

Steps to Prevent Falls

1. Ask

- Ask your 65+ patients if they have fallen in the past year.³

2. Identify & Screen

- Identify risk factors for falls through screenings.³

3. Refer

- Refer patients to specialist or community programs.³

4. Follow Up

- Follow up with patients within 30 days.³



Prepared By:

UNIVERSITY of MARYLAND
SCHOOL OF PHARMACY
THE PETER LAMY CENTER
ON DRUG THERAPY AND AGING

Contact Us

Maryland Falls Free Coalition

201 W. Preston Street
Baltimore, MD 21201
1.866.703.3266

mdh.injuryprevention@maryland.gov

References

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Falls Free®

Maryland Falls Free Coalition

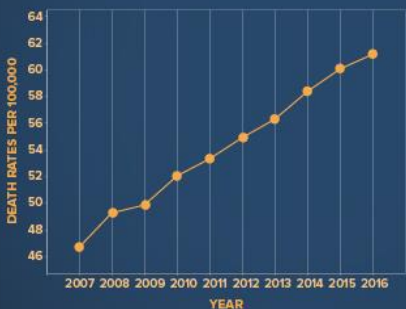
FALLS PREVENTION & YOUR OLDER PATIENTS

Simple steps to prevent falls
in your patients



Fall Death Rates in the U.S. INCREASED 30%

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise, we can anticipate

7 FALL DEATHS EVERY HOUR BY 2030



Learn more at www.cdc.gov/HomeandRecreationalSafety.

1

- Unintentional deaths due to falls in the 65+ age group are on the rise in the US.¹

2

- In Maryland alone, there were 10,169 hospitalizations for fall injuries among older adults 65+ in 2016.²

3

- Fall related hospitalizations in older adults cost over \$194 million in Maryland during 2016.²

4

- Between 2010-2016, the number of deaths in Maryland increased from 377 to 592.⁵

Risk Factors

- Muscle weakness
- Poor balance
- Postural hypotension
- Dizziness
- Foot abnormalities
- Vision difficulties
- Medicines
- Home hazards
- Recent falls
- Fear of falling

Medicines

- Review and talk to your patients about their medicines, both prescription and over the counter ones
- Fall risk increasing drugs (FRIDs)
- Calcium and vitamin D supplementation

Sensory Input

- Refer your patients for a vision and/or hearing check up if necessary
- Peripheral neuropathy may affect strength and proprioception

Exercise Programs

- Walking and flexibility exercises may be beneficial (see "Resources for Your Practice")

Resources for Your Practice

- Center for Disease Control and Prevention (CDC) Stopping Elderly Accidents, Deaths & Injuries (STEADI) toolkit and materials available for free at www.cdc.gov/steady/materials.html and includes:

- Algorithm for Fall Risk Assessment & Interventions
- Preventing Falls in Older Adults: Provider Pocket Guide
- Fall Risk Checklist
- Talking about Fall Prevention with Your Patients
- Stay Independent Brochure

- National Council on Aging (NCOA) Fall Prevention toolkit available for free at www.ncoa.org/healthy-aging/falls-prevention/ and includes:

- Fact sheets, brochures and handouts
- Webinars
- Videos
- PowerPoint presentations

- Maryland Department of Health resources available for free at https://phpa.health.maryland.gov/ohpetup/Pages/eip_falls.aspx

- Baltimore County programs for balance and fall prevention are available at <http://www.baltimorecountymd.gov/Agencies/aging/healtheducation/>