

Engaging with First Responders to Prevent Falls in Older Adults

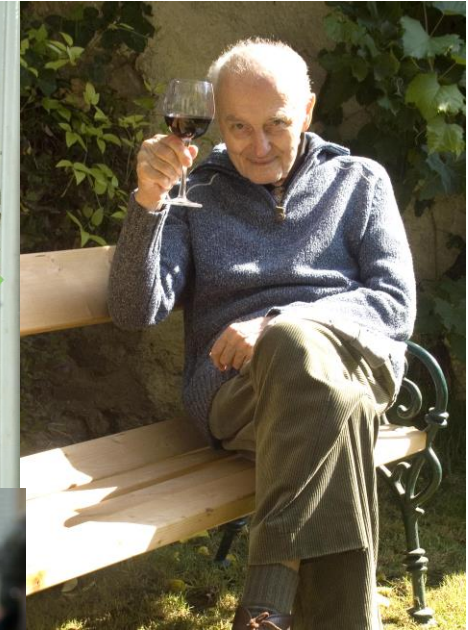


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Why is Novato Fire Protection District studying falls in older adults?



Aging in America

- The population of individuals over 65 years of age is expected to grow by 19% in 2030, increasing to 72.1 million
- Older adult population in Marin County and Novato
- Aging leads to a decline in physical and cognitive functioning and a decreased quality of life

Problem Statement

- Falls are a major health concern in older adults



- Fall incidents and associated costs are increasing as the older adult population increases
- There is a lack of training for first responders regarding geriatrics care and fall prevention

Consequences of Falls

- Injuries
 - Loss of functioning and independence
 - More hospitalizations
 - Early death
- Depression was found to be associated with higher rates of falls



Interventions to Decrease Falls

- Effectiveness of multifactorial interventions
- Occupational therapists focus on home modifications and assistive devices by looking at the fit between person, environment, and task
- First responders conduct screenings & assessments and provide education & referrals
- Collaboration of healthcare professionals and first responders to reduce falls

Definition

An event which results in a person coming to rest inadvertently on the ground or other lower level.



Purpose of Study

1. To identify fall risk factors in community-dwelling older adults.
2. To understand the experiences of older adults who have fallen.
3. To determine whether there is a relationship between falls and depression in older adults.
4. To examine first responder experiences with fall-related calls in older adults.
5. To Identify approaches to prevent falls in older adults.



Study Participants

- Older adults
 - Age 60 and above
 - Have been treated by the Novato Fire Department (NFD) as a result of a fall
- NFD first responders
 - Firefighters
 - EMTs

Data Collection Approaches

- ✓ Will answer the research questions associated with the study purpose.
- ✓ Approved by the Dominican University Institutional Review Board.
- ✓ Combines different approaches: quantitative and qualitative.

Patient Care Reports (PCRs)

		PCR Number 21- [REDACTED]		Marin County EMS Agency NFPD Patient Care Record		Date/Time Completed 06/09/12 18:34			
Run/AO Nbr	Agency Run Nbr	Call Date	<input type="checkbox"/> Medical	<input checked="" type="checkbox"/> Injury	[REDACTED]				
12	12	6/ /2012	<input type="checkbox"/> Cardiac Arrest	<input type="checkbox"/> Trauma	Page 1 of 2				
Unit Information					Vehicle Times				
Provider Agency: NFPD			Unit/Veh Nbr: M65		Dispatch Notified:				
Primary Role of Unit: Transport			Response to Scene: Code 2		Unit Notified by Dispatch: 06/09/12 17:38				
Type Service Requested: 911 Response (Scene)					Unit En Route: 06/09/12 17:38				
Dispatch Complaint: Fall Victim					Unit Arrived on Scene: 06/09/12 17:49				
Transport Provider: NFPD			Response from Scene: Code 2		Arrive at Patient: 06/09/12 17:49				
					Unit Left Scene: 06/09/12 17:56				
					Patient Arrived at Dest: 06/09/12 18:04				
					Unit Back in Service:				
					Unit Back at Home Loc:				
Odometer Start:	Scene:	Dest:	Ending:	Tot Miles					
Mileage:	0.0	2.0	2.0	2.0					
Other EMS Provider at scene:									
NFPD E61									
Scene Information					Hospital Contact				
# of Pts at Scene: Single		Pt 1 of 1 Pts			Report only				
Incident Location:		MCI: <input type="checkbox"/>			Hospital				
[REDACTED]					Time Contact at Hosp.				
City:		State/Zip:			NCH				
Novato		CA 94947			18:00 ED RN				
Location Type: Home/Residence									
Sub Zone: 1									
Patient Information									
Age		DOB		Age Approx		Wt(Kg)		Gender	
83 Years		09 /1928		<input type="checkbox"/>		80		Female	
Pregnancy:									
Addr: [REDACTED]									
SSN:		PMD:			Phone:				
Race:									
Billing Form Signed: Billing Form Signed									
Ins. Nbr:					Medical Records Nbr:				
History: TIA, NIDDM, HTN?, high cholesterol			Medications: Metformin, Glyburide, Plavix, Simvastatin,			Allergies: Codeine			
Name: [REDACTED]									
Special Scene Conditions									
Other Associated Signs/Symptoms									

Focus Groups



Telephone Interviews



Patient Health Questionnaire (PHQ-2)

Over the past 2 weeks, how often have you been bothered by any of the following problems?	<i>Not at All</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

Study Completion Timeline

March

- Code PCR narratives
- Focus Groups
- Interviews
- Train NFD on PHQ-2

April

- Complete coding of PCR narratives
- Complete Focus Groups & Interviews

May

- Analyze data from PCRs, Focus Groups & Interviews

June

- Analyze preliminary data from PHQ-2
- Draft Report

July

- Complete report

Questions?