Preventing Falls in Skilled Nursing
WHCA Winter Conference
February 22nd, 2019

Carolyn Ham, PTA
Older Adult Falls Prevention Specialist
Washington State Department of Health

Lisa Brudvik
Fitness Manager
Skyline
Falls Are Preventable

Safety Modifications

Screening

Exercise

CDC 2017
Preventing Falls in Skilled Nursing

FALLS RISK TRIVIA
# Falls Prevention Trivia

<table>
<thead>
<tr>
<th>Medications</th>
<th>Hidden Fall Risks</th>
<th>Chronic Conditions</th>
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</thead>
<tbody>
<tr>
<td><strong>Level 1</strong></td>
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<tr>
<td><strong>Level 2</strong></td>
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</table>
The risk of a fall is significantly increased when starting or changing a medication for Blood Pressure.
Medications – Level Two

Three types of medications that increase risk for falls

Pain medication
Anxiety medication
Sleep medication
Hidden Fall Risks – Level One

Fear of Falling ________ causes increased risk of falls

Photo by Lejo McLaren (@lejomclaren) on Unsplash
Hidden Fall Risks – Level Two

Can be caused by isolation, lack of appetite or difficulty swallowing and increases risk of falls

Malnutrition

Photo by Thought Catalog on Unsplash
Decreased sensation in this part of the body, often caused by diabetes, increases risk of falls

Feet

Photo by Frank Vex on Unsplash
Chronic Conditions – Level Two

Older adults should get their _______ checked every year to decrease risk of falls

Photo by David Travis on Unsplash
FALLS PREVENTION FACTS

Fall Death Rates in the U.S.
INCREASED 30%
FROM 2007 TO 2016 FOR OLDER ADULTS

If rates continue to rise, we can anticipate
7 FALL DEATHS
EVERY HOUR
BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.
Falls in Skilled Nursing

• Falls cost $6,200 per resident per year
• Half of all SNF residents fall every year
• From January-June 2018 in Washington, 17% of SNF residents were reported as having had a fall since their last assessment (MDS)
• Residents who fall infrequently are more likely to be seriously injured
• Residents with moderate to severe cognitive impairment are at increased risk

Sources:
https://academic.oup.com/gerontologist/article/48/2/213/661222
https://academic.oup.com/biomgederontology/article-abstract/73/6/786/4475900?redirectedFrom=fulltext
High Risk Groups

• Age 85+

• Cognitive Impairment

• Chronic Conditions

• Homebound

• Multiple Medications
Leading Risk Factors For Falls In SNF

- Decreased leg strength and balance
- Environmental hazards
- Medications
- Vision and Hearing Problems
- Decreased sensation in feet, poorly fitting shoes
- Difficulty with transfers
- Improper use of assistive devices
- Urinary Urgency and/or Incontinence
- Depression
- Cognitive Impairment*
- Advanced Age*
- Chronic Conditions*
*Non-Modifiable
Preventing Falls in Skilled Nursing

FALLS PREVENTION STRATEGIES
Common Environmental Safety Challenges

A recent study found that more than 30% of recorded falls in skilled nursing facilities had an environmental cause

- Assistive device height or malfunction
  - Should be at wrist or hip height
  - 4WW brakes loose (DME retailer or PT)
  - Wrong AD, using on wrong side

- Bed transfer set up unsafe
  - Bed too high/no crash mat available
  - AD not close enough to bed

- Dining room/hallway chair safety
  - Should not swivel or roll
  - Adequate height for safe sit to stand transfer

https://www.mdpi.com/2411-5142/4/1/3
Falls Prevention Considerations for Bedbound Residents

- Cushion wedges
- Transfer Poles
- Crash mat
- Care plan 2-person rolling, or place bed next to wall for rolling
In The Bathroom

Many falls occur in the bathroom

Common issues in skilled nursing are:

- Placement of grab bars
- Slippery floors and surfaces
- Visual deficits
- Impulsivity/Incontinence
Bathroom Safety

Ideas to improve bathroom safety:

- Request staff feedback on grab bar locations, and fix as needed
- Place signage to remind staff to dry floors and surfaces
- Use brightly colored toilet seats for residents with memory and visual deficits
- “No Wait” policy for residents with dementia
Medications That May Increase Falls

https://www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/fallpxtk-tool3i.html

Special care when starting and changing doses

Risk level related to falls

<table>
<thead>
<tr>
<th>Level</th>
<th>Drugs</th>
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</thead>
<tbody>
<tr>
<td>High</td>
<td>Drugs that change mood and thinking: antianxiety, pain and sleep drugs</td>
</tr>
<tr>
<td>Medium</td>
<td>Drugs to treat high blood pressure and other cardiac conditions</td>
</tr>
<tr>
<td>Low</td>
<td>Diuretics</td>
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</tbody>
</table>
New Hearing Aid Benefit for Medicaid Enrollees

