

New Mexico Adult Falls Prevention

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PHYSICAL THERAPY

BROOKDALE HOME HEALTH



New Mexico Department of Health

- Provide primary prevention to prevent older adult from falling.
- Increase access to evidence-based falls prevention interventions.
- Provide secondary prevention to reduce recurring falls and fall-related deaths.

New Mexico Department of Health Office of Injury Prevention

**Promote healthy
aging; Help older
New Mexicans
keep their
independence**

New Mexico Adult Falls Prevention Coalition

New Mexico Adult Falls Prevention Coalition

- Raise awareness that falls are not a normal part of aging
- Promote evidence based falls prevention programming
- Conduct presentations and an annual falls risk screening event

Today's Discussion

- How does the body control balance?
- What are fall risk factors?
- Exercise recommendations to improve your balance
- What is the New Mexico Department of Health doing to prevent falls?
- Community based programs for healthy aging and independence





FALLS ARE NOT A NORMAL PART
OF AGING.
MANY FALLS CAN BE PREVENTED.

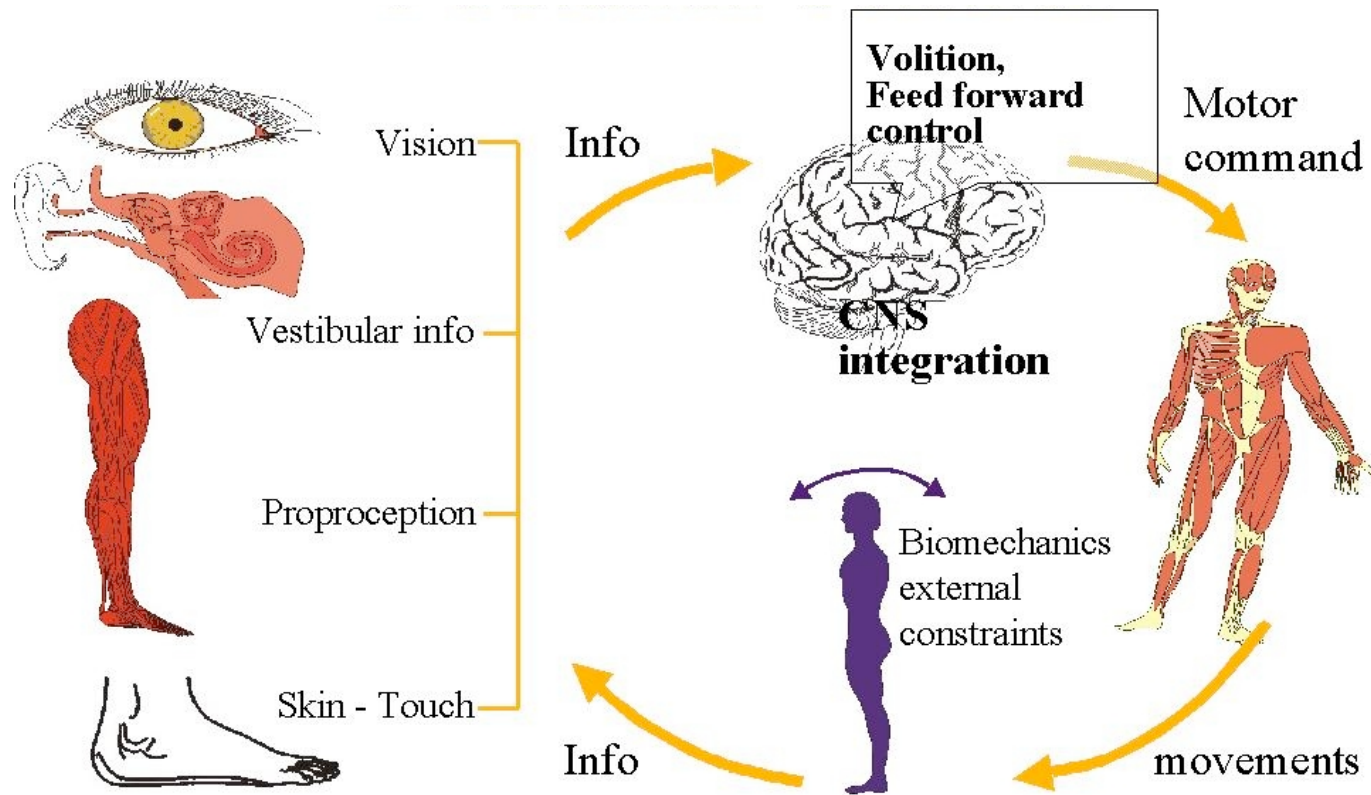
What is a fall?



