

Balance Days Protocol

Dartmouth Centers for Health and
Aging

January 7, 2016

Agenda

- Overview
- Procedure
- Approaches



Overview

- Balance Days are conducted at community sites to screen individuals for falls risk.
 - Fall Risk Questions
 - Physical Screens
 - Falls prevention information
 - Falls prevention program demonstrations
 - Falls prevention program sign-ups
- 3-5 people to staff event
- Advertise in advance AND advertise day of- “Free Balance Screen”
- 1-2 hours time allotted

Procedure

- Set up stations
 - TUG
 - 30 second sit to stand station
 - 4-Stage Balance Test
 - Waiting area
 - Class sign-up area
 - Handout area
- Materials
 - Tape
 - Measuring tape
 - Chairs
 - Clipboard
 - Timer
 - Data Sheet
 - Scoring Sheet
 - Recommendation Sheet
 - Sign up sheet
 - Flyers/Handouts

Procedure

BALANCE DAY FALL RISK SCREEN

Name: _____ Age _____

Town of Residence _____ Phone _____

Email: _____

Are you currently on our mailing list? YES NO

If "No"

· Would you like to be added to the mailing list? YES NO

Have you fallen in the past year? YES NO

If "Yes"

· How many times? _____

· Were you injured? YES NO

Do you feel unsteady when standing or walking? YES NO

Do you worry about falling? YES NO

If you answered "No" to all three questions, stop here. Please speak with someone here about recommendations.

If you answered "Yes" to any of the questions, please continue speak with someone about physical screens.

If you have questions, please contact:

TYPE YOUR ORGANIZATION HERE

Type organization here to

Type email address here if you have one

Timed Up & Go Test:

Fall Risk?

12 seconds or greater is considered a fall risk

_____ Seconds

YES NO

30 Second Chair Stand Test:

Fall Risk?

A below average score indicates a higher risk to fall

_____ # of Stands

YES NO

Chair Stand—Below Average Scores

| Age | Men | Women |
|-------|------|-------|
| 60-64 | < 14 | < 12 |
| 65-69 | < 12 | < 11 |
| 70-74 | < 12 | < 10 |
| 75-79 | < 11 | < 10 |
| 80-84 | < 10 | < 9 |
| 85-89 | < 8 | < 8 |
| 90-94 | < 7 | < 4 |

4-Stage Balance Test:

Fall Risk?

