



Utah Falls Prevention Alliance

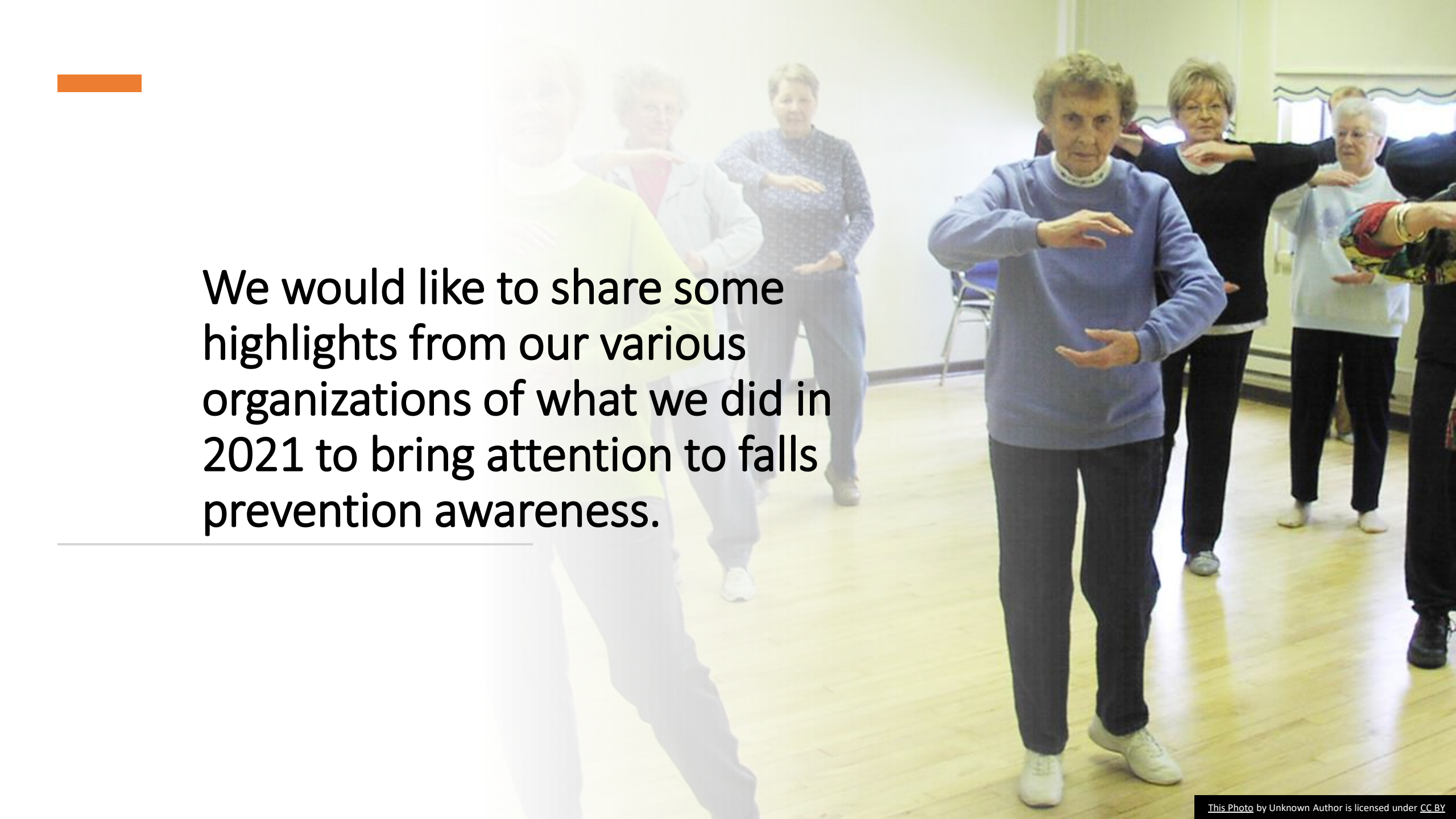
What did we do in 2021 and what will we do in 2022?

Our goals for 2022.....

Continue to promote the Utah Aging website.

Continue to work with UHIN on non-transport EMS falls calls and creating awareness with our stakeholders on how to access this important information.

