

The Power of Observation & Falls PIP

Continuation Phase, Session 16

1

Today

IHI Curriculum

- The Power of Observation

Falls PIP

Falls Talk

2

In Chat Box

Did you do
walk rounds
last week?

3

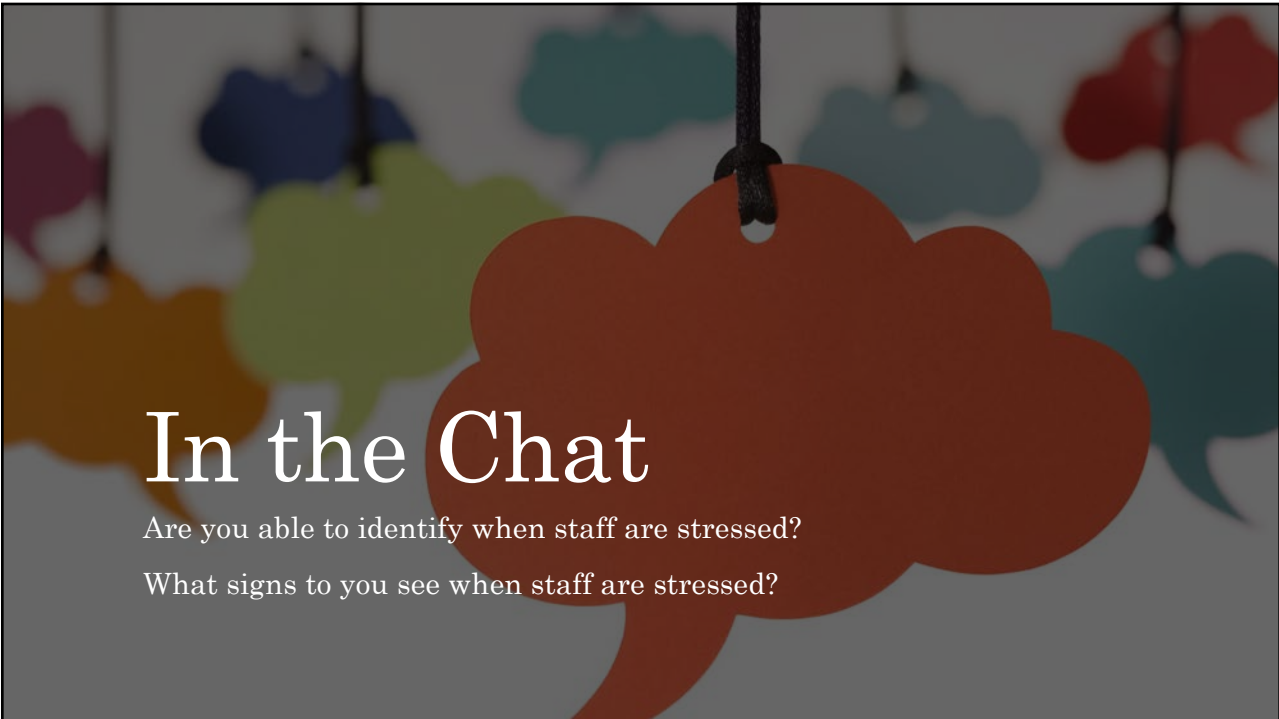
In the Chat

- Have you seen any changes in your fall rate recently?
 - pre/post COVID?

