

# FALL PREVENTION

for the health care practitioner

## FACTS

~ 36 million elders fall every year -resulting in 32,000 deaths.

95% of hip fractures are caused by falling.

[cdc.gov](http://cdc.gov)

## Assessment

### VESTIBULAR SYSTEM

Motion, spatial orientation, head position

### VISION SYSTEM

### SENSORIMOTOR SYSTEM

Perception of touch, pressure from joints and skin



## Patient's Prior Hx

- ✓ Body maneuvering that led to fall (e.g. turn).
- ✓ Assistive devices used.
- ✓ Number of falls.
- ✓ Setting fall(s) occurred.

## Interventions

### Therapeutic

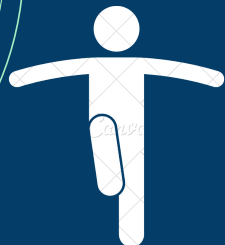
Strengthening



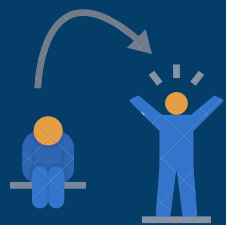
Tai Chi



Balance



Sit-to-stand



### Education

Medicine hx



Home Modifications



Safety Precautions



It's a **team effort** from all healthcare practitioners who are responsible for the patient's care.