Continue to advocate whenever and however we can on falls prevention.



We would like to share some highlights from our various organizations of what we did in 2021 to bring attention to falls prevention awareness.

<https://youtu.be/do1qU7mwIbY>



Jamie Troyer RN – Trauma Services

A screenshot of a video player showing a slide for 'Falls Prevention Week-September 20-24, 2021'. The slide has a blue background and contains the following text:

Every September on the first day of fall, the Falls Free® Initiative promotes National Falls Prevention Awareness Week. States are encouraged to host and promote falls prevention education and screening activities to raise awareness about the impact of falls among older adults and offer practical falls prevention solutions.

<https://www.ncoa.org/article/get-ready-for-falls-prevention-awareness-week-2021>

The slide also features logos for Well Cornell Medicine, NewYork-Presbyterian, and CBN. A QR code is visible on the right side of the slide. The video player interface shows a progress bar at 0:01 / 50:59.A screenshot of a video player showing the UtahAging.org website. The website features a large image of a person walking a dog on a path in a park. The text on the website reads:

Welcome to UtahAging.org

The Utah Commission on Aging (UCA) sponsors and manages UtahAging.org as Utah's official statewide virtual resource center for older adults. UCA convenes expert stakeholders to share resources and best practices from our communities, public policy education, and research to help Utahns navigate the opportunities and challenges of the aging experience.

The video player interface shows a progress bar at 8:26 / 50:59.



**Marianne
Christensen –
Salt Lake
County**



Community Powered Fall Risk Reduction

Virtual Training for Utah Area
Agencies on Aging Staff

The risk of a fall is often downplayed by older adults. We will discuss common perceptions, the impact of falls, and the role of communities in reducing falls.

Discover tools for talking to people about falls and addressing frequent concerns. We will highlight appropriate resources and solutions, including outreach to healthcare providers.

**Thurs Sept 23, 2021
3-4 PM**

**JOIN OUR WEBEX MEETING WITH THIS
LINK :**

<https://slco.webex.com/meet/healthy>

Speakers:



Anne Thackeray,
Physical Therapist,
University of Utah



Tonua Hamilton,
Physical Therapist,
University of Utah



<https://www.abc4.com/dailydish/a-fall-can-be-a-life-changing-event-that-impacts-family-and-loved-ones/>

DAILY DISH

A fall can be a life changing event that impacts family and loved ones



Shelly Martin – Optum Care

<https://kutv.com/features/health/check-your-health/check-your-health-falls-for-seniors-can-be-devastating-but-most-are-preventable-11-09-2021>



**Intermountain
Medical Center
Trauma Services**
Healing for life®



**Teresa Brunt – Trauma Services and Dr. Michael Long,
Medical Director for trauma outreach**

SelectHealth 2021 changes towards Fall Prevention include:

1. Benefits adjusted to include a Home Safety Eval every year regardless of whether the patient decides to participate in therapy or not – goal is to make their HOME safe and prevent falls. Currently we are working through billing codes with home health to meet this need in our community.
2. Benefits adjusted to allow include all LIVE WELL classes – removed fee's to attend classes
3. All members who have indicated to us through our phone survey that they have fallen or are afraid of falling received a mailer (see attachment) plus a fall prevention gift (for the last three years). First year they were grip socks and the last two years they were night lights (portable in 2020 and wall plug in 2021). <2000 members (high risk and >65 y/o) – these are mailed during Fall Prevention Awareness month.
4. This year we have identified another ~4000 members (moderate risk and any age on Medicare) that we will be reaching out to.
5. Participated in an Intermountain Healthcare approach to identifying fall risk in our facilities and prevention of falls within our communities – through the Fall Prevention Steering Committee
6. Billboards posted during Fall Prevention awareness month
7. Also, the <2000 members that we send mailers to – are also identified in our Care Management lists – to alert Care Mgt to assist members and every person who calls in to inquire about care mgt services @SH, is screened over the phone for fall risk

Amy Bone – Select Health



Medicare Advantage patients were sent a night light

Don't be in the dark
this Falls Prevention
Awareness Month!



