

Keep them STEADI: Implementation of a Hospital-Based Fall Prevention Program

Courtney Edwards MSN/MPH, RN, CCRN, CEN

Trauma Outreach Education, Injury Prevention & Clinical Research Manager

The Trauma Center at Parkland

courtney.edwards@phhs.org



Parkland

- **Stopping Elderly Accidents, Deaths, & Injuries (STEADI)**
 - **Designed by the CDC for healthcare providers who treat older adults who are at risk of falling or who may have fallen in the past**
 - **Toolkit**
 - **<http://www.cdc.gov/homeandrecreational/safety/Falls/steady/index.html>**
 - **Based on an algorithm adapted from the American and British Geriatric Societies' Clinical Practice Guidelines**
-

STEADI

- Screen all older patients for falls
- Identify modifiable fall risk factors
- Evaluate gait, lower body strength & balance – address identified deficits
- Conduct focused physical exam – address modifiable and/or treatable risk factors

Parkland

- EMR assessment of fall event
- Community Paramedic Program
- Relationships with Liason Services
 - Order for Physical Medicine & Rehabilitation consult placed on admission
- Tertiary Physical Exam
- SBIRT with Mental Health Screen

STEADI

- **Assess for & manage postural hypotension**
- **Review & manage medications**
- **Increase vitamin D**
- **Assess visual acuity & optimize vision**

Parkland

- **Medication reconciliation**
- **Pharmacy medication review**
- **American Geriatrics Society Beers assessment**
 - guideline for healthcare professionals' to help improve the safety of prescribing medications for older adults - emphasizes deprescribing/avoiding specific medications
- **Review by Trauma Advance Practice Providers / Trauma Nurse Clinician**
- **Ophthalmologist consult as needed**

STEADI

- Address home safety & how to reduce fall hazards
- Educate about what causes falls & how to prevent them
- Identify community exercise & fall prevention programs

Parkland

- Trauma Advanced Practice Providers / Trauma Nurse Clinicians
- Home Assessment Checklist
- Brochure, *Fall Prevention*
- Outpatient therapies as recommended
- Community Paramedic Program

Prior to STEADI

- 299 (10 %) ≥ 65 yrs
 - Leading MOI: Fall
 - 193 (65%) ≥ 65 yrs
 - Average age: 77
 - ISS: 1-50, avg 11.20
 - moderate injury
 - Median LOS: 7.9 days
 - 46.8 % discharge home

With STEADI

- 266 (10%) ≥ 65 yrs
 - Leading MOI: Fall
 - 165 (62%) ≥ 65 yrs
 - Average age: 77
 - ISS: 1-43, avg 12.22
 - moderate injury
 - Median LOS: 6.5 days*
 - 54.5% discharged home*

* p < 0.01

- Increasing knowledge by staff members regarding the severity of geriatric trauma
- Advancing clinical practice guidelines
- Better integration of services

