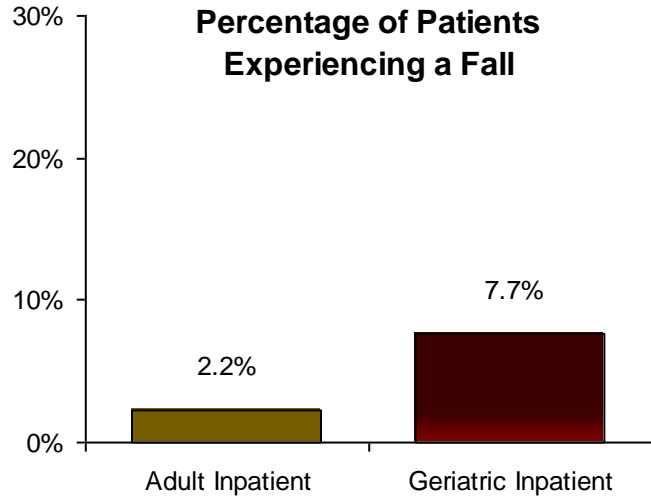


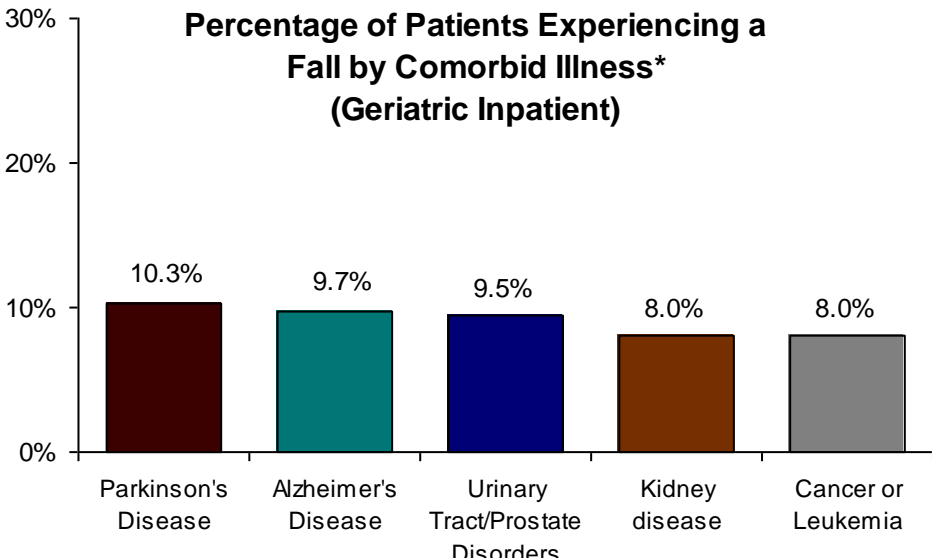
## We are never finished preventing falls!

Did you know that falls are the sixth leading cause of death in older adults?<sup>1</sup> This month's special analysis email is a focus on falls. Who is at risk? What are the environmental hazards?



- Fall Prevention - Best Practices**
- Assessment & Care Planning
  - Staff Education
    - Direct Care Awareness
    - Environment Awareness
  - Patient/Family Education
  - Technological Devices
  - Reporting and Benchmarking
  - Mobility/Strength Building Program

<p><b>Who's at Risk?</b></p> <ul style="list-style-type: none"> <li>• The Elderly           <ul style="list-style-type: none"> <li>- The largest percentage of falls annually</li> <li>- 30% of adults over 65 report falls each year</li> <li>- The number of falls increases with age</li> </ul> </li> </ul>	<p><b>What's at Stake?</b></p> <ul style="list-style-type: none"> <li>• Injuries           <ul style="list-style-type: none"> <li>- Most common in persons 85 years of age and older</li> <li>- Leading cause of injury deaths for people 65 and older</li> <li>- Cause 87% of all fractures</li> <li>- Second leading cause of spinal cord and brain injury</li> </ul> </li> </ul>
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- Patient Factors**
- Sensory Loss
  - Depression/Cognitive Impairment
  - Previous Falls
  - Dehydration/Poor Nutrition
  - Dementia
  - Cardiovascular
  - Orthostatic Hypotension
  - Medication/Poly-pharmacy
  - Incontinence
  - Disruptive Sleep Cycle

<sup>1</sup> Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. Accessed August 15, 2013.  
 \* Minimum N=300; Fall rates greater than the National average; Patients have a maximum of 35 illnesses/categories to choose from. Please note that patients may have more than one comorbid illness.