- Hearing loss has been shown to be independently associated with falls.
- Starting in January 2019, hearing aids are be a covered benefit for Washington Medicaid enrollees age 20 and older.
- During last year's legislative session, the Washington State Legislature passed ESSB 5179 that requires Apple Health (Medicaid) to cover hearing instruments (hearing aids) when medically necessary.
- See the Health Care Authority site for this benefit to learn who is eligible and how to use this benefit
  - https://www.hca.wa.gov/about-hca/apple-health-medicaid/adult-hearing-benefit
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518403/
Depression is Treatable

- There is a significant bi-directional relationship between depression and falls
- Depression in older adults may have different symptoms:
  - Trouble sleeping
  - Irritability
  - Loss of interest
  - Persistent thoughts of suicide
- Up to 50% of SNF residents are diagnosed with depression
- Depression is not a normal part of aging, and can be successfully treated by mental health professionals

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4880473/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3101711/
https://www.nia.nih.gov/health/depression-and-older-adults
Group Activity Exercise

Evidence-based programs are the most effective
Evidence-Based Group Exercise

- Several evidence-based falls prevention programs can be adapted for use in Skilled Nursing:
  - Otago Exercise Program group adaptation

- Facility PTs can get training in Otago
- DOH offers scholarships for training and technical assist with starting a program
Resources for Preventing Falls

- The Agency for Healthcare Research and Quality (AHRQ) free toolkits
  - AHRQ’s Safety Program for Nursing Homes: On-Time Falls Prevention
  - The Falls Management Program: A Quality Improvement Initiative for Nursing Facilities
  - Preventing Falls in Hospitals
    - Has risk assessment tools that can be helpful

https://www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/index.html
Skilled Nursing Fitness Program at Skyline

Lisa Brudvik, Fitness Manager
February 22, 2019
• Life Plan community in downtown Seattle
• Opened in October 2009
• The Tower
  • Independent living: 199 apartments
• The Terraces
  • Assisted living: 48 apartments
  • Skilled nursing: 34 beds
  • Memory support: 28 apartments
Fitness Programming

• Objectives
  • Physical movement
  • Cognitive health
  • Social engagement
  • Empowerment
  • Purpose
  • Fun!
The Individual

• What are their barriers?
• What motivates them?
• Focus on their ABILITY vs disability.
• They should leave feeling better than when they arrived.
Strategies

- Considerations
  - Environment: accessibility, natural light, flooring, chairs
  - Time of day
  - Naming of classes
  - Regular evaluation of program offerings

- Look for opportunity to celebrate success

- Who are your Champions?
Fitness Offerings at Skyline

• Fitness classes
  • 35 fitness class per week
  • 10 classes per week with focus on our Terraces residents
  • Range of classes for all physical and cognitive abilities
• Personal training (fee-based service)
### February 2019 – Fitness

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8:45</td>
<td>Petrina</td>
<td>Petrina</td>
<td>Lisa</td>
<td>Petrina</td>
<td>40 min</td>
</tr>
<tr>
<td>9:00</td>
<td>Aqua Aerobics (P) 60 min</td>
<td>Women’s Circuit Training (FC) 30 min</td>
<td>Aqua Aerobics (P) 60 min</td>
<td>Men’s Circuit Training (FC) 30 min</td>
<td>Petrina</td>
</tr>
<tr>
<td>9:15-</td>
<td>Tai Chi for Arthritis (ES)</td>
<td>9:30—Core Stability (MB)</td>
<td>Tai Chi: Learn the Yang 24 Forms (ES)</td>
<td>Seated Fitness 2 (MB)</td>
<td>Petrina</td>
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<tr>
<td>10:15</td>
<td>Tai Barb</td>
<td>Lisa</td>
<td>Lisa</td>
<td>Seated Fitness 2 (MB)</td>
<td>Petrina</td>
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<td>45</td>
<td>Seated Fitness 2 (MB)</td>
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<td>Seated Fitness 2 (MB)</td>
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<td>Petrina</td>
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<tr>
<td>11:00</td>
<td>Aqua Aerobics (P)</td>
<td><em>NEW</em> SAIL Fitness (ES)</td>
<td>Aqua Aerobics (P)</td>
<td><em>NEW</em> SAIL Fitness (ES)</td>
<td>Petrina</td>
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<tr>
<td>10:30</td>
<td>Challenge Fitness (MB)</td>
<td>10:35—Challenge Fitness (MB)</td>
<td>Cardio Fit (ES)</td>
<td>10:35—Challenge Fitness (MB)</td>
<td>Lisa</td>
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<tr>
<td>11:15</td>
<td>Seated Fitness 1 (ES)</td>
<td>Seated Fitness 1 (ES)</td>
<td>Seated Fitness 1 (ES)</td>
<td>Seated Fitness 1 (ES)</td>
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<td>Petrina</td>
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<tr>
<td>2:00</td>
<td>Water Walking (P) 30 min</td>
<td>1:30—Line Dancing (ES)</td>
<td>1:30—Line Dancing (ES)</td>
<td></td>
<td>Petrina</td>
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<tr>
<td>4:30</td>
<td>Lisa</td>
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<td>Ellen</td>
<td>Petrina</td>
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<td>*FEE BASED CLASS—Sign up with Lisa</td>
<td>Schön</td>
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### FITNESS CLASS CHANGES & VIRTUAL WALK

