

Patient Falls Prevention Programs of Interest to Health Care Providers

| Program | Description and good fit (medical terms) | Who can deliver | Where it is delivered | Program capacity, reach, length of program, other issues |
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| <p>Geriatric Falls Clinic</p> <p>Who?</p> | <ul style="list-style-type: none"> • 60 years old or older. • History of multiple falls. • Able to accommodate people who use a cane or walker. | <p>Medical team:</p> <ul style="list-style-type: none"> • Geriatric physician • Geriatric nurse • Social worker • Physical therapist • Occupational therapist | <p>University of Wisconsin Geriatrics Clinic</p> | <ul style="list-style-type: none"> • One person • 2-3 hour appointment. • Have to have balance problems. • Need primary care referral. |
| <p>What it is:</p> <p>Falls assessment, recommendations</p> | <ul style="list-style-type: none"> • Comprehensive assessment for falls risk factors. • Recommendations for patient and their physician. • Referrals for home safety, community agencies, medical providers. | | | |
| <p>Sure Step</p> <p>Who?</p> | <ul style="list-style-type: none"> • History of falls in past year. • Homebound. • Mild to moderate cognitive problems. • Live with a caregiver. • Able to accommodate people who use a cane or walker. | <ul style="list-style-type: none"> • Health professional certified in Sure Step program. <ul style="list-style-type: none"> - Nurse - Nurse practitioner - Occupational Therapist - Physical Therapist | <p>Home</p> | <ul style="list-style-type: none"> • One person. • First visit two hours. • Second visit one hour. • May need a third visit for some people. • Follow up phone calls for one year. • Have to have balance problems and physician referral to justify insurance billing. |

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| <p>(Sure Step – cont.)</p> <p>What it is: Falls assessment, recommendations and follow-up</p> | <ul style="list-style-type: none"> • Comprehensive assessment for falls risk factors. • In home safety evaluation. • Recommendations for patient and their physician. • Referrals for community programs, medical providers. • Monthly phone calls for assistance and problem solving. • Evidence: Falls reduced by 45-50%. | | | |
| <p>Otago Exercise Programme™</p> <p>Who?</p> | <ul style="list-style-type: none"> • Have had a fall in the last year or have a fear of falling. • Able to accommodate people who use a cane or walker. • Ideal when medical conditions limit participating in a group. ** | Physical therapist | Home if homebound or Rehabilitation clinic | <ul style="list-style-type: none"> • One person each session. • Have to have balance problems and physician referral to justify insurance billing. • Minimum of 8 visits over 6 months. |
| <p>What it is: Falls education and exercise program</p> | <ul style="list-style-type: none"> • Physical therapy program over 6 months. • Balance and strength exercises. • Walking program. • Falls prevention education. • Evidence: fall reduction of 35% overall and in women 80 years or older fall reduction of 45%. | | | |
| <p>Stepping On™</p> <p>Who?</p> | <ul style="list-style-type: none"> • Have had a fall in the past year or have a fear of falling • Cognitively intact. • Able to accommodate people who use a cane or walker. • Does not have medical conditions that limit participating in a group exercise class. ** | Trained Health Professional (PT, OT, RN) and a peer co-leader. | Community | <ul style="list-style-type: none"> • Small group of 10-12. • 2 hour classes for 7 weeks. Home Visit after the classes to review the home environment and review information from the classes. Then a booster class at 3 months. • Insurance does not pay for classes. Class cost \$35. |

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| <p>(Stepping On – cont.)</p> <p>What it is: Falls education and exercise program</p> | <ul style="list-style-type: none"> • Small group classes on preventing falls which includes balance and strength exercises, medication review, vision, moving about safely, and home safety. • Evidence: fall reduction of 31%. | | | <ul style="list-style-type: none"> • If falls continue after completing the program, encourage individualized falls evaluation and physical therapy. • If exercises not challenging enough after completing the program, encourage enrolling in the NoFalls exercise class or a Tai Chi class. |
| <p>NoFalls™</p> <p>Who?</p> | <ul style="list-style-type: none"> • Have had one fall in the past year but not multiple falls. • May not have fallen but has a fear of falling. • Cognitively intact. • Does not have medical conditions that limit participating in a group exercise class. ** | Class instructor who has received training on the program. | Community | <ul style="list-style-type: none"> • Small group of 15. • Insurance does not pay for class. Cost is \$35. • Exercise class meets 1 x week for 15 weeks. Daily home program also included. • If falls continue after completing the program, encourage individualized falls evaluation and physical therapy. |
| <p>What it is: Exercise Class</p> | <ul style="list-style-type: none"> • Group based exercise class developed by physical therapist led by fitness instructor. • Evidence: Day 2002 study - exercise class alone reduced falls by 19%. Adding home safety and vision referral reduced falls to 33%. | | | <ul style="list-style-type: none"> • If exercises not challenging enough after completing the program, encourage enrolling in a Tai Chi-Yang style class. |