Even if you have not been submitting your homework, we would like to know



4



5

Video

5 Essential Components of Response to Stress

- Trauma Informed
- Cultural Safety
- Collaboration
- Choice
- Empowerment

Essential Elements of Trauma Informed

6

Older Adults & Falls

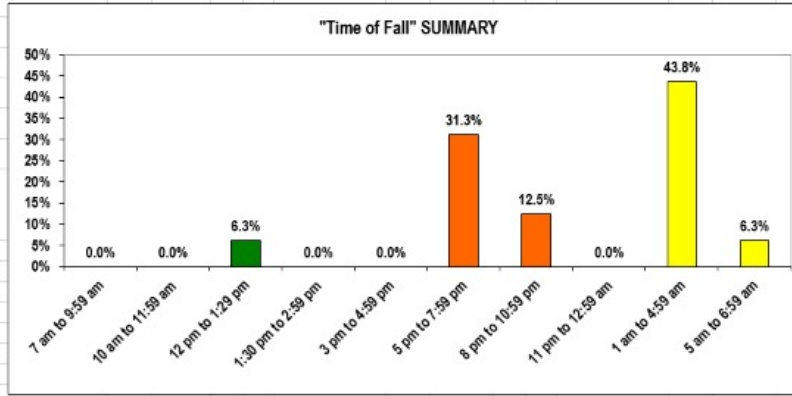
Heading into our next PIP

7

Thank you for
Sharing
Heart of America -
Rugby

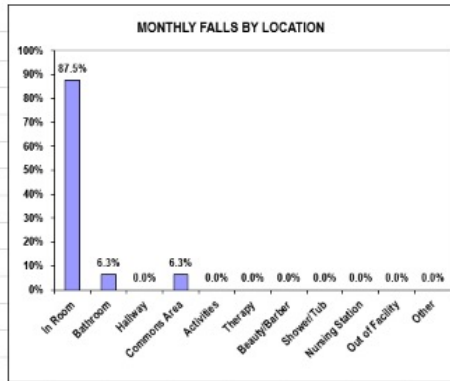
8

"Time of Fall" Summary										
Time Span	#	% of Total		Time Span	#	% of Total		Time Span	#	% of Total
7 am to 9:59 am	0	0.0%		3 pm to 4:59 pm	0	0.0%		11 pm to 12:59 am	0	0.0%
10 am to 11:59 am	0	0.0%		5 pm to 7:59 pm	5	31.3%		1 am to 4:59 am	7	43.8%
12 pm to 1:29 pm	1	6.3%		8 pm to 10:59 pm	2	12.5%		5 am to 6:59 am	1	6.3%
1:30 pm to 2:59 pm	0	0.0%		TOTAL-->	7	43.8%		TOTAL-->	8	50.0%
TOTAL-->	1	6.3%								

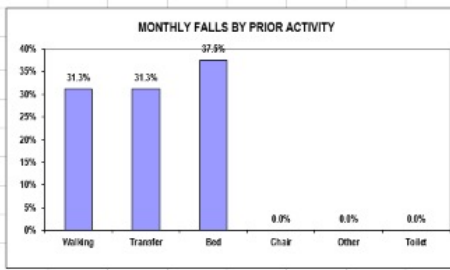


9

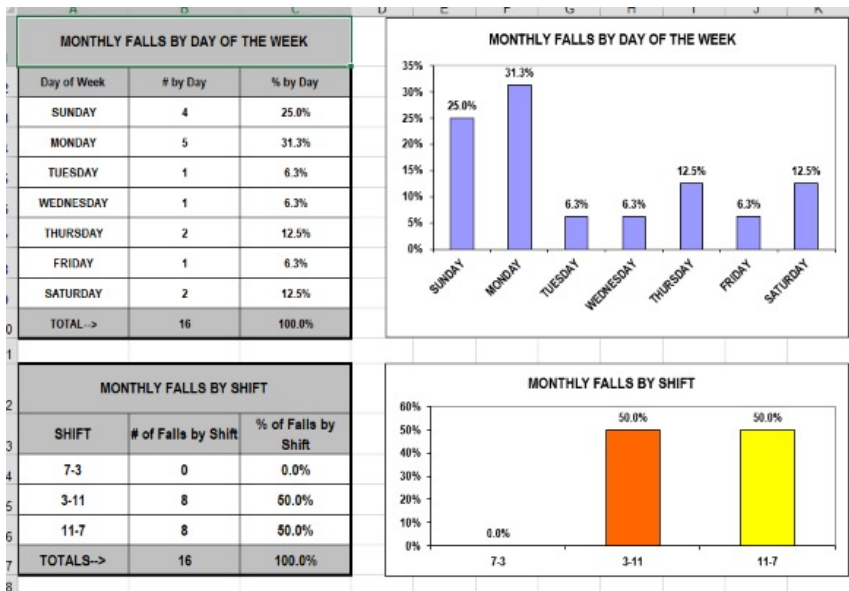
MONTHLY FALLS BY LOCATION		
Location	# Falls by Location	% Falls by Location
In Room	14	87.5%
Bathroom	1	6.3%
Hallway	0	0.0%
Commons Area	1	6.3%
Activities	0	0.0%
Therapy	0	0.0%
Beauty/Barber	0	0.0%
Shower/Tub	0	0.0%
Nursing Station	0	0.0%
Out of Facility	0	0.0%
Other	0	0.0%
TOTAL-->	16	100.0%



