

# PEI update on Falls Prevention in Older Adults

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# Background

- Work began with Health Canada/Veteran Affairs Canada initiative which ended in 2004.
  - A falls prevention coalition was developed that eventually became part of the Island Network for Injury Prevention (INIP)
  - Awareness raising around the preventability of falls with older adults themselves as well as some advocacy work around policy

# Background cont.

- PHAC Atlantic funded project, Creating A Culture of Safety in PEI (CCS), 2005-2010. Goal: develop infrastructure and voice needed to influence the development of policies that lead to a reduction in injury (focus on falls prevention).
  - Advisory committee included a number of falls prevention stakeholders (Dept Social Services and Seniors, Seniors Active Living Centre, Royal Cdn Legion, and 2 PTs)

# Creating A Culture of Safety project

- CFPC offered twice:
  - 35 nurses, OT` s, PT` s trained in 2008 and 2009.
  - Course will be offered yearly or as needed.
- Developed a business case for falls prevention currently being marketed within government.
- Hosted Dr Elaine Gallagher for 3 days in March
  - Conducted ½ day workshops for older adults, service providers and for municipal officials (Age Friendly Communities)

# Long Term Care

- Provincial committee oversees implementation of a user-friendly falls screening tool (and recommended interventions) in all long term care facilities.
  - As a result of new accreditation requirements

**The Good News:** work is being done consistently across the province, not just on the interest of a particular facility

**The Challenge:** to move to actual interventions with evaluation built in.

# Home Care

- PEI wide working group (made up of PT's and OT's working in home care) was struck to assist with the clinical decision making around screening and assessments for new home care referrals age 75+ in King's County PEI (pilot site)
  - the initiative for this program also stems from increased gov't funding (increased OT, PT and Enterostomal therapy for Kings County and increased (from nothing) LPN's in the other regions.
  - Recommendation from a province-wide health system review
  - Part of accreditation

**The Good News:** the intent is a province wide program

**The Challenge:** to ensure the funds are in place to take it Island wide

# Acute Care

- Care teams will implement falls prevention programs as part of accreditation requirements.
- CFPC trained personnel will provide recommendations regarding best practice in falls prevention.
- The new stroke team at the Queen Elizabeth hospital in Charlottetown will utilize fall frequency as an outcome of the program.

**The Good News:** there is movement to have a full fall prevention program in acute care

**The Challenge:** to ensure that a range of effective interventions that can be evaluated are in place

# Community

- the PEI Seniors Safety program provides province-wide falls prevention, particularly around environmental hazards through home visits or information displays by coordinator.
- the Stable, Able and Strong program at the Seniors Active Living Centre offers ongoing information on falls prevention and trained peers to provide assistance to minimize the risk of falls.

**The Good News:** more systems in place to address falls than in the past.

**The Challenge:** having older adults take advantage of these programs.

# Challenges

- Older adults are more aware of the preventability of falls but still feel it is their fault when they fall
- Older adults don't report their falls or use them as an opportunity to seek assistance in assessing their risk
- Falls prevention interventions (BEEACH) not fully integrated into health and other practices across PEI
- Service Providers will identify people at risk but are not implementing multi-factorial interventions (and often not proven single factor interventions)
- Management not as knowledgeable as staff who have taken CFPC

# Evaluation a Challenge

- LTC, Home Care
  - The provincial committees overseeing the work will develop the plan but haven't yet.
- Acute Care:
  - Will be built into the plan
- Community:
  - No evaluation

# Evaluation CFPC and CCS

- 43% response rate of service providers who had taken the CFPC in 2009
- More than  $\frac{3}{4}$  of respondents are engaged in some falls prevention work (approx 3.5 hrs a week)
- More than  $\frac{3}{4}$  have been involved in program planning and/or in risk assessment
- More than  $\frac{3}{4}$  of respondents have had the opportunity to share knowledge from the course to coworkers through in-services, they are called upon for info re tools and resources and some are taking leadership roles in this issue.

# Thank you

- For more info on our work:

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