

Summary of the June 21, 2012 Iowa Falls Prevention Summit

The goals of the summit were to increase understanding of the burden of falls in older adults in Iowa and to increase knowledge about evidence-based falls prevention strategies. There were 98 attendees; 59 were nurses.

Speakers:

Dave Johnson, ACBI Prevention Task Force Chair, welcomed participants to the Summit

Binnie LeHew, Iowa Dept of Public Health

- Presented Iowa data on falls (deaths, hospitalizations and trauma visits) - <http://www.idph.state.ia.us/FallPrevention/>

Ellen Schneider, Fall Prevention Consultant for National Council on Aging University of North Carolina Evidence-based programs to decrease falls

- Old 1994 stat: 1 of 3 people over 65 fall every year. Unknown number not reported since no treatment.
- Basics of modifiable factors: weakened muscles, balance, vision, medication, home risks.
- Basics of prevention: Assessment, medical review, exercise, home and community safety, maximize vision
- CDC STEADI (Stopping Elderly Accidents, Deaths, and Injuries) provider technical assistance. <http://www.healthandtheaging.org/wp-content/uploads/2012/05/FQHC-2012-ncoa-5.pdf>
- Evidence-based: Sustainability need.
- Affordable Care Act: Options for doctor assessments.
- EMS example, referring older adults who fell but not transported for treatment to public health nurses.
- Elderly people street crossing sign; state-funded clinics, training in family practice medicine.

Peg Ogea-Ginsburg, Nebraska Injury Prevention Coalition

- Examples of ideas for fall prevention, accessibility, tai chi classes;

John Lundell Local Strategies in Johnson County U of I Injury Prevention Research Center.

- Referred to September Injury Prevention Conference.
- Wellmark BC/BS two year grant and available local funding for Sure Steps in Johnson County.
- Diversity/Sustainability.
- Home Safety and personal risk assessments
- <http://www.livablecommunity.org/johnsoncounty/sure-steps.aspx>

Jessica Sheets, Margaret De Sio, and Barb McClintock, local Polk County panel, local strategies. Jeopardy Game/tray placemats

Janelle Nielsen and Lisa Harpenau – Iowa Health Care Collaborative

- Hospital Engagement Network
- Partnership for Patients
- Federal hospital readmissions expectations.
- <http://www.ihconline.org/>

Carlene Russell – Iowa Department on Aging - planning for Fall Prevention Day (September 22): Basic 101s
<http://www.aging.iowa.gov/>

From the IDPH Initial compilation from Summit conference:

Sixty-one evaluations were returned. Analysis of the evaluation data showed a significant increase both in knowledge of burden of falls in Iowa and in knowledge of evidence-based programs to prevent falls. Mean scores for overall were as follows (on a scale from 1-5): applicability of materials to work – 3.90; quality of speakers – 4.14; how well summit met expectations – 3.836.

Interest in participating in a local or regional group is high and contact information was collected for interested individuals. Other areas that participants identified as steps they'd like to take in the near future:

- Multiple interest in starting local falls prevention groups/discussions
- Need for measurable goals for the fall prevention coalition (state and local)
- Doing local Tai Chi and Matter of Balance classes/coach/training