

### Instructional Goals:

To teach learners the assessment of risks for accidental falls in older fall individuals, through

1. Imparting knowledge through a review of power point presentation of falls risk assessment
2. Learning the skill set required for the assessment through participation in an interdisciplinary falls risk assessment clinic

### Learners :

- Geriatrics fellows
- Family medicine residents
- M3-M4 medical students
- PA and NP Students

### Setting:

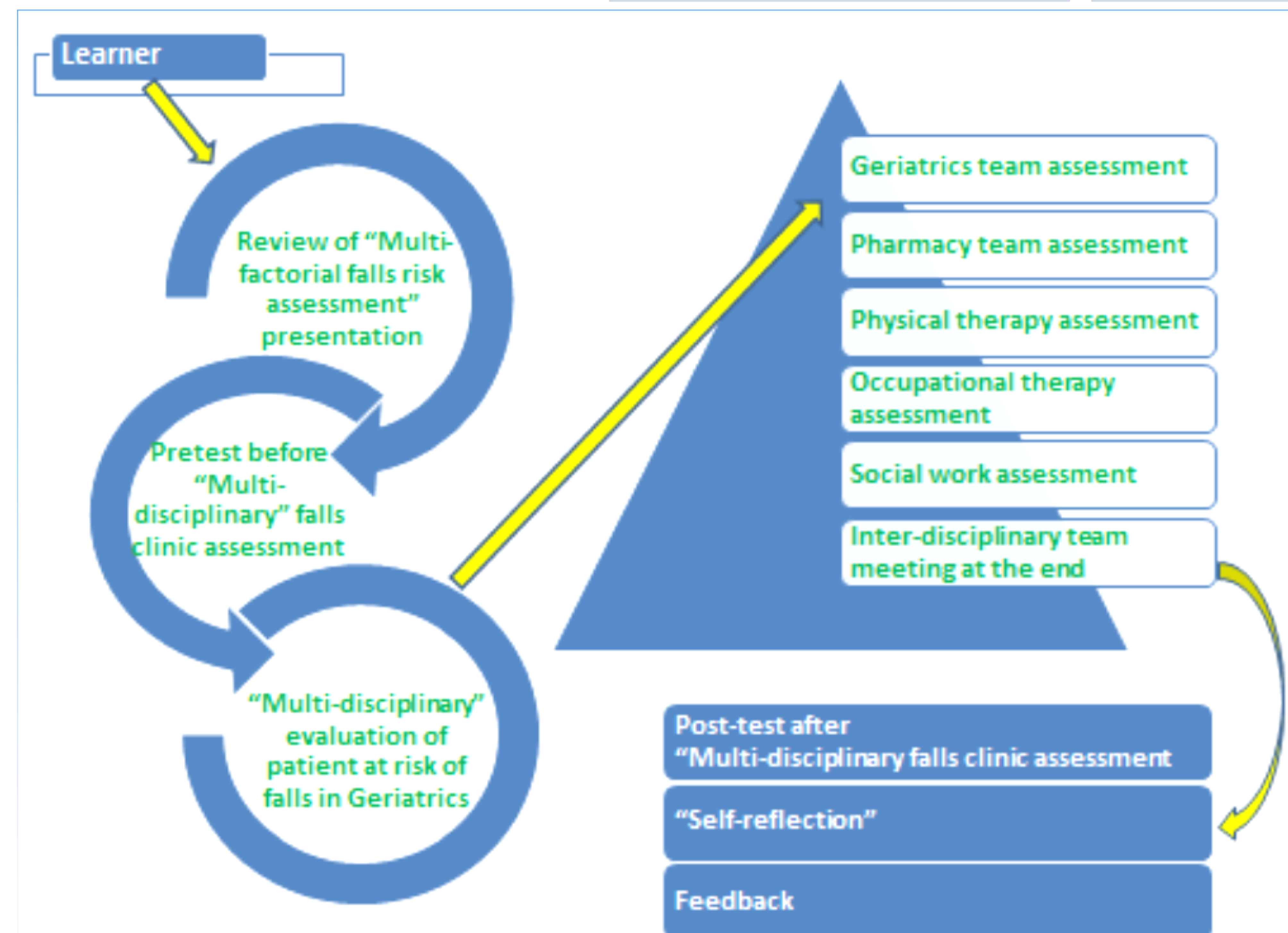
- Geriatrics clinic
- Other settings considered:
  - PT / OT clinics
  - Nursing home setting
  - Home care setting

### Team Members Involved:

- Geriatrics Team: Attending and Geriatrics Fellow
- Pharmacy Team: Pharmacy attending (Pharm D), Pharmacy fellow in training, and a pharmacy student
- Physical therapy team: Physical Therapist and a student
- Occupational Therapy team: Occupational Therapist and a student
- Social Work Team: Social Worker and a social work intern

### Learning Objectives

- After completion of this course learners should be able to:
  - Understand the multifactorial nature of accidental fall in an elderly patient
  - Recognize the multiple risk factors that could result in an accidental fall
  - Learn to work in an Interdisciplinary team with Pharmacy, Physical Therapy, Occupational Therapy, and Geriatrics teams
  - Learn the importance of polypharmacy, high-risk medications that could increase the risk of an accidental fall in frail older adults
  - Learn the importance of functional assessment, and physical therapy in prevention of recurrent falls
  - Learn the importance of environmental hazards that could increase the risk of falls
  - Learn the importance of different types of impairments in the causation of falls, including sensory impairments, cognitive impairments etc.
  - Learn the importance of social support and how it influences management decisions
  - Learn how to incorporate all of the above into an overall plan of care to achieve the desired result of improving patient safety through prevention of serious and injurious falls



### Instructional Analysis / Step-by-step description:

- Entry Skills required: learner should have the ability to perform detailed history taking, physical examination, and come up with an organized assessment and plan
- Learner will review the PowerPoint presentation on falls risk assessment in elderly, prior to visiting the falls risk assessment clinic
- Learner will summarize what is understood about falls risk in an elderly person, the type of assessment here being "reflection" of what has been learned
- Prior to participating in the multi-disciplinary assessment, learner will get an introduction to the role of different team members in the assessment
- Learner will sit with each of the different teams, which will give the learner a chance to understand different components of the assessment which was presented in the PowerPoint
- Learner will then participate in an interdisciplinary team meeting at the end of the visit, where each of the team members give their input that would be summarized into a set of instructions to the patient, to reduce the risk of falls in the future
- Learner will summarize what has been learned, at the end of the visit, by going through a test and self-reflection
- Learner would give feedback and help us to improve the instruction

### Overview of the Project

- This is a team-based learning exercise, where the learner has the opportunity to understand the concept of falls risk reduction in a frail elder patient through
  - a review of a PowerPoint presentation which presents the knowledge component
  - application of the knowledge in a team-based setting to a real patient, under the guidance of experienced team members, and finally
  - learn of the successful strategies that helped a particular patient through follow-up interviews conducted by the social work team
- The combination of theoretical and practical knowledge helps the learner to be able to recognize the risk factors for falls in a frail older adult patient who presents to any setting in which the learner might be working in the future

#### Research on the topic:

1. da Costa BR, Rutjes AWS, Mendy A, Freund-Heritage R, Vieira ER (2012) Can Falls Risk Prediction Tools Correctly Identify Fall-Prone Elderly Rehabilitation Inpatients? A Systematic Review and Meta-Analysis. PLoS ONE 7(7): e41061. doi:10.1371/journal.pone.0041061
2. Summary of the Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons Developed by the Panel on Prevention of Falls in Older Persons, American Geriatrics Society and British Geriatrics Society; . J Am Geriatr Soc 2010