

Quick Shot Presentation

Why choose MOB for your fall prevention program?

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Identifying Need

- ▶ Falls are the number one cause of unintentional injury for older adults 65 years and older nationally.
- ▶ 3 million older adults are seen in emergency departments after a fall*
- ▶ 800,000 older adults are hospitalized secondary to a fall*
- ▶ The annual cost of a fall in 2015 was \$50 billion. 75% of that cost was paid by Medicare/Medicaid.*
- ▶ Over 70% of older adult traumas at Stanford Medicine are from falls

* CDC.gov

Intervention Design

- ▶ Evidence-based program – A Matter of Balance
- ▶ Geared to older adults 65 years and older
- ▶ Partnerships – for community sites to hold classes and for coaches to teach classes – Senior Centers, YMCAs, mobile home parks and more.
- ▶ Type of intervention – group-based/community-based/evidence-based
- ▶ Program objectives
 - ▶ Decrease fear of falling
 - ▶ Increase activity level for older adults
 - ▶ Decrease falls

Program Implementation

- ▶ Evidence based program – 8 2-hour sessions
- ▶ Master trainer trains lay leaders (volunteers) as coaches. Teach in pairs.
- ▶ Cost -- \$1550 one-time fee for training and license. Program budget required – workbooks for each participant, office supplies and snacks. Average cost/class of 12 participants is \$175/class
- ▶ Note: Set-up time to get materials and snacks, evaluations, etc.
- ▶ Implementation timeline – Varies based on whether MOUs needed to work with partner agencies, time to recruit and train coaches, etc. Set-up time 3-6 months
- ▶ Community stakeholders – For sites and to recruit participants. Your hospital and trauma center, PCPs, Senior Centers, more...

Program Evaluation

- ▶ Outcome evaluation completed
- ▶ Pre and post surveys, Sit-to-stand and 4-stage balance tests
- ▶ Program evaluation indicates participant satisfaction

Program Outcomes

- ▶ Office of Medicaid and Medicare study - ↓ \$938 savings in healthcare costs/MOB participant -- ↓ one hospitalization/20 MOB participants
- ▶ See 250-300 older adults/year
- ▶ Outcome (reduction in falls and increase in efficacy.)

Post-Class Changes as a Result of MOB:	N-198
Increased comfort talking about falling, n(%) Disagree/Strongly Disagree Agree/Strongly Agree	8 (4.0%) 190 (96%)
Changed Environment, n(%) Disagree/Strongly Disagree Agree/Strongly Agree	21 (10.6%) 177 (89.4%)
Increased comfort with more activity, n(%) Disagree/Strongly Disagree Agree/Strongly Agree	5 (2.5%) 193 (97.5%)
Plan to continue exercising, n(%) Disagree/Strongly Disagree Agree/Strongly Agree	0 (0%) 198 (100%)