

INTRODUCTION

- Falls are a frequent problem among older adults, despite fall prevention, falls in older adults remain an issue in clinical practice.
- There is a need to screen older adults for fall risk, especially in primary care, to decrease falls, current national guidelines recommend fall risk routine screening at least yearly in older adults 65 and older.
- Implementing STEADI fall risk screening and prevention strategies among older adults in the primary care setting could reduce falls and lower associated healthcare expenditures.
- Falls can significantly change patients' level of functioning and quality of life.
- Implementing the STEADI fall screening risk screening and prevention strategies among older adults in the primary care setting could reduce falls and lower associated health care expenditures.
- Primary care medical providers are well equipped to identify patients at high risk for fall and offer effective interventions.

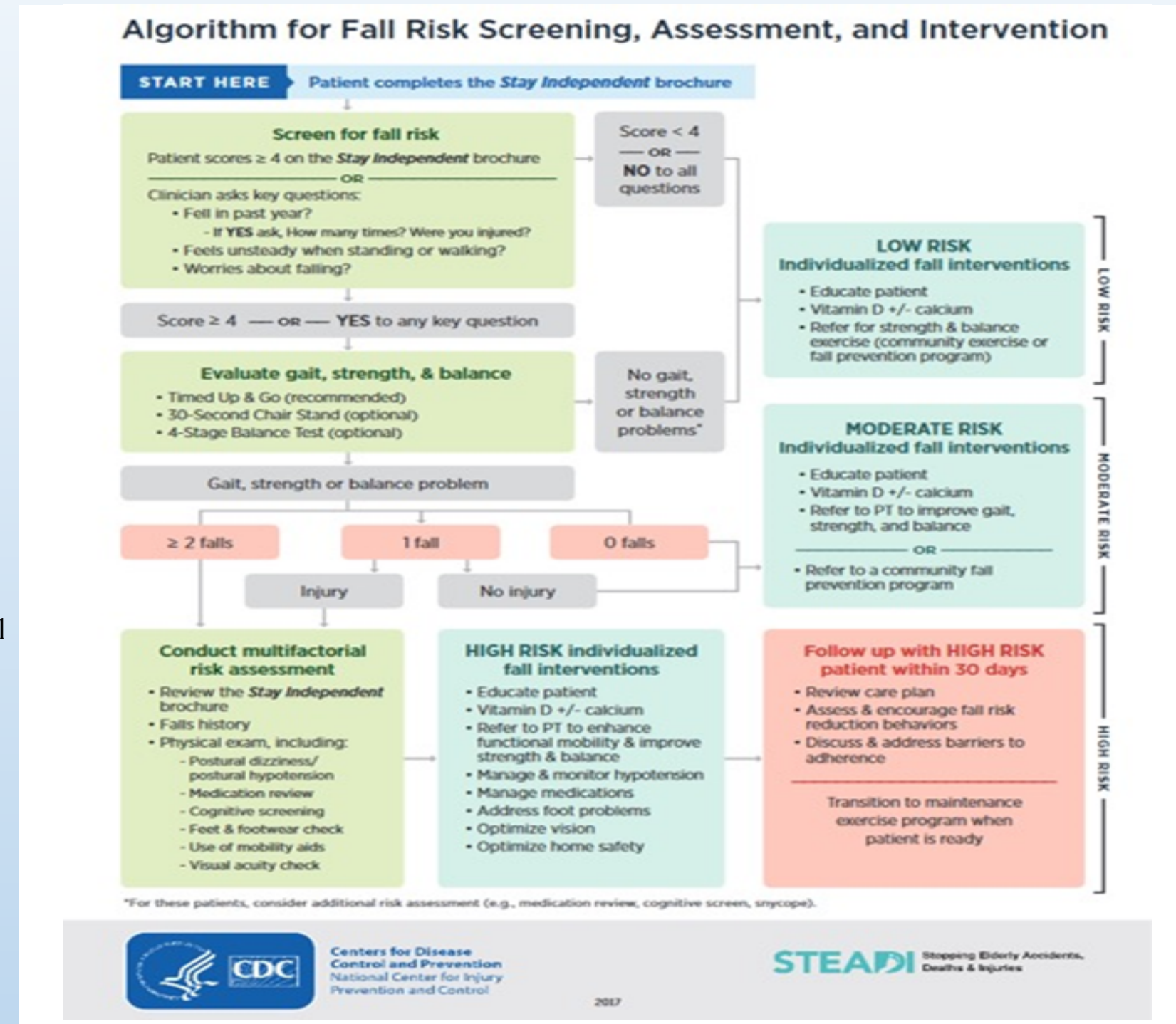
CLINICAL PROBLEM

- Lack of evidence-based guidelines to implement a comprehensive fall risk screening protocol for older adults ages 65 and over in primary care.
 - In primary care providers caring for adults over age 65, will implementing comprehensive fall risk screenings using the STEADI tool and staff education significantly increase the incidence of fall risk screening compared to current protocol over a four-week timeframe?
- Objectives:**
- Conduct a 3-month retrospective chart audit two weeks before education to assess the number of patients 65 years and older who reported falls
 - Provide educational session on fall risk screening, the STEADI algorithm screening tool, and stay independent questionnaires to medical assistants, nurse practitioners, and one physician at the project site.
 - Implement the STEADI screening tool in the project site.
 - Evaluate the project findings by conducting a post- chart audit of the number of patients 65 years old and older screened for falls during implementation.