We want to help shed some light on how you can stay safe from falls:

- > Ensure proper lighting and check all cords. You can use your handy night light to help you see without getting out of bed.
- > Ask your doctor how your medication may affect your balance.
- > Exercise to improve your balance and strength.
- > Get your eyes and feet checked regularly.
- > Make your home safer. Ask your doctor about getting a home safety evaluation by homecare therapy services.

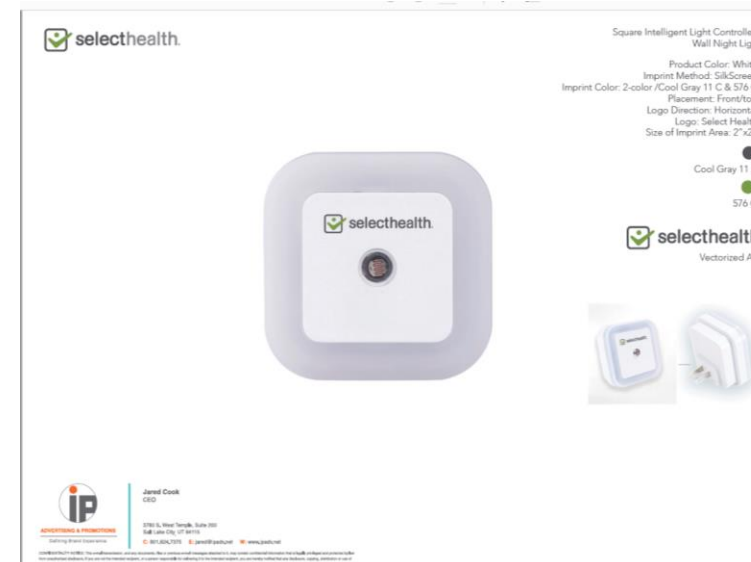
Check out these awesome benefits included in your plan that can help with fall prevention!



OVER-THE-COUNTER (OTC):
As a SelectHealth Advantage® member, every quarter you get \$50 to spend on Over-the-Counter (OTC) products. When combined with the Wellness Your Way benefit, you can use your OTC benefit to cover bathroom and home safety equipment. Remember: your \$50 benefit does not roll over from quarter to quarter, so make sure to use your benefit every three months. You can access the OTC catalog and instructions here: selecthealth.org/medicare/resources/over-the-counter-benefit



WELLNESS YOUR WAY: members can get reimbursed for up to \$240 per year, (or \$480 per year for SelectHealth Enhanced members in the Wasatch service area) for wellness benefits. This includes in-home safety assessments as well as home and bathroom safety devices. These devices can be purchased or installed using this benefit, and can even be combined with the Over-the-Counter benefit. To learn more, go to: selecthealth.org/medicare/wellness/reimbursement-and-rewards



4 stepping on classes were taught in partnership with SLCo aging.



Brittni Clark – Trauma Services St. Mark's Hospital



Stepping On



PROGRAM DESCRIPTION

Stepping On is an evidence-based fall prevention program that reduces falls among participants. Falling is not an inevitable result of aging. Through practical lifestyle changes and community partnerships, we can substantially reduce fall risks, keeping older adults living independently with a good quality of life. Stepping On addresses known risk factors and promotes behavior change. Professional guest experts include a pharmacist, optometrist, physical therapist, and community safety officer.

ELIGIBLE PARTICIPANTS:

- Are age 60 years or over
- Are at risk for falling, have fallen in the past year, or are fearful of falling
- Are living in a home or apartment
- Are not suffering from dementia

PROGRAM BENEFITS

- 31% reduction in falls among participants⁴
- Decreased fear of falling
- Increased performance of safe behaviors

WHAT IS PROVIDED TO PARTICIPANTS

Classes meet once a week for two hours. One session is 7 weeks long. Classes include interactive discussion and storytelling to promote adult learning. Education topics include: falls and risks, strength and balance exercises, medication review, home hazards, safe footwear, vision and falls, community mobility, and safety in public places.

RESOURCES

Visit www.health.utah.gov/vipp/older-adults/falls for more information.