CDC Definition:

A person descends abruptly due to the force of gravity and strikes a surface at the same or lower level

How do you control your balance?



Fall Risk Factors

Extrinsic
Intrinsic



Extrinsic Risk Factors

- Obstacles or trip hazards
- Poorly fitted footwear
- Pets
- Lack of bathroom grab bars
- Dim lighting or glare
- Incorrect use of assistive device



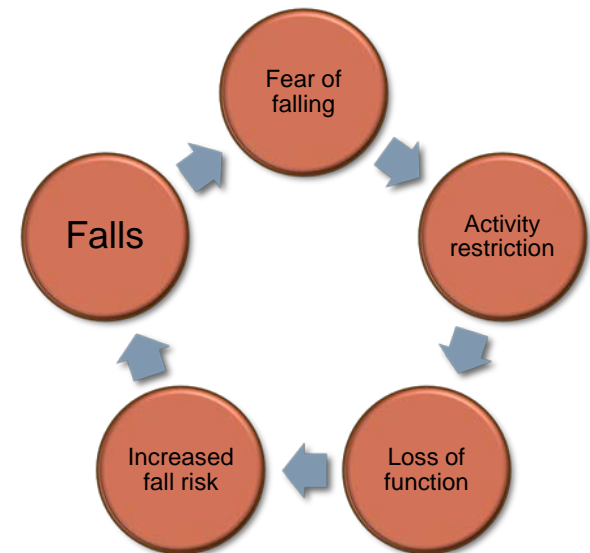
Intrinsic Risk Factors

- Nerve problems in your feet
- Vestibular dysfunction (inner ear)
- **Muscle weakness**
- Vision problems
- Alcohol/medication interactions
- Chronic illness: arthritis, diabetes, stroke, Parkinson's, dementia



Intrinsic Risk Factors

- Foot pain
- Postural Hypotension
 - woozy feeling when you stand up
- Vitamin D deficiency
- Fear of Falling



Osteoporosis: Who should have bone density testing?

National Osteoporosis Foundation recommendations:

- All Women aged 65 and over
- All men age 70 years and older
- Younger postmenopausal women and men age 50-70 years who are at risk for fracture

Bone Density Testing

- DXA scan low radiation X-ray detects small % of bone loss (tests bone density)

Maintaining Bone Health

- Adequate Vitamin D & Calcium
- Weight bearing exercise and fall prevention program to improve strength and balance
- Talk to your doctor about medication therapy

What Can YOU Do to Prevent Falls



- Annual eye exam
- Annual medication review
- Improve strength, balance, and flexibility
- Remove trip hazards in the home
- Discuss falls and bone health with your healthcare provider
- Participate in a program that improves physical fitness and balance
- Ask for fall prevention programs



Improve Strength, Balance, and Flexibility

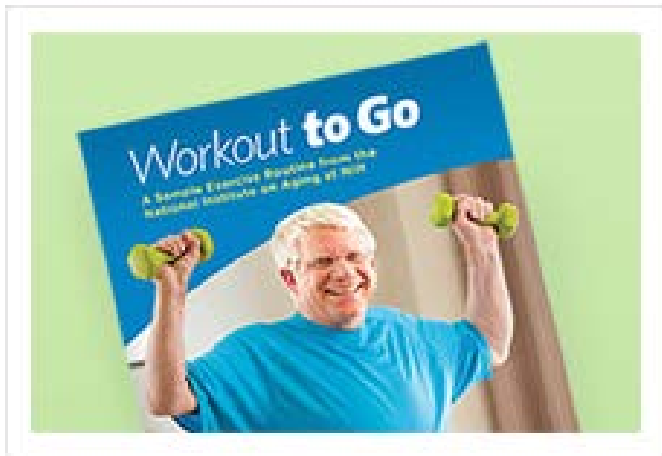
- 150 minutes/week moderate intensity aerobic ex
- Episodes of exercise at least 10 minutes
- 2+ days per week: muscle strengthening activities
- Moderate intensity
 - medium level of effort
 - 5 to 6 on scale of 0 to 10
 - noticeable increases in breathing rate and heart rate
- Contact your senior center or healthcare system
 - Request programming