LITERATURE REVIEW

- Some healthcare providers report they do not feel confident about assessing fall risk or do not have adequate knowledge about fall prevention (Sarmiento et al., 2017).
- By evaluating patients for fall risk and encouraging them to adopt evidence-based prevention strategies, primary care providers can help patients reduce their chances of falling and experiencing functional decline, injury, or death (Phelan et al., 2015).
- Interventions that target multiple risk factors can reduce falls and can be initiated during annual wellness visits. Initiatives such as CDC's STEADI (Stopping Elderly Accidents, Deaths, and Injuries) can help health care providers assess fall risk, educate patients, and select interventions (Burns & Kakara, 2018).

THE STEADI ALGORITHM



- The CDC created the STEADI initiative, which offers tools and resources for health care providers to screen their older patients for fall risk, assess modifiable fall risk factors, and intervene with evidence-based fall prevention interventions.
- The population of interest was one physician, two nurse practitioners, and four medical assistants.
- A chart audit tool was developed and used to audit charts pre- and post- implementation over four weeks period.

REFERENCES

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RESULTS

Figure 1. Distribution of fall risk screening pre-and post-intervention (N=133).

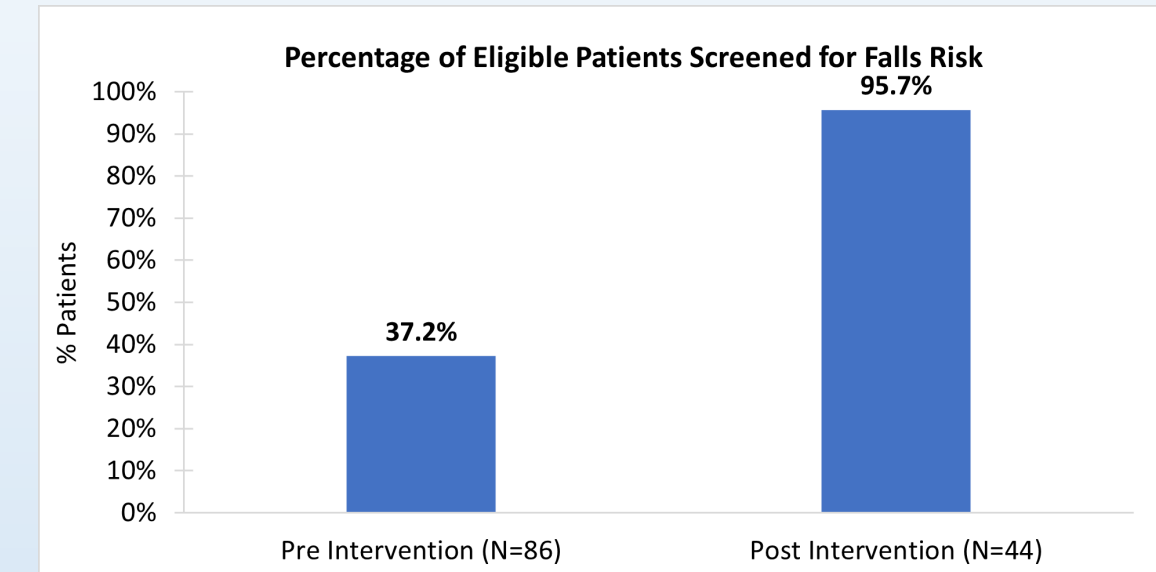


Table 1. Paired t-test results to assess the knowledge scores of a fall risk screening protocol pre- and-post educational session on providers (n=7) in a primary care setting.

Outcome	PRE Mean (SD)	POST Mean (SD)	Difference (post-pre) Mean (95% CI)	Paired t test (df)
Knowledge score	0.83 (0.11)	0.99 (0.04)	0.16 (0.05, 0.26)	3.667 ₍₆₎

* P < 0.05 based on paired t-test.

- The providers knowledge test score increased from 83% (SD 0.11) before attending the educational session to 99% (SD 0.04) after attending the educational session.
- The chart audits pre-implementation increased from 37.2% to 95.7% post-implementation, which correlated with increased providers' knowledge and increased adherence to fall risk screening while using the STEADI tool.

CONCLUSION

- Falls in older adults are on the rise and indicate a need to improve fall risk screening among this population.
- Falls are a significant threat to older adults' quality of life, often causing a decline in self-care ability and participation in physical and social activities.
- Increasing providers' knowledge on fall risk screening can increased adherence to protocol, therefore prevent falls in older adults and improve quality of life.