FOR MORE INFORMATION ON THIS PROGRAM

livingwell@utah.gov
1-888-222-2542

SOURCES

1. Utah Death Certificate Database, Utah Department of Health: 2010-2012
2. Utah Inpatient Hospital Discharge Data & Utah Emergency Department Encounter Database, Utah Department of Health: 2009-2011
3. Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons, Journal of the American Geriatrics Society 2011;59:148-157
4. Clemson L, et al. Journal of the American Geriatrics Society 2004;52:1487-1494

WHY IS THIS IMPORTANT?

- Falls pose a major threat to the health and independence of aging adults.
- Falls are the leading cause of fatal and nonfatal injury for older adults¹.
- The combined direct costs of fall-related hospitalizations and emergency department visits in Utah are \$123 million annually².
- Evidence-based programs, such as Stepping On, can prevent falls by addressing risk factors, such as muscle weakness, balance deficits, vision impairment, and home safety^{3,4}.

INFORMATION

www.livingwell.utah.gov
livingwell@utah.gov
1-888-222-2542

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Transfer Training for Trainers – to help with short staffing issues at Intermountain Medical Center

- Occupational therapy practitioners at a trauma level 1 hospital piloted a training program aimed at reducing patient and caregiver injuries on a specific floor. Follow up data indicated a significant reduction in caregiver injuries and patient falls as well as positive response from nurses, nursing assistants and nurse managers. Once the data was shared organization-wide, nurse managers as well as managers from the ER and the Imaging departments asked for staff training specific to their needs. The program developed took advantage of the institution's positive organizational safety climate and people-oriented culture (Lee and Lee, 2017) to create a consistent way to teach safe patient handling behaviors and ergonomic practices. Staffing and training constraints have been negatively affected by the COVID pandemic in both nursing and rehabilitation, so a "train the trainers" approach was developed and included physical therapists, nurses, certified nursing assistants, imaging technicians, department educators and managers.

Florentina Mueller-Planitz – Occupational Therapist – Intermountain Healthcare



Transfer Training for Trainers

Dec 6, 2021 · Shared

Join

Link sharing is on



SLCounty Aging – Stepping On

- Stepping On workshop at Kearns Library on Tuesdays beginning April 19th
- Stepping On workshop at Alta View Hospital on Thursdays beginning April 14th
- Stepping On workshop at Holladay Library on Tuesdays beginning August 2nd

**Brooke Maruyama – Health Educator
Injury Prevention – SLCo Aging**



Information on Upcoming Workshops

Statewide schedule of workshops:

- Utah Department of Health Resource Line 888-222-2542 <http://livingwell.utah.gov>

Within Salt Lake County, contact:

- Salt Lake Aging and Adult Services 385-468-3088
- Salt Lake County Health Department 385-468-3878
- Intermountain Healthcare 888-222-2542 (Salt Lake locations, McKay Dee, American Fork Hospital, and Dixie Regional Medical)

Outside Salt Lake County, contact the nearest agency:

- Bear River Health Dept. | 425-792-6507
- Box Elder Senior Center | 435-734-1450
- Central Utah Health Dept. | 435-835-2231
- Davis County Health Dept. | 801-425-5087
- San Juan County Health Dept. | 435-678-2723
- Southern Utah - Five County Association of Governments Area Agency on Aging
St. George | 435-657-3548
Cedar City | 435-865-7165
- Summit County Health Dept. | 435-333-1500
- Tooele County Health Dept. | 435-830-6517
- Utah County Health Dept. | 801-851-7084
- Wasatch County Health Dept. | 435-657-3259
- Weber-Morgan Health Dept. | 801-388-7186

Why should you be concerned about falls?

- More than a third of those 65 or older fall each year.
- Falls are the leading cause of injury, hospitalizations and deaths for older adults.

Also, falls can shake your confidence, keeping you from doing the things you want. Avoiding falls is key to your independence!

**Stepping On:
Building Confidence,
Reducing Falls**

Join this 7-week workshop where you'll learn exercises and strategies to help you stay strong, active, and independent.
Classes are free.