- 02/07: 2nd Aqua Aerobics class cancelled—10:15am (P)
- 02/11: Virtual Walk starts!
- 02/12: Core Stability cancelled—9:30am (MB)
- 02/14: Tai Chi resident led—9:15am (ES)
- 02/14: Cardio Fit cancelled—10:30am (ES)
- 02/18: Tai Chi resident led—9:15 (ES)
- 02/21: Cardio Fit cancelled—10:30am (ES)

### ANNOUNCEMENTS

- Learn about SAIL Fitness—02/26 at 3:00pm (MB)

Stay Active & Independent for Life (SAIL) is an evidence-based fall prevention program that incorporates strength, balance and fitness for older adults. In March, we will change our Seated Fitness 2 class to SAIL Fitness. Lisa will talk about what SAIL Fitness is and answer your questions.

### SMALL GROUP TRAINING

See pink sign up binder located in the Fitness Center cubbies for days and times.

### AQUATIC CENTER CLOSURES

Closed every Friday from 11:00am-2:00pm for maintenance.
# February 2019 – Terraces Fitness

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<td>10:15-11:00</td>
<td>SAIL Fitness (ES)</td>
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<td>Lisa</td>
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<tr>
<td>11:15-12:00</td>
<td>Seated Fitness 1 (ES)</td>
<td>Seated Fitness 1 (ES)</td>
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<td>Seated Fitness 1 (ES)</td>
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<tr>
<td>11:30-12:00</td>
<td>Seated Movement with Music (ES)</td>
<td></td>
<td>Seated Movement with Music (ES)</td>
<td></td>
<td>Seated Fitness (ES)</td>
<td>Seated Fitness (ES)</td>
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<td></td>
<td>Petrina</td>
<td></td>
<td>Lisa</td>
<td></td>
<td>Graham</td>
<td>Marina</td>
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<tr>
<td>2:00-2:30</td>
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<td>*Water Walking (P) 30 min</td>
<td>*Water Walking (P) 30 min</td>
<td>*Water Walking (P) 30 min</td>
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<td>2:30-3:00</td>
<td>*Balance Basics (ES)</td>
<td>*Balance Basics (ES)</td>
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<td>Lisa</td>
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February is Heart Health Month.

- **02/01**: National Wear RED Day* to show support and awareness of heart disease.
- **02/12**: Skyline Memorial “Sweet Remembrance” – 3:00pm (SC)
- **02/27**: “Heart Health Tips” with Dr. Susie Woo – 3:30pm (MB)

*Clearance from Nursing/ Fitness staff required. See Lifestyle Department or Fitness Department for more information.

<table>
<thead>
<tr>
<th>ROOM KEY</th>
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<tr>
<td>(AC5)</td>
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Teamwork

• Relationships
  • PT & OT
  • Care Planning Team
  • Lifestyle Coordinator
  • Restorative Nursing
  • Families

• Examples of other activities
  • Annual walker and wheelchair tune-ups
  • Skyline Olympic Games
  • IN2L (It’s Never 2 Late)
Every interaction is an opportunity to make an IMPACT!
Questions? Comments?

Lisa Brudvik
lbrudvik@skylineseattle.org
206-407-1700

Thank you.
Case Study: Mr. Jones

Mr. Jones is a pleasantly confused and occasionally agitated 75-year-old man, who lives in a SNF. He can dress and feed himself with assistance, and he ambulates with a 4WW that his sister gave him. He has had three non-injury falls in the past week, two were in bathroom, and the third was next to his bed. Mr. Jones states that he fell because he “lost his bearings” and that he was “trying to go too fast.”

Caregivers state that Mr. Jones has been getting up suddenly which doesn’t give staff enough time to get there and help him before he falls. What can you do to help him stop falling?
Questions?
Washington State Department of Health is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at civil.rights@doh.wa.gov. TTY users dial 711.