

Primary Care Fall Prevention Multimedia Training Package

Seniors' fall prevention has been identified as a pivotal part of Integrated Community and Primary Care. It has been recognized that there is a need for standardized interventions in primary care for seniors to avoid missed opportunities to reduce the risk of falls and fractures.

Physicians often interact with older adult patients who have experienced a fall or fall-related event, yet there are few validated tools readily available to assess the nature of the risk and guide the application of proven fall prevention strategies.

The goal of this training package is to reduce the growing number of falls and fractures among older adults in B.C. by engaging primary care physicians in evidence-based fall prevention for older adults through the production of a multimedia training package. This package includes written resources for physicians and information to give their older adult patients, as well as a video based on a case study representing frail elderly in the community.

These resources reflect the recommendations of the American and British Geriatric Society's fall prevention guidelines for physicians and build on existing practices through an examination of compounding effect of common health conditions. The video and fact sheets cover practical risk assessments to be conducted during routine medical examinations to determine an older person's risk for falling or being injured.

The development of these materials was funded by the B.C. Ministry of Health under the leadership of fall prevention experts at the Centre of Excellence on Mobility, Fall Prevention and Injury in Aging (CEMFIA), in partnership with the General Practice Services Committee (GPSC) Practice Support Program (PSP), the B.C. Medical Association (BCMA), and the B.C. Injury Research and Prevention Unit (BCIRPU).



Training Package Contents:

Video:

- Primary Care Fall Prevention Video

Fact Sheets for Physicians:

Quick reference/information sheets for five key areas to provide a context for falls and fall-related injuries, identifying risk factors related to falls and fall injuries, how to incorporate assessments and interventions to reduce fall risk, information and list of medications linked to falls, and algorithm outlining the pathway for fall prevention in older persons.

- Fact Sheet 1: Defining the Problem of Falls and Fall-related Injuries among BC Seniors
- Fact Sheet 2: Identifying Fall Risk Factors
- Fact Sheet 3: How to Incorporate Fall Assessment & Interventions
- Fact Sheet 4: Medications and the Risk of Falling
- Fact Sheet 5: Revised ABS BGS Guidelines for Prevention of Falls in Older Persons

Tests for Balance and Gait for Physicians, MOAs and Health Professionals

Instructions for three standardized tests for balance and gait for use by Physicians, MOAs and Health Professionals.

- Timed Up and Go (TUG) Test
- Tandem Stance Test
- Chair Stand Test

Hand Outs & Brochures for Physicians to give to Seniors

Information for Physicians to give to their older adult patients at risk for falls or related injuries. These handouts include a safe and easy to follow home exercise program that can be done at the kitchen sink, recommendations for establishing good sleep habits, a fall risk assessment and checklist, and information brochure on fall risk factors and ways to improve the home environment to reduce fall risk.

- Hand Out 1: Home Activity Program
- Hand Out 2: Recommendations for Good Sleep Habits
- Seniors Falls Can Be Prevented Brochure
- Staying Independent Checklist

Web Links

These materials can be found at the General Practice Services Committee, Chronic Disease Management website at:

1. Written Fall Prevention resources:

<http://www.gpsc.bc.ca/psp-learning/chronic-disease-management/tools-resources>

2. Video:

<http://www.gpsc.bc.ca/psp-learning/clinical-management/videos-chronic-disease-management-cdm>