Inability to hold tandem stance 10 seconds is considered a fall risk

YES NO



1. Stand with your feet side by side.

Time: _____ seconds



2. Place the instep of one foot so it is touching the big toe of the other (semi-tandem)

Time: _____ seconds



3. Place one foot in front of the other, heel touching the toe (tandem)

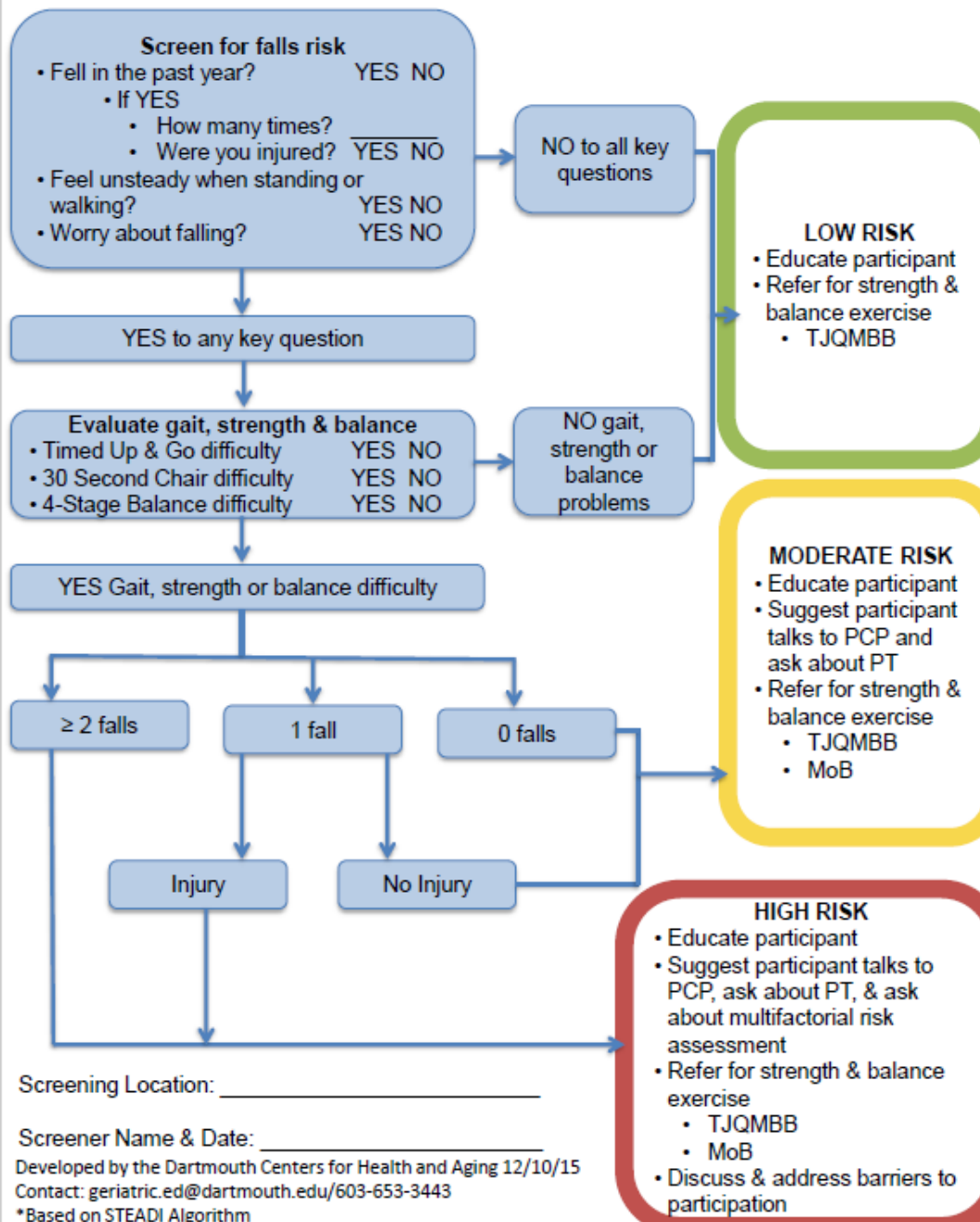
Time: _____ seconds



4. Stand on one foot

Time: _____ seconds

Algorithm for Fall Risk Assessment & Interventions*



Recommendation Handout

Fall Risk Screening Results

You scored at a low fall risk on our Falls Risk Screen

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to keep your risk low and to maintain a high level of function. Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance. Please see our current programs list. We can contact you as more programs develop.

If you have questions, please contact:
Type Your Organization Here
(Phone Contact)
Website

Falls Risk Screening Results

You scored at a moderate fall risk on our Falls Risk Screen

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to lower your fall risk and to maintain a high level of function.

- Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance or A Matter of Balance. Please see our current programs list. We can contact you as more programs develop.
- We recommend you share these results with your primary care provider and discuss the possibility of physical therapy.

If you have questions, please contact:
Type Your Organization Here
(Phone Contact)
Website

Fall Risk Screening Results

You scored at a higher fall risk on our Falls Risk Screen

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to lower your fall risk and to maintain a high level of function.

- Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance or A Matter of Balance. Please see our current programs list. We can contact you as more programs develop.
- We recommend you share these results with your primary care provider and discuss the possibility of physical therapy and a multifactorial falls risk assessment. Or, if your provider is at Dartmouth Hitchcock, they may want to refer you to the Dartmouth Hitchcock Interdisciplinary Falls Clinic.

If you have questions, please contact:
Type Your Organization Here
(Phone contact)
Website

Approaches

- Lecture
- Brief Falls Talk
- Program Demo
- Balance Screening

Falls Talk

- Power point in tool kit for short talk- 15 minutes
- STEADI Materials: www.cdc.gov/steady/
 - “What You Can Do to Prevent Falls”
- NH Falls Task Force: www.nhfallstaskforce.org
 - Home Safety Assessment
- Written materials/brochures about programs
 - www.TJQMBB.org
 - www.mainehealth.org/mob

Program Demo (TJQMBB)

- Encourage all to try
- Plan for ~ 15 minutes
- Safety-chairs in front- ideally face participants
- Make it fun!
- Example sequence:
 - Weight shift exercise
 - Part Wild Horse Mane Form
 - Breathing to close i.e. Ball bigger/smaller

Balance Screening

- Several stations-minimize wait
- Plan 30 minutes if in combination with talk/demo
- Could have 1-2 hour drop in (or longer) if stand alone event
- Timed Up & Go, 30 second sit to stand, 4-stage balance test
 - www.cdc.gov/steady- Videos for providers
- Review Results with participant
 - Give the participant the Algorithm and Falls Risk Screening Result Sheet
- Send copy of “Balance Day Fall Risk Screen” to Dartmouth Centers for Health and Aging

Contact for questions regarding Balance Day Presentation

Dartmouth Centers for Health and Aging

Geriatric.ed@dartmouth.edu

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