

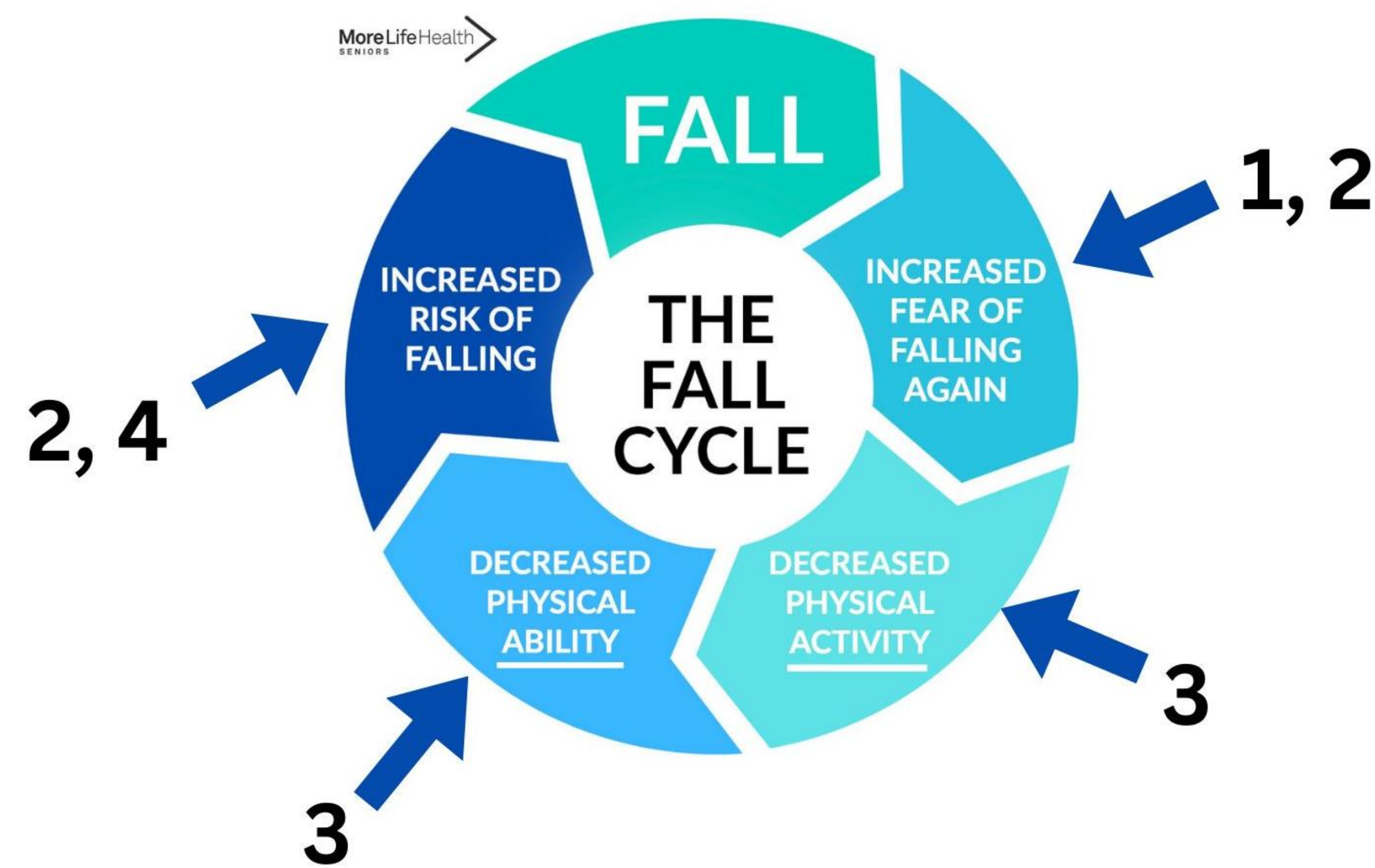
INTRODUCTION

Did you know that a fall is one of the most endangering events an older adult can face in their life? Did you know that 1 in 4 older adults reports falling each year?¹ As Schweitzer Fellows and medical students, we are addressing falls risk in eastern North Carolina by implementing a falls prevention and education program centered at the Pitt County Council on Aging, while fostering interdisciplinary collaboration with PT.



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured. *Take a stand to prevent falls*

STEADI Stopping Elderly Accidents, Deaths & Injuries



Our project is based on this model of **The Fall Cycle**- we hope to address different stages of the cycle as listed under "Falls Prevention Initiatives"

ACKNOWLEDGEMENTS

Thank you to the following individuals/organizations:

- Albert Schweitzer Foundation
- Our mentors Dr. Allison Connelly and Candice Borunda, as well as ECU Health and the Pitt County Council on Aging
- Dr. James Lin + ECU Physical Therapy
- Our workshop host sites, including: Bridges of Hendricks Creek, Greene County Senior Center, and Kinston Community Center



THE ALBERT SCHWEITZER FELLOWSHIP

FALLS PREVENTION INITIATIVES

1. HEALTH FAIRS - Attend health fairs in Pitt County and disseminate educational materials related to falls prevention.



2. WORKSHOPS - Lead 1 hour falls education workshops at senior centers and assisted living facilities, with a focus on home safety, medications, lifestyle medicine, and mobility equipment.



