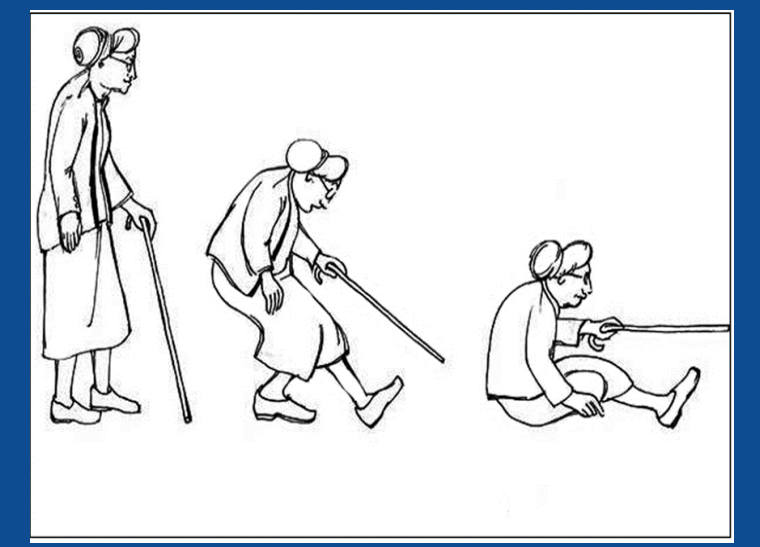


Preventing Recurrent Falls In Elderly Home Bound Health Plan Members

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INTRODUCTION

- As the population ages, the prevalence of falls among older adults continues to increase, as does mortality, morbidity and falls-related health care spending, estimated to reach \$100 billion by 2030¹
- Most evidence-based fall prevention programs are delivered in hospitals, nursing homes or community settings²
- Homebound older adults are higher risk for falls and have limited access to community fall resources and primary care sites³
- Managed health plans, as the payor and provider of care for homebound populations, strive to reduce harm and control costs
- The significance of this work is to pilot an evidence-based fall prevention program to determine if recurrent falls can be reduced in a homebound, health plan population