Resource for Physical Activity

Go4Life; <https://go4life.nia.nih.gov/free>

<https://go4life.nia.nih.gov/exercises>

1-800-222-2225



Endurance, strength,
balance, flexibility

BALANCE

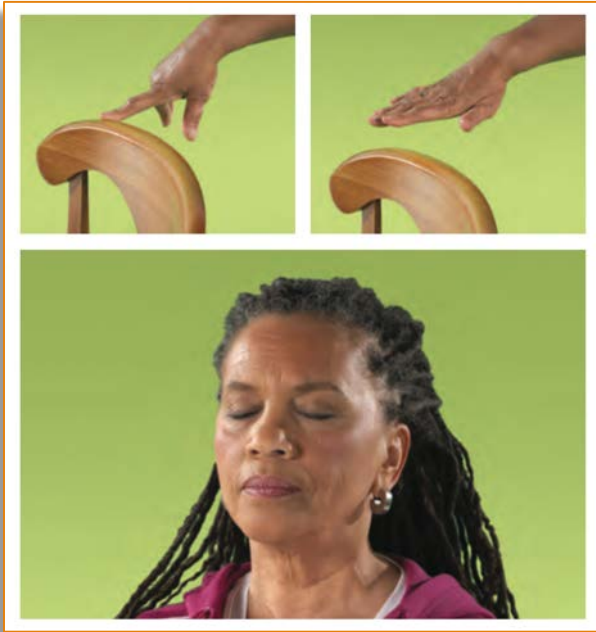
Heel-to-Toe Walk

If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.

- 1 Place the heel of one foot just in front of the toes of the other foot so that they touch or almost touch. Raise arms to your sides, shoulder height.
- 2 Choose a spot ahead of you and focus on it to keep you steady as you walk.
- 3 Take a step. Put your heel just in front of your other foot.
- 4 Repeat for 20 steps.



Workout to Go: Balance



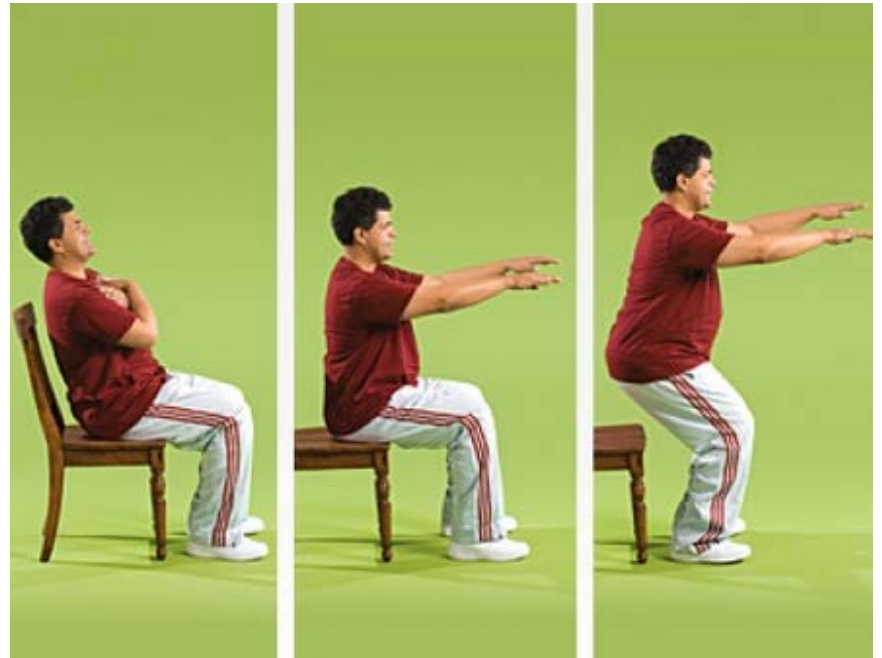
Muscle Weakness and Fall Risk

Which muscles are linked with falls?



Exercises to improve strength

- Hip abductors (muscles on the side of hips)
- Quadriceps (front of thighs)



Muscle Weakness and Fall Risk

Which muscles are linked with falls?