MONTHLY FALLS BY PRIOR ACTIVITY		
Activity	# of Falls by Prior Activity	% of Falls by Prior Activity
Walking	5	31.3%
Transfer	5	31.3%
Bed	6	37.5%
Chair	0	0.0%
Other	0	0.0%
Toilet	0	0.0%
TOTAL-->	16	100.0%



10



11



12



13

Goals

1. Understand fall risk factors
2. Post fall assessment and management
3. Fall Prevention program

14

Intrinsic risk factors

Multiple chronic conditions

Medications

Weakness / sarcopenia / frailty

15

Postural control problems

- ▶ Environmental hazards
- ▶ Change in position
- ▶ Post prandial hypotension



16

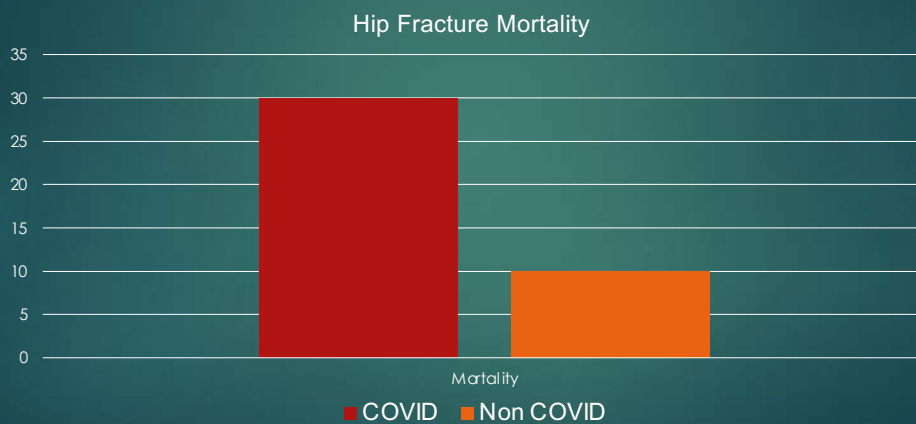
Interceding factors

- ▶ Acute illness
 - ▶ atypical COVID-19
- ▶ Unfamiliar staff
- ▶ High patient to staff ratio