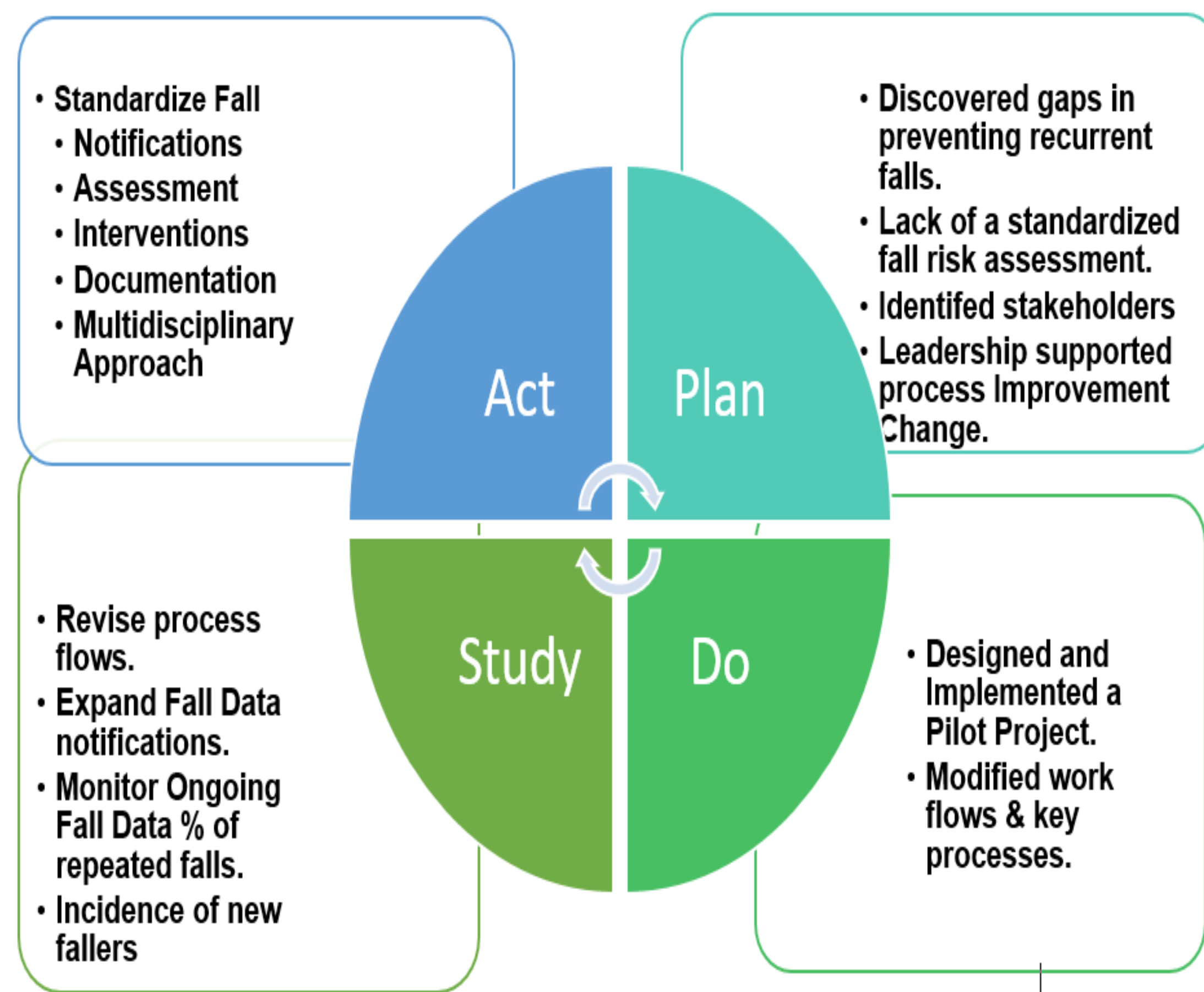
OBJECTIVES/AIMS

Practice Change Implementation of An Evidence-Based Falls Prevention Pilot

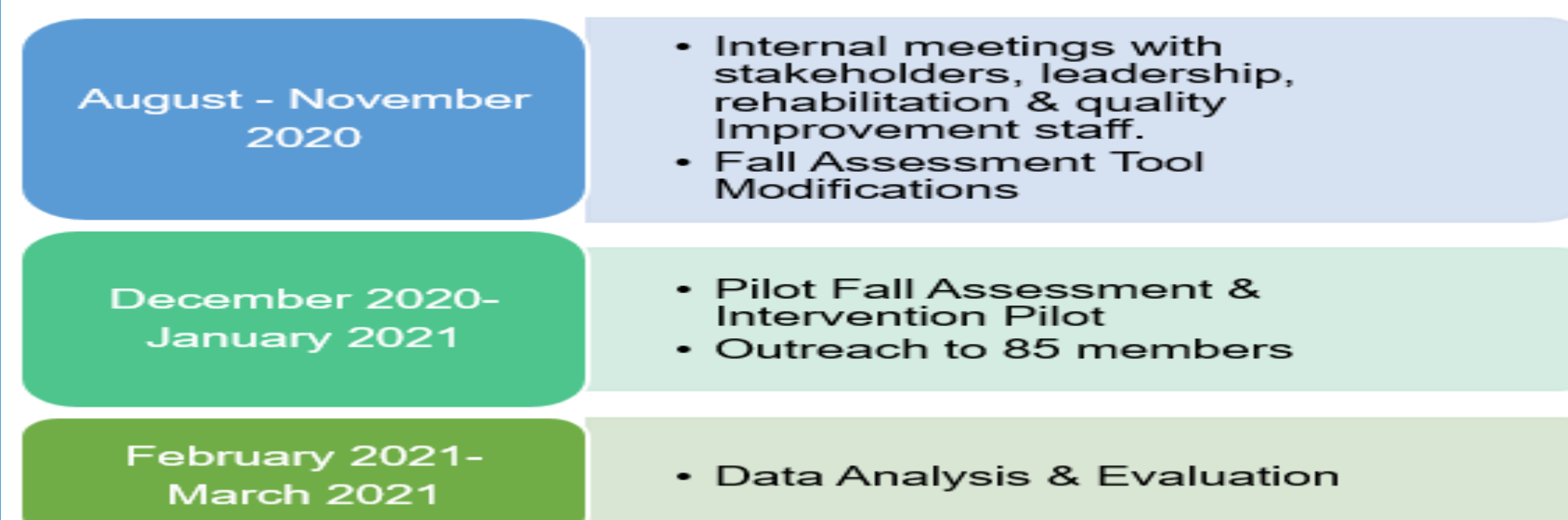
1. Establish a fall notification protocol for homebound older adults covered by a special needs health plan
2. Develop an evidence-based program for fall assessment and interventions as a result of a literature review
3. Educate staff on the CDC/STEADI fall prevention, program and documentation
4. Implement a pilot protocol for fall assessment and interventions
5. Evaluate outcomes of pilot project

METHODS

Utilize best evidence and consultants on fall prevention from across the country to design and implement a fall prevention program to mitigate recurrent falls in a homebound health plan population

