Fraser Health Long Term Care Rounds

December 2024

Presenter Disclosure

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- No disclosures or conflicts of interest

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- No disclosures or conflicts of interest

Disclosure of financial support

- This program has no financial or in-kind support

Learning Objectives

- Unique considerations involving falls and fall risk in long term care homes
- Challenges in mitigating fall risk in long term care homes
- Physician prescribing & fall risk
- Interdisciplinary Management – Strategies to reduce the risk of falls
- Interdisciplinary Management – Strategies to reduce the risk of injury related to falls

A Few Key Statistics

- > 65 y.o.a, 1/3 seniors fall annually
- One hospitalisation every 30 minutes - 83% from community and 17% from facility based care
- Every day 3 older adults die from a fall
- Incidence is increasing with population ageing. A 33% increase in hospitalization 2009-2016
  - Why? Age bubble, increasing comorbidity and increasing meds!
- LTC Residents: frail, multiple co-morbidities, dementia (no pill for impulsivity)
- Major Risk Factors with strongest association:
  - History of falls
  - Advanced Age
  - ADL/ iADL limitations
  - Medical/ psychiatric co-morbidity- lower body weakness, difficulties with gait/balance, visual impairments, urinary incontinence/ urgency, pain/stiffness from arthritis, depression

Physician Factors

- medication, medication, medication - less
- guidelines, guidelines, guidelines – more
- antihypertensives, diabetes treatment, sedatives/hypnotics, psychotropics, cholinesterase inhibitors
- ANY medication

BCMJ: Falls prevention: The lifelong battle against gravity - October 2024

Who is at greatest risk:

- Women.
- Anyone age 80 and older.
- Those living alone or on a low income.
- People with medical conditions including frailty, sarcopenia, cognitive impairment, and osteoporosis.

Screening tools:

- Three-questions approach
- Staying independent checklist

Exercises:

- Strength: resistance exercises, lifting weights, wall pushups
- Balance: tai chi, standing on one foot, heel-toe walk, balance walk, standing from seated position, backward walking
- Core: bridges, planks, opposite arm and leg raises

List of Resources:

- For patients
- For practitioners

Useful references

- BC guidelines: Fall prevention: risk assessment and management for community dwelling older adults (2021)
- Government of Canada- Surveillance report on falls among older adults in Canada- Public health agency of Canada March 2022
- World guidelines for fall prevention and management for older adults: a global initiative
- BCMJ ,Vol. 66, No 8, October 2024 P 310-311 Council on health promotion Wong E. , Slatnik M.
- BC Injury Research and Prevention Unit
- https://www.costofinjury.ca/bc/cost-of-injury-in-british-columbia
- SAIL Information guide for Adults 65+
- Otago Exercise Program

Interdisciplinary Approach - Reducing Risk of Falls

- **Alarms:**
  - Bed alarm
  - Chair alarm

- **Resident Mo nitoring:**
  - Sleep - time spent in bed, fatigue?
  - Toileting - schedule?
  - Nutrition - hungry, thirsty, dehydrated?
  - Pain, ability to reposition?
  - Behaviours?
  - Medication?
  - Footwear considerations

- **Environment:**
  - Bed Height: Knee vs Lowest Position
  - Lights: Night light? Lights in room during the day?

Interdisciplinary Approach - Reducing Risk of Falls

- **Equipment:**
  - Gait Aid:
    - Cane
    - 4 wheeled-walker
    - 2 wheeled-walker
    - standard walker
  - Wheelchair:
    - basic
    - tilt
  - Point of Care Assessment & Transfer Support Equipment
    - Pole
    - Sara Steady
    - Sit to Stand Lift
    - Mechanical Sling System - hoyer or ceiling lift

Interdisciplinary Approach - Reducing Risk of Falls

Exercise:

What do we know....

- Otago Exercise Program - developed and tested in four controlled trials at the University of Otago Medical School, New Zealand
- Cohort: 65 to 97 year of age
- Outcome: 35% reduction in both the number of falls and the number of injuries from falls. Equally effective in men & women.
- NOTE: Greatest effect in high-risk groups: those over 80 years of age and those with a previous fall
- Program includes: 2-3 days per week of strength & balance exercise + 2 days of walking

In LTC...

Typically, physical activation opportunities include recreation programs for physical activity, walking program.

Interdisciplinary Approach - Reducing Risk of Injury

- Hip Protectors
  - styles include briefs, pants - important considerations here
  - Poor outcomes in community - balance issues donning/doffing, poor adherence to use
  - Evidence supports reduction of hip fractures when used in LTC setting
  - Can increase the risk for falls
    - toileting
    - donning/doffing
  - Other issues: skin integrity concerns, open back clothing
  - BMC Geriatrics systematic review - published 12 June 2024

- Fall mats
  - Can increase the risk of falls for those ambulating

Interdisciplinary Approach - Reducing Risk of Injury

What is a physical restraint?

- limiting movement…can include:
  - full bedrails
  - belts
  - tilting wheelchair
  - brakes on wheelchair
  - recliner use
  - locking doors
  - other…
- restraint policy
- behaviour records
- multidisciplinary assessment
- informed consent
- reassessments

Other Resources...Loop - Fall Prevention Community of Practice

What is Loop?

Loop, created in 2015, is the bilingual online communication platform of the CoP that brings together members from across Canada to problem-solve and discuss how to implement evidence-informed and promising fall prevention practices. In 2018, Loop Junior was created. The primary difference between Loop and Loop Junior is the population of focus and thereby the different stakeholders involved – Loop focuses on fall prevention among adults and older adults while Loop Junior seeks to tackle the issue of childhood falls.

Resource Examples:

- The impact of ageism on physical inactivity and fall prevention among older adults: What do we know? What needs to be done? - Evidence summary January 2024
- Clinical Review of Slipper Socks - September 2018
- Loop Evidence Summary: Fear of Falling - August 2020
- Loop Evidence Summary: Sex and Gender Differences in Falls - October 2021
- Preventing falls among older adults through physical activity: A guidance document for practitioners - Evidence Summary May 2023

Questions....

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