17

Falls mortality and COVID-19



J Bone Joint Surg Am. 2020 Jul 1; 102(13):e69

18

Risk

- ▶ Age
- ▶ Dementia
- ▶ Female Gender
- ▶ Previous falls

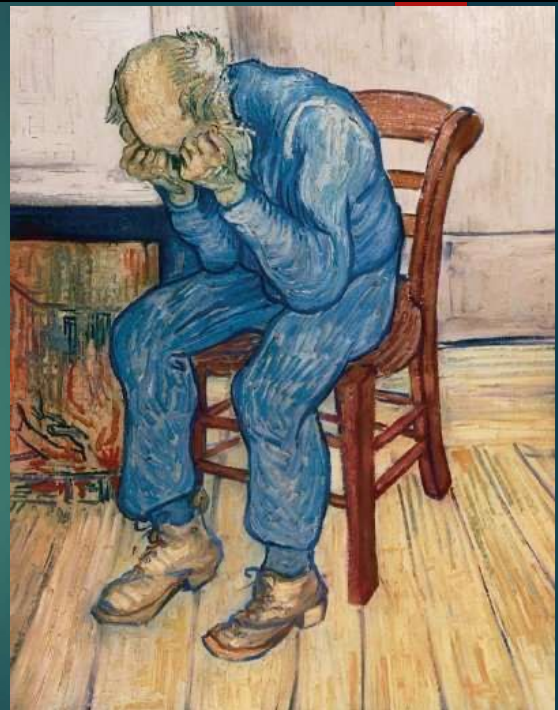


Theodore Gericault, 1822

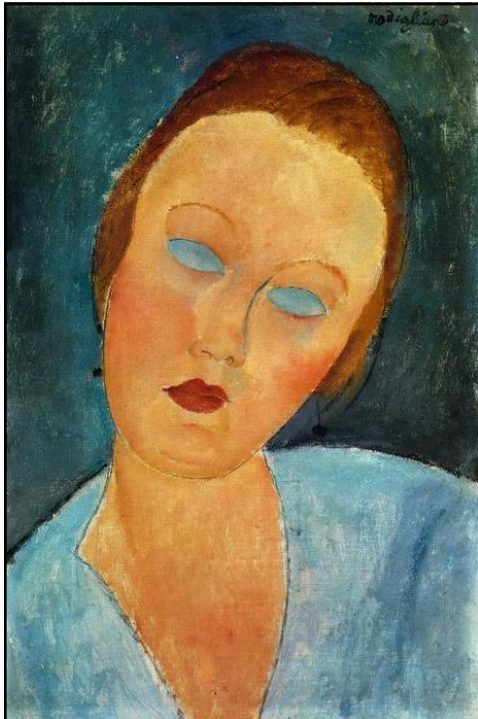
19

Risk

- ▶ Arthritis
- ▶ Foot disorders
- ▶ Vision / bifocals
- ▶ Hearing / impaction
- ▶ Pain
- ▶ Stroke
- ▶ Parkinson's disease



20



Vision problems and falls

Vision problem	Fall OR
Visual acuity	1.89
Low contrast sensitivity	1.5
Poor depth perception	2.5
Multi – focal glasses	2.29
Central vision loss	2.5

Modigliani

21



Foot issues

Problem	Odd Ratio for falls
Foot pain / fasciitis	1.95
Hallux valgus (aka, bunions)	1.89
Neuropathy	17.0
Toe weakness (L5 / S1)	
Reduced range of motion	
Amputation	

Maturitas 2018 Dec;118:7-14. doi: 10.1016/j.maturitas.2018.10.001

22

Risk Assessments



Winslow Homer: The Gale

23

Performance – based tests

- ▶ Gait speed
- ▶ Timed Up and Go

Giacometti



24

Neuro-sensory

Cerumen impaction



Visual field cut

Nystagmus

Upper gaze paralysis

25

Balance / postural stability

- ▶ Cogwheel
- ▶ Back propulsion
- ▶ Sharpened Romberg



26

Sarcopenia

- ▶ Temporal wasting
- ▶ Fatigue
- ▶ Weakness



27

Metabolic

- Vitamin D
- Hypoglycemia
- Post prandial



28

Homework

This week

- With your primary topic you selected from your RCA, Identify Intervention; begin to structure PDSA

Submit Homework via Dropbox

- Now on our website (direct link to dropbox with instructions)
- <https://www.dakotageriatrics.org/project-echo-can/phase-2-continuing-education>
- Please note we might share your work with the group (if you don't want to share, please let us know)



Phase 2 – Continuing Education

Our team at Dakota Geriatrics in collaboration with Center for Rural Health is participating in the Project ECHO COVID-19 Action Network as an official training center for nursing homes. If you have questions, please email us at: dakotageriatrics@und.edu.

Dropbox Information

- [Dropbox How To](#)
- [Access Dropbox](#)

Curriculum Resources and Recorded Sessions

Phase 2, Week 5:

Phase 2, Week 4:

29

If you would like additional technical assistance, please let us know.

You can work with our mentors one-on-one.

30