Intermountain Healthcare
Healthy for life

Utah HEALTH
Healthy for life

www.health.utah.gov/ageolderadults/falls

SL
SALT LAKE
COUNTY
AGING & ADULT
SERVICES

University of Utah's Senior Clinic quarterly flyer



**Diane Tadehara – Senior Clinic
– University of Utah**



AMBULATORY FALLS QUARTERLY FLYER

Fall: A sudden, unintentional descent, with or without injury, which results in the patient coming to rest on the floor, on or against some other surface (e.g., a counter), on another person, or on an object (e.g., a trash can). [Guideline: Inpatient Fall Prevention](#)

Reporting Dangerous Ice Conditions

Do you know what to do if you notice an unsafe icy area at work?

Apply Ice Melt
Many facilities keep ice melt and a scoop near the doors – if you can, apply some ice melt.

Contact your Facilities Group for your location to report the problem

- **Main University of Utah Campus:** Call 1-7221
- **All Services Areas:** Vocera your clinic's "Facilities" group: (e.g., "South Jordan Facilities," "Redwood Facilities," "Farmington Facilities"). To call Vocera from a telephone, dial 801-213-2942.
- **North Service Area:** You may also reach out to your facilities group directly by phone (Information has been distributed to leadership)
- **South Service Area:** You may also contact Facilities via the [South Jordan Health Center Pulse site](#) → CMS Work order request

Resources

[Denise Marlowe, PT, CEAS](#) Employee Health
Safe Patient Handling (SPH) training

Utah Falls Prevention Alliance 

Medication Mindfulness



Lorazepam (Ativan) is benzodiazepine often prescribed for anxiety, insomnia, and nausea. Lorazepam can affect a patient's muscle strength and balance (Lexicomp, 2020). Older adults who may have lower metabolism are at a higher risk of these side effects (Saarelainen, et al., 2018). Education of patients is an important intervention in reducing their risk of falls. Instruct patients to call their provider if they experience muscle weakness, change in balance, or dizziness. While caring for these patients assess and monitor these side effect (Lexicomp, 2020).

Saarelainen L, Tolppanen AM, Koponen M, et al. Risk of death associated with new benzodiazepine use among persons with Alzheimer disease: A matched cohort study. *Int J Geriatr Psychiatry*. 2018;33(4):583-590. doi: 10.1002/gps.4821. [PubMed [29143367](#)]

NOTEWORTHY NUMBERS*

More than 1 in 4 people 65+ have a fall each year, but fewer than half tell their doctor

One fall doubles the chances of falling again

Senior fall rates are rising and may reach 7 fall deaths per hour by 2030

HEALTH UNIVERSITY OF UTAH

Winter 2021

*<https://www.cdc.gov/falls/facts.html>

If you remember nothing else from today's presentation..... Please visit this website



**Utah
Commission on
Aging**

A screenshot of the UtahAging.org website homepage. The header includes the UCOA logo and the URL UTAHAGING.ORG. A navigation menu lists: UTAH'S AGING SERVICES, AGING ISSUES, ARTS & AGING, ADVANCE CARE PLANNING, UCOA, PORTALS, COLLABORATIVE EFFORTS, MEDIA, and CALENDAR. The main banner shows a person walking a dog on a path through a wooded area, with the UtahAging.org logo and text overlaid. Below the banner is a language selection dropdown and a "Powered by Google Translate" notice. The main content area features a "Welcome to UtahAging.org" heading and a paragraph describing the organization's role as Utah's official statewide virtual resource center for older adults.

UCOA UTAHAGING.ORG

UTAH'S AGING SERVICES AGING ISSUES ARTS & AGING ADVANCE CARE PLANNING UCOA PORTALS COLLABORATIVE EFFORTS MEDIA CALENDAR

UtahAging.org
Utah Commission on Aging

Select Language
Powered by Google Translate

Welcome to UtahAging.org

The Utah Commission on Aging (UCOA) sponsors and manages UtahAging.org as Utah's official statewide virtual resource center for older adults. UCOA convenes expert stakeholders to share resources and best practices from our communities, public policy, education, and research to help Utahns navigate the opportunities and challenges of the aging experience.

Thank you!

- If you have any questions or suggestions for this alliance, please contact Teresa Brunt at teresa.brunt@imail.org
- Thanks for all you do to keep our precious population of seniors safe and living the best lives possible.

