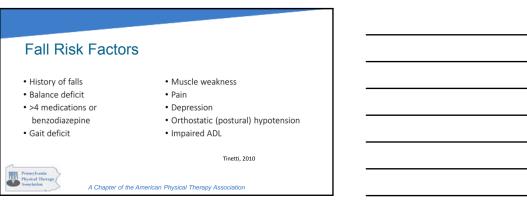
# Fall Risk Screening

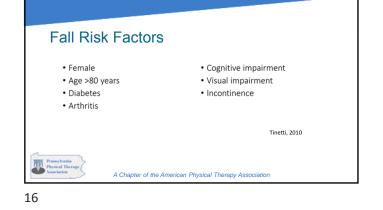
- Identifies if there is risk, not the cause(s) of the risk
- Can be done by anyone trained in the key elements • Falls in the last year? (>1 or 1 with injury)
  - Self-report of fear of falling limiting usual activities
  - Unsteady gait

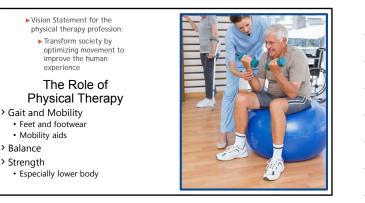
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# Physical Therapy – Fall Risk Screening e. Ontent Considerations e. Mainson Self-report related to risk factors and fear e. Peromance –based (i.e. gait speed; TUG; Chair Rise) Client review of results e. Arming of message to help, not make things worse E. Mainson of message to help, not make things worse E. Mainson of message to help, not make things worse E. Mainson of message to help, not make things worse E. Mainson of message to help, not make things worse E. Mainson of the state of the stat







## Practitioners of Choice

PT's/PTA's are the practitioners of choice to lead fall risk management initiatives

#### Why?

- A PT/PTA has training and expertise to:
- Efficiently and effectively administer fall risk screens
- Manage many fall risk factors (gait and balance impairments, etc.)
   Prescribe evidence-based exercise interventions

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## Healthy Steps for Older Adults Program Summary

Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program for adults ages 50 and over. The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and wellbeing, and provide referrals and resources. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations. HSOA was developed by the Fall Prevention Initiative of the Pennsylvania Department of Aging.

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Healthy Steps in Motion Program Summary

Healthy Steps in Motion (HSIM) is an exercise program designed for people of all fitness levels. The program is a one-hour session twice a week for eight weeks, and is taught by certified instructors; it starts with a warm-up, followed by strength & balance exercises and ends with a cool down-stretch. There are three levels so participants can continue HSIM as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals, YMCAs/VWCAs, and more.

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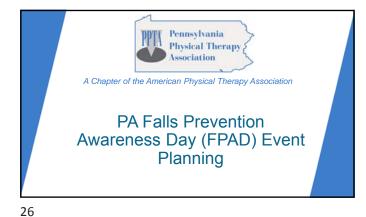


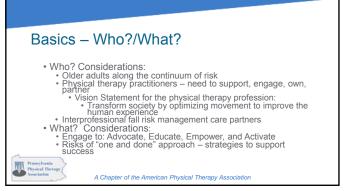
#### Date: September 23, 2019

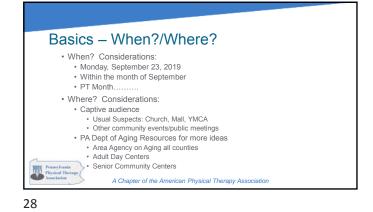


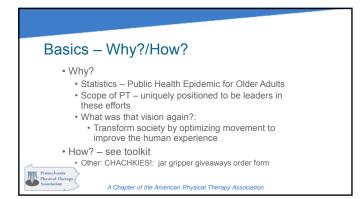
The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related

injuries among older adults. National, state, and local partners collaborate to educate others about the impact of falls, share fall prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs. National and state efforts are published in NCOA's annual FPAD Impact Report. If you would like to learn more about fall prevention efforts in your state, please contact your State Falls Prevention Coalition lead.

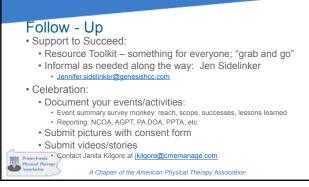


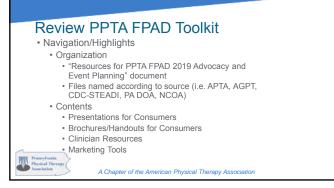












#### Summary

- The rate of falls and fall related injuries in the US continues to grow, along with associated functional, financial, and societal burden
- There are many critical ingredients to managing falls successfully
- It takes collaboration and partnership to effectively manage fall risk over time
- Annual Fall Prevention Awareness Day offers a great opportunity to advocate and raise awareness around this public health problem for older adults in the US

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