3. EXERCISE PROGRAM - Conduct four-week long, twice-weekly evidence-based A Matter of Balance classes at the Council on Aging.



ECU Physical Therapy joined us to conduct the pre-program Mini-BEST assessments and will also assist with follow-up assessments

4. SOCIAL DETERMINANTS OF HEALTH – Screen for SDOH needs in the community and provide access to relevant resources. Also assist the Council on Aging with follow-up home calls and home visits as an initiative to screen for environmental falls risks.

SOURCES

1. "Older Adult Falls Data." Centers for Disease Control and Prevention, 9 May 2024, www.cdc.gov/falls/data-research/index.html#:~:text=adult%20fall%20trends,-,Falls%20are%20the%20leading%20cause%20of%20injury%20for%20adults%20ages,adults%20report%20falling%20every%20year.

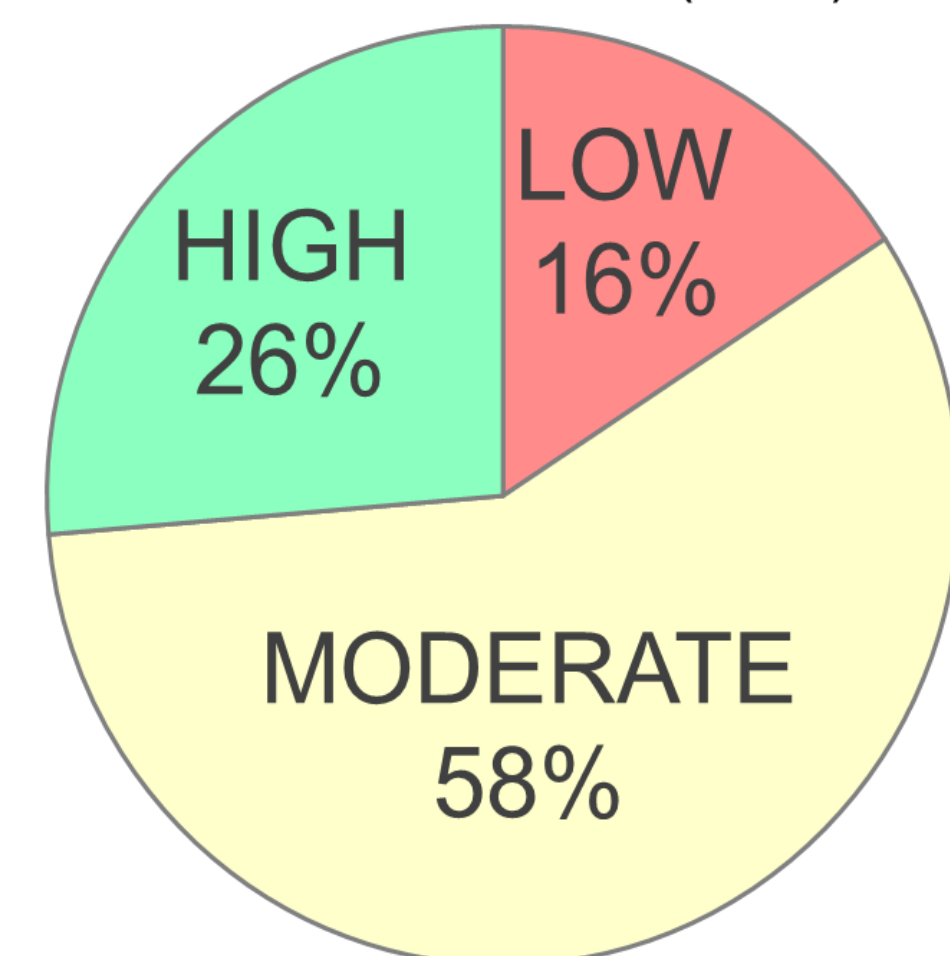
FALLS RISK ASSESSMENT TOOLS

We will utilize the following measures to track participant progress pre- and post-workshop and/or exercise program (a Matter of Balance):

- **Falls Risk Assessment Tool (FRAT)** identifies falls risk and risk factors
- **Activities-specific Balance Confidence (ABC) scale** measures confidence in performing various activities without losing balance
- **Mini-BEST (Balance Evaluation Systems Test)** is a performance measure consisting of four categories (anticipatory, reactive postural control, sensory orientation, and dynamic gait)
- The **workshop survey** helps us gain a better understanding of community needs and SDOH screening

Pre-Workshop Results from Greene County Senior Center July 10th, 2024

ABC Scale Results (n=19)



Average FRAT Score

8
LOW RISK

RESULTS/DISCUSSION

As of July 2024, we have conducted:

- **3 falls prevention workshops** in the community, 2 at community/senior centers and 1 at an assisted living facility
 - Total of 68 participants ages 60+ years
 - 12 SDOH needs identified and will be addressed
- **1 four-week A Matter of Balance course** as Master Trainers
 - Total of 8 participants ages 60+ years

So far, **feedback** by participants + staff has been VERY POSITIVE

FUTURE DIRECTIONS

- Continue to host falls prevention workshops in the community and attempt to include caregivers
- Conduct 2+ A Matter of Balance program sessions
- Create falls educational posters to be distributed at our prior sites and any others that may benefit from this
- Brainstorm a computer-based program that can tailor falls prevention strategies based on individual characteristics and preferences
- Help the Eastern NC Falls Coalition and Council on Aging plan for Falls Prevention Week in September!