

Efforts to Reduce Adult Falls Injury & Risk in Dane County, Wisconsin Community, Academic and Healthcare Partnerships MIPA Summit Thursday, December 9, 2021 1:15 – 2:00 PM

Presenters, Outline, Resource Lists

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- Welcome and Overview
 - Adult Falls in WI & UW Health Trauma admissions
 - Madison/Dane County community collaborations
 - Research & Evaluation
 - Collaboration & interface among academia, health care and community
 - Q&A
 - Closure
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Community-Academic Aging Research Network

Brings together community and health system partners with academic researchers to conduct
<https://caarn.wisc.edu/>



- **University of Wisconsin Institute for Clinical and Translational Research**
<https://ictr.wisc.edu/>



- **Wisconsin Institute on Health Aging**
<https://wihealthyaging.org/>



Mahoney JE, Pinzon MM, Myers S, Renken J, Eggert E, Palmer W. The Community-Academic Aging Research Network: A Pipeline for Dissemination. *J Am Geriatr Soc.* 2020 Jun;68(6):1325-1333.

Mora Pinzon MC, Myers S, Renken J, Eggert E, Chewing B, Mahoney JE. Essential elements to "design for dissemination" within a research network-a modified Delphi study of the Community-Academic Aging Research Network (CAARN). *Implement Sci Commun.* 2021 Feb 12;2(1):18.

Keys to Better Balance Resources

From the *Balance Keys Committee* of Safe Communities Dane County Falls Prevention Task Force

- **Keys to Better Balance – handouts, video, sample of graphics:**
<https://drive.google.com/drive/folders/1ULvryXe2HKCaitpi75vBJoVjZBpFAoEV?usp=sharing>
- **BB4B site – www.ballroombasicsforbalance.org**
Includes mission and vision, photos and videos, samples of relevant research (including Chewing study), information on Classes and Teacher instruction opportunities, and Practice materials for anyone to use or request.
- **BB4B Core Curriculum: Key Elements** <https://drive.google.com/file/d/1hbmHuaRM2L-KjbmJ8LaMELMy7eCasAU/view?usp=sharing>

Tai Chi and Other Falls Prevention Resources

National Council on Aging



➤ **Fall Prevention for Older Adults**

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>

Tai Chi Prime References



1. Chewning B, Hallisy KM, Mahoney JE, et. al. Disseminating tai chi in the community: promoting home practice and improving balance. *Gerontologist*. 2019 Feb 27. pii: gnz006 (online).
2. NCOA evidence-based Tai Chi Programs
<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>
3. Bandura A. *Self-efficacy: The exercise of control* (1997). New York: WH Freeman.
4. Mansukhani SG, Kieser M, Ricci D, Chewning B. Dose orchestration and system enhancement (DOSE): A practical model based on the Habituation-Intention Framework. *Res Soc Admin Pharm* 2017;13:1062-1069. doi:10.1016/j.sapharm.2016.11.001.
5. Sherrington C, Michaleff ZA, Fairhall N, et al. Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *Br J Sports Med* 2017 Dec;51(24):1750-1758. doi: 10.1136/bjsports-2016-096547.

YOGA



Fall Prevention Yoga Sequence
youtu.be

<https://youtu.be/Z49GGaXiKbM>

Articles

The importance of mitigating falls and how this relates to cost

- Scheckel B, Stock S, Müller D. Cost-effectiveness of group-based exercise to prevent falls in elderly community-dwelling people. *BMC Geriatr*. 2021 Jul 26;21(1):440.
- van Gameren M, Bossen D, Bosmans JE, Visser B, Frazer SWT, Pijnappels M. The (cost-)effectiveness of an implemented fall prevention intervention on falls and fall-related injuries among community-dwelling older adults with an increased risk of falls: protocol for the in balance randomized controlled trial. *BMC Geriatr*. 2021 Jun 23;21(1):381.
- Nyman SR, Hayward C, Ingram W, Thomas P, Thomas S, Vassallo M, Raftery J, Allen H, Barrado-Martín Y. A randomised controlled trial comparing the effectiveness of tai chi alongside usual care with usual care alone on the postural balance of community-dwelling people with dementia: protocol for the TACIT trial (TAi Chi for people with demenTia). *BMC Geriatr*. 2018 Nov 3;18(1):263.
- Stevens JA, Lee R. The Potential to Reduce Falls and Avert Costs by Clinically Managing Fall Risk. *Am J Prev Med*. 2018;55(3):290-297. doi:10.1016/j.amepre.2018.04.035

- Li F, Harmer P, Eckstrom E, Fitzgerald K, Akers L, Chou LS, Pidgeon D, Voit J, Winters-Stone K. Cost-Effectiveness of a Therapeutic Tai Ji Quan Fall Prevention Intervention for Older Adults at High Risk of Falling. *J Gerontol A Biol Sci Med Sci*. 2019 Aug 16;74(9):1504-1510.

Intervention Guidelines

- Sherrington C, Michaleff ZA, Fairhall N, et al. Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *Br J Sports Med* 2017 Dec;51(24):1750-1758. doi: 10.1136/bjsports-2016-096547.
- Guirguis-Blake JM, Michael YL, Perdue LA, Coppola EL, Beil TL. Interventions to Prevent Falls in Older Adults: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. *JAMA*. 2018 Apr 24;319(16):1705-1716.
- Sherrington C, Fairhall NJ, Wallbank GK, Tiedemann A, Michaleff ZA, Howard K, et al. Exercise for preventing falls in older people living in the community. *Cochrane Database Syst Rev*. 2019;1:CD012424.
- Wu Y, MacDonald HV, Pescatello LS. Evaluating exercise prescription and instructional methods used in tai chi studies aimed at improving balance in older adults: A systematic review. *J Am Geriatr Soc* 1016;64:2074-2080.