Exercises to improve strength

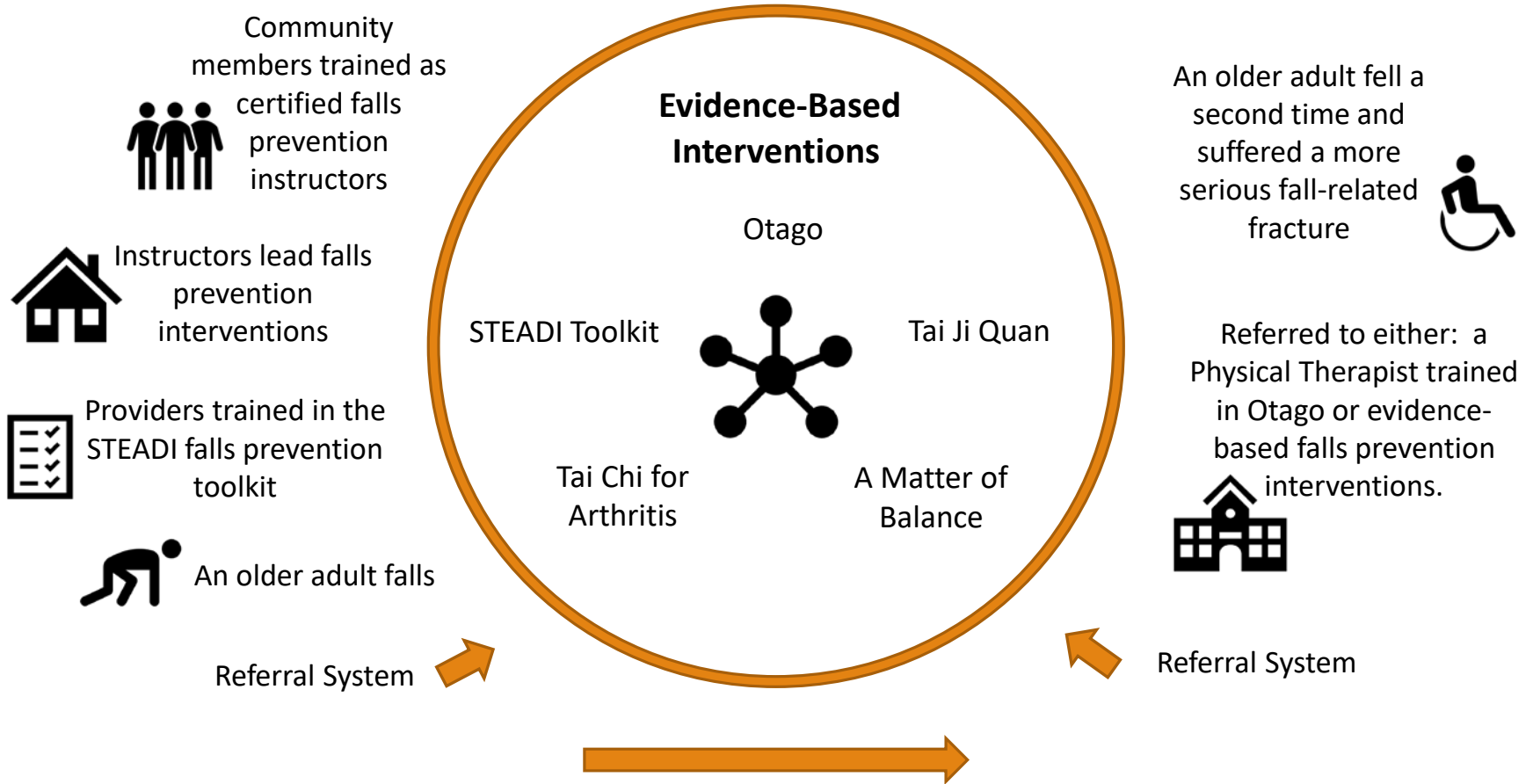
- Ankle dorsiflexors (muscles along front of shins that lift your toes)
- Ankle plantar flexors (calf muscles)