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| <p>Tai Chi-modified for people with balance problems</p> <p>Who?</p> | <ul style="list-style-type: none"> • Have had fall or falls in past year. • May not have fallen but has a fear of falling. • Independent. • Does not have medical conditions that limit participating in a group exercise class. ** • Does not use a cane or walker for the majority of walking. • Able to stand for one hour. • Able to walk one flight of stairs. • Able to accommodate people who use a walker, can, or who must sit. | <p>Trained Tai Chi Instructor</p> | <p>Community</p> | <ul style="list-style-type: none"> • Insurance does not pay for class. • Classes that have been shown to reduce falls: <ul style="list-style-type: none"> ○ Wolf: Simplified Tai Chi - 10 modified Yang-style movements over 15 weeks. Handout of movements used available in the CDC Preventing Falls: What Works. www.cdc.gov. ○ Tai Chi - Moving for Better Balance™. Class size of 15. 12 weeks with 8 forms modified from the Yang style. Class meets 2 x week and also 5 x week home practice. Book and DVD available. |
| <p>What it is: Exercise program</p> | <ul style="list-style-type: none"> • Tai Chi involves weight bearing stances and weight shifting, with attention to posture, breathing, body awareness, and how our thoughts impact our movements. There are multiple coordinated movements performed in a continuous and flowing manner. • Tai Chi classes were modified and studied for people with balance problems and falls. <ul style="list-style-type: none"> ○ Hain: Tai Chi for Balance - 8 modified Yang-style movements. ○ Wolf: Tai Chi for Balance - 10 modified Yang-style movements. ○ Li: Tai Chi class with 24 Yang-style movements over 6 months decreased risk of multiple falls by 55%. Developed CDC program for dissemination into the community: Moving for Better Balance. • Yu: Tai Chi Fundamentals has not been studied for falls but enhances balance. | | | <ul style="list-style-type: none"> • Classes that have been shown to improve balance: <ul style="list-style-type: none"> ○ Hain: Tai Chi for Balance - 8 modified Yang-style movements over eight weeks. DVD available from www.dizziness-and-balance.com. ○ Tai Chi Fundamentals. May start out with some movements adapted to sitting. Will progress to standing movements to get improved balance. • If Tai Chi is too difficult or painful, encourage physical therapy with goal to gain improvements to be able to take Tai Chi class in future. • Private lessons are available with many instructors. |

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| MSCR Balancing Act Who? | <ul style="list-style-type: none"> • Desire to proactively improve and/or maintain balance. • Independent. • Does not have medical conditions that limit participating in a group exercise class. ** • Does not use a cane or walker for the majority of walking. • Able to stand for one hour. • Able to walk one flight of stairs. | Trained Tai Chi Instructor | Offered through MSCR – visit www.mscr.org for course offerings and registration | <ul style="list-style-type: none"> • Insurance does not pay for class. • A Yang-Style Tai Chi Course. |
| What it is: Exercise program | <ul style="list-style-type: none"> • Tai Chi involves weight bearing stances with attention to posture and breathing. There are multiple coordinated movements performed in a continuous, circular and flowing manner. | | | |
| Tai Chi Independent Who? | <ul style="list-style-type: none"> • Desire to proactively improve and/or maintain balance. • Independent. • Does not have medical conditions that limit participating in a group exercise class. ** • Does not use a cane or walker for the majority of walking. • Able to stand for one hour. • Able to walk one flight of stairs. | Trained Tai Chi Instructor | Community | <ul style="list-style-type: none"> • Insurance does not pay for class. • Different styles of Tai Chi. • Recommend 2 times a week for at least 12-15 weeks. • If Tai Chi too difficult or painful encourage physical therapy with goal to gain improvements to be able to take Tai Chi class in future. • Private lessons are available with many instructors. |

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| <p>(Tai Chi Independent – cont.)</p> <p>What it is: Exercise program</p> | <ul style="list-style-type: none"> Tai Chi involves weight bearing stances and weight shifting, with attention to posture, breathing, body awareness, and how our thoughts impact our movements. There are multiple coordinated movements performed in a continuous and flowing manner. | | | |
| <p>Community Senior Balance and Strength Classes</p> <p>Who?</p> | <ul style="list-style-type: none"> Desire to proactively improve and/or maintain balance and strength. Independent. Does not have medical conditions that limit participating in a group exercise class. ** Does not use a cane or walker for the majority of walking. Able to stand for one hour. Able to walk one flight of stairs. | <p>Fitness instructor with experience working with Seniors</p> | <p>Community</p> | <ul style="list-style-type: none"> Recommend small groups of 10-15. Class should be at least two times a week for 12-15 weeks. See “Where do I sign up” for class listings. |
| <p>What it is: Exercise program</p> | <ul style="list-style-type: none"> Generalized balance and strength group exercise classes have not decreased falls in research studies. They have enhanced balance and improve function. | | | |

****Medical symptoms that may limit participating in group exercise:**

- Needs one-on-one monitoring to progress balance exercises
- Homebound
- Cognitive problems (need to be mentally alert and able to understand instructions)
- Pain with standing > 5 minutes or with walking
- Unable to go up one flight of stairs
- Unable to walk greater than one block
- Dizziness with change in positions
- Chest pain with activity
- Shortness of breath or use of oxygen with activity

Written by Terry Shea, PT, UW Health with input from members of Falls Prevention Task Force of Safe Communities. For more information, visit www.safercommunity.net or contact Ms. Shea at tshea@uwhealth.org .