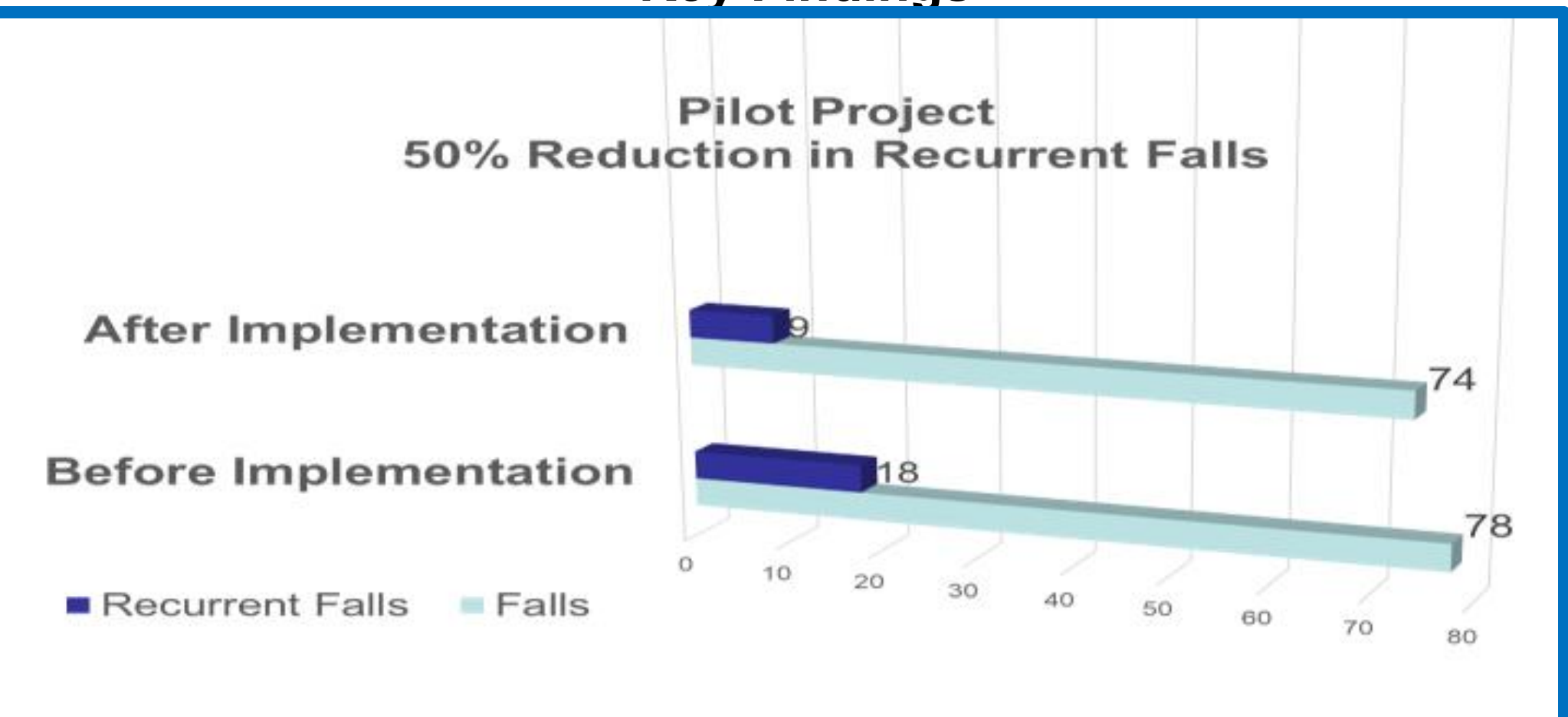


Project Timeline



RESULTS

Key Findings



- ✓ A fall management pilot project was implemented with 84 homebound older adult health plan member participants
- ✓ Qualitative results highlighted individualized strategies coordinated to meet the high risk medically complex membership
- ✓ Quantitative results demonstrated a 50% reduction in recurrent falls in the pilot intervention group
- ✓ Pilot outcomes and practice change recommendations were presented to health plan leadership
- ✓ The pilot will be adopted as a standardized Fall Assessment and Intervention Pathway impacting 38,000 special needs health plan members

REFERENCES

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3. Casteel, C., Jones, J., Gildner, P., Bowling, J. M., & Blalock, S. J. (2018). Fall risks and prevention behaviors among community-dwelling homebound and non-homebound older adults. *Journal of Applied Gerontology*, 37(9), 1085-1106. <https://doi.org/10.1177/0733464816672043>