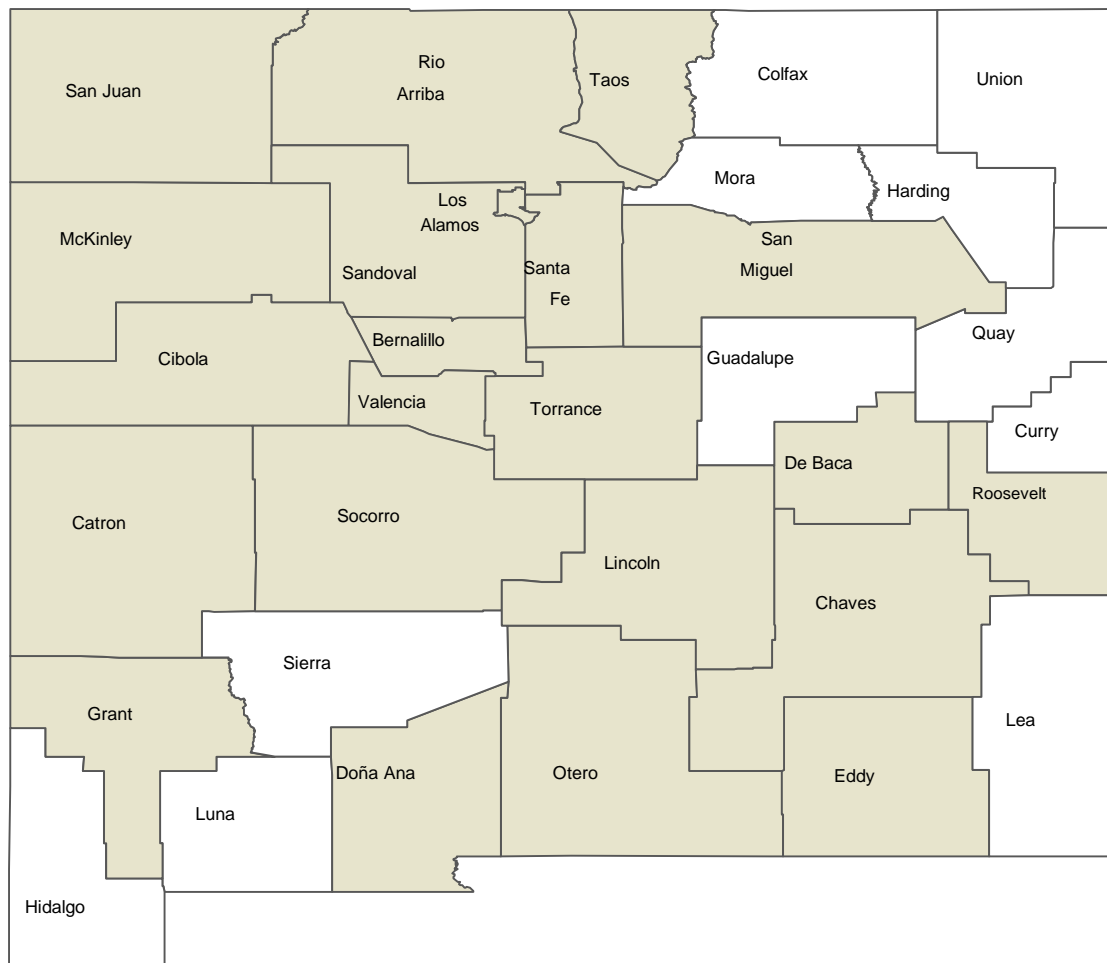
Adult Falls Prevention Program

Primary


Secondary



Adult Falls
Prevention
Program Reach



What is Being Done

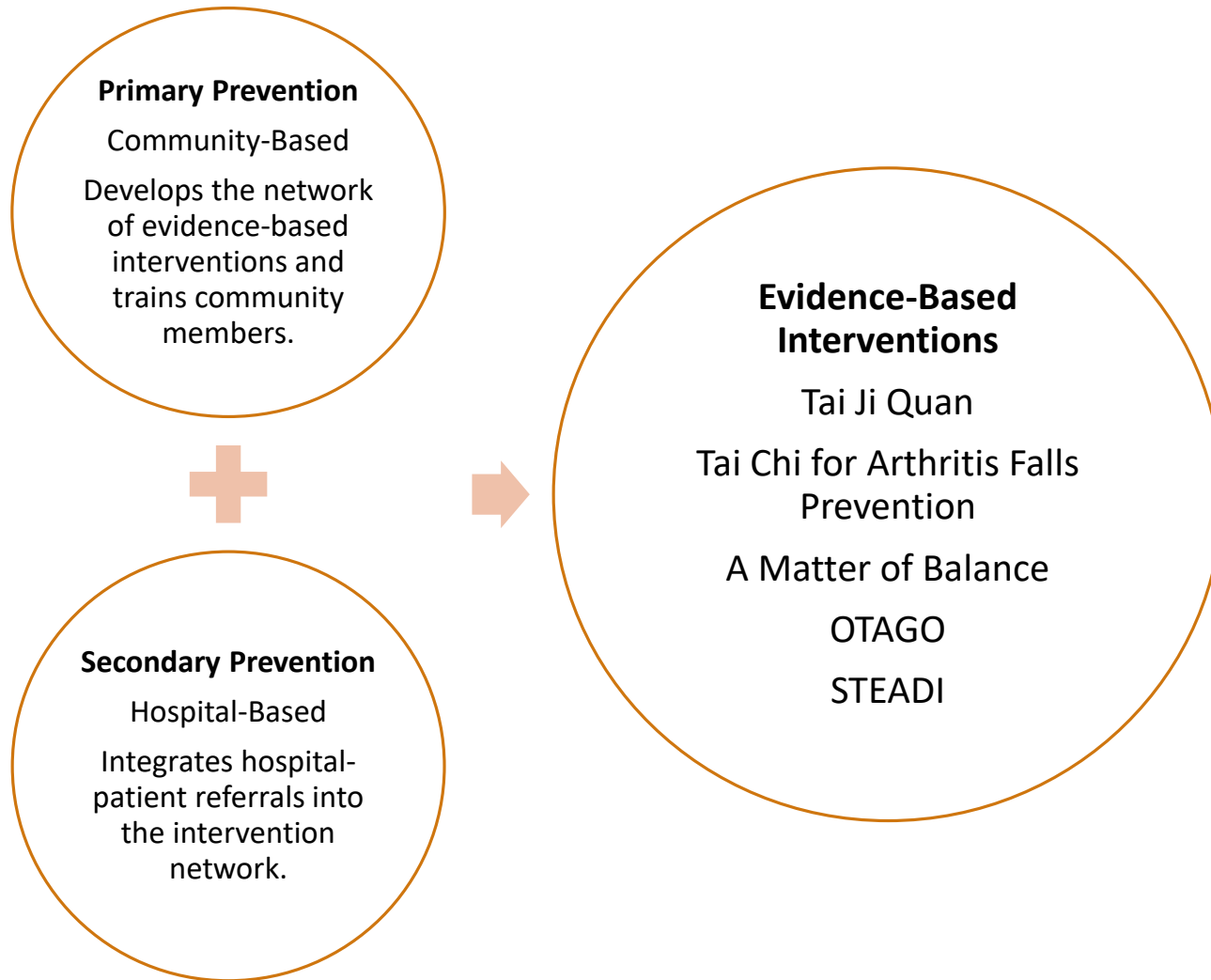


In 2013, the NM Legislature passed a Joint Memorial requesting a task force to be created to evaluate older adult falls.

1. Evaluate current approach to community falls prevention.
2. Develop strategies for effective change.
3. Mandate reporting of fall-related fracture as a reportable condition.
4. Prepare, report and present the Task Force findings back to the legislature.

In 2014, the NM Legislature enacted a law requiring NMDOH to establish a Statewide Community-Based Adult Falls Risk Awareness and Prevention Program. (NMSA 24-1-36)

