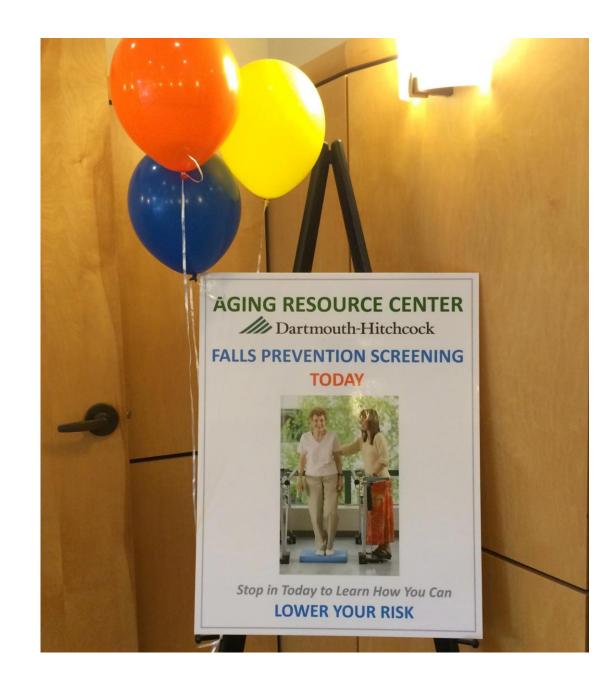
Balance Days Protocol

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? If "No"	YES	NO			
· Would you like to be added to the mailing lis	st? YES	NO			
Have you fallen in the past year? If "Yes"	YES	NO			
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:	Seco	inds
Fall Risk?	YES	NO
12 seconds or greater is considered a fall risk		

 30 Sepand Chair Stand Test
 _____ # of Stands

 Fall Risk?
 YES
 NO

A below average score indicates a higher risk to fall

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? YES NO

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

1. Stand with your feet cide by cide. Time: _____ ceoonds

2. Place the instep of one foot so it is touching Time: _____ seconds

the big toe of the other (semi-tandem)

3. Place one foot in front of the other, Time: _____ seconds

heal touching the toe (tandem)

4. Stand on one foot
 Time: ______ seconds
 Developed by the Dartmouth Centers for Health and Aging 12/10/15, based on STEADI Tool. Contact: Geniatric-ed@Controcuth-edu, 603-653-3443

Algorithm for Fall Risk Assessment & Interventions* Screen for falls risk · Fell in the past year? YES NO If YES · How many times? NO to all key Were you injured? YES NO questions · Feel unsteady when standing or walking? YES NO Worry about falling? YES NO LOW RISK · Educate participant · Refer for strength & balance exercise YES to any key question TJQMBB NO gait, Evaluate gait, strength & balance strength or Timed Up & Go difficulty YES NO balance · 30 Second Chair difficulty YES NO 4-Stage Balance difficulty YES NO problems MODERATE RISK Educate participant YES Gait, strength or balance difficulty Suggest participant talks to PCP and ask about PT Refer for strength & balance exercise ≥ 2 falls 1 fall 0 falls TJQMBB MoB Injury No Injury HIGH RISK · Educate participant · Suggest participant talks to PCP, ask about PT, & ask about multifactorial risk assessment · Refer for strength & balance Screening Location: exercise TJQMBB Screener Name & Date: MoB Developed by the Dartmouth Centers for Health and Aging 12/10/15 Discuss & address barriers to Contact: geriatric.ed@dartmouth.edu/603-653-3443 participation *Based on STEADI Algorithm

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

Program Sign-up sheet Have available at screen/presentation



ADD YOUR LOGO

Sign up for next Tai Ji Quan: Moving for Better Balance Class at YOUR LOCATION

Start Date: CLASS START Location: CLASS LOCATION

Name (first and last)	DOB	Phone	Email

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/steadi/
 - "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
 - <u>www.cdc.gov/steadi-</u> 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

603-653-3443