Program Structure

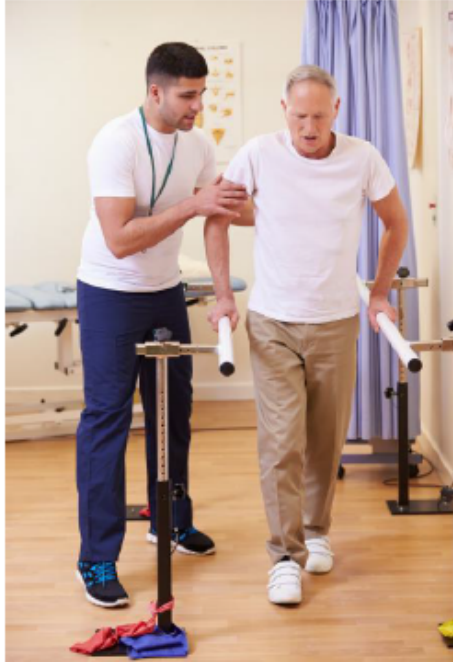


Department of Health Primary Prevention



- Centers for Disease Control and Prevention (CDC) recommend effective falls prevention interventions.
- DOH evidence-based interventions: Tai Chi for Arthritis, Tai Ji Quan, A Matter of Balance and Otago.
- DOH certifies community members as instructors in evidence-based falls prevention interventions to reduce fall-related deaths and injuries.
- DOH improves older adult physical activity, strength, balance and flexibility to decrease fall risk.
- DOH encourages clinical interventions and home safety modification.
- DOH provides falls prevention strategies to underserved areas.

Department of Health Secondary Prevention



- DOH prevents older adults from falling again to avoid a more serious fall-related fracture.
- DOH improves quality of care for adults who experience a fracture due to a fall.
- DOH connects hospitals in New Mexico to evidence-based interventions: Tai Chi for Arthritis, Tai Ji Quan, A Matter of Balance and Otago.

A Matter of Balance

Purpose:

- Reduce the fear of falling, increase activity levels and increase confidence in avoiding falls

Format:

- Small group workshop led by a certified instructor
- 8 weeks, once a week in 2 hour sessions
- Workbook and gentle exercises during every session

Participants:

- Recommended for adults 60+ who report concern/fear of falling

Evidence from MainHealth.org:

- 12 months after the program, participants report:
 - Decrease in activity restriction and fear of falling
 - Increase mobility



Image with permission from To Live 10,000 Years Project
by Danny Goldfield; <http://www.tolive10000years.com>

Tai Ji Quan: Moving for a Better Balance

Format:

- Small group workshop led by a certified instructor
- 12 weeks, twice a week in 1 hour sessions
- Participants are physically active, but classes can be modified for different abilities.

Participants report:

- Increased physical function and balance, mental well-being, self-confidence/independence in daily activity and overall health

Evidence from TJQMBB.org:

- Falls reduced by **55%**
- Fear of falling reduced by 50%



Tai Chi for Arthritis for Falls Prevention

Format:

- Small group workshop led by a certified instructor.
- 8 weeks, twice a week in 1 hour sessions.
- Participants are physically active, but classes can be modified for different abilities.

Participants:

- Recommended for older adults at risk of falls.

Evidence from TaiChiForHealthInstitute.org:

- Improved strength, flexibility, balance, mobility, ability to manage daily activities and overall health.
- Reduced joint pain and stiffness
- Decrease in fall risk by 47%



Otago Exercise Program

•Format:

- One-on-one with a Physical Therapist or Physical Therapy Assistant
- Includes 2 phases
- Phase 1: 8 weeks in a clinic
- Phase 2: 4 to 10 months at home as self-care
- Reimbursable by Medicare Part A/B and other insurances

Participants:

- Recommended for older adults at the highest level of fall risk, older adults who are home-bound and dependent on a walking device

Evidence from the National Coalition on Aging (NCOA):

- Falls reduced by 46% for adults 80+



Paths To Health NM

A group of programs that support people to prevent or manage diabetes, other chronic health conditions or injuries. These programs help adults gain the confidence and skills to manage their health needs. For public and health care provider use.

- Falls Prevention
- Diabetes Prevention
- Chronic Disease Management

PathsToHealthNM.ORG

Join, learn and take control.

Call **Paths to Health NM**

(505) 850-0176 or (575) 703-2343

Find a Class on Paths to Health

Search Options **Class Details** **Map Legend**

Program Workshops

CHECK NONE **CHECK ALL**

- UNM-H Prediabetes Class
- National Diabetes Prevention Program
- National Diabetes Prevention Program (Online)
- A Matter of Balance: Managing Concerns About Falls
- Otago
- Tai Chi for Arthritis
- Chronic Disease Self-Management Program
- Tomando Control de su Salud (Spanish CDSMP)
- Diabetes Self-Management Program
- Programa de Manejo Personal de la Diabetes (Spanish DSMP)
- Chronic Pain Self-Management Program
- Programa de Manejo Personal del Dolor Crónico (Spanish CPSM)
- Cancer: Thriving and Surviving
- Cáncer: Triunfando y Sobreviviendo (Spanish CTSP)
- Positive Self Management Program (HIV)
- Kitchen Creations
- Vivir Más Sano con VIH (Spanish PSMP)

The map shows New Mexico with various cities and reservations labeled. Colored pins indicate the locations of the workshops: Albuquerque (purple), Santa Fe (purple), Las Cruces (purple), El Paso (purple), Roswell (purple), and Clovis (purple). Other cities shown include Farmington, Durango, Pagosa Springs, Santa Rosa, Santa Fe, Las Vegas, Los Lunas, Socorro, Ruidoso, Artesia, Hobbs, Carlsbad, Deming, Lordsburg, Silver City, and Van Horn. Major highways like I-40, I-25, and I-10 are also visible.

Keep Your Independence Take Steps to Prevent Falls

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