Multidisciplinary Fall Prevention Program for Community Dwelling Elderly in Primary Health Care Setting – A Five-year Review

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Occupational Therapy
Physiotherapy
Program Objectives

– Early detection and fall risk triage screening of elderly in primary health care setting
– Provide suitable intervention
– Patient and carer empowerment

Inclusion Criteria

– Non-institutional living elderlies with aged 60 or above
– With history of fall within one year or with fall risk

Service Locations

TMCCC  YLCCC  TSWCHC
Service Provision and Workflow

Education Talk and initial Triage screening

Medium and High Risk

Individual Assessment & Consultation

Low Risk

Discharge with education

Medium Risk

4 sessions group therapy, exercise kit for home training

High Risk

Refer to:
- Geriatric Day Hospital
- Community Physiotherapy
- Community Occupational Therapy
+ Home Visit
**Program Outcomes**

**3529 elderly clients were enrolled**

**Fall Risk level**
- Majority: Low Risk
- High 10%
- Medium 34%
- Low 56%

**Age Distribution**
- Majority: Aged 70-79

**Outcome Indicators**

<table>
<thead>
<tr>
<th>Outcome Indicators</th>
<th>Pre</th>
<th>Post</th>
<th>Diff.</th>
<th>P-value</th>
<th>Significant Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timed Up &amp; Go Test (sec)</td>
<td>16.0 ± 6.9</td>
<td>14.6 ± 6.5</td>
<td>1.4</td>
<td>&lt; 0.05</td>
<td>Yes</td>
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<tr>
<td>Functional Reach (cm)</td>
<td>21.8 ± 7.0</td>
<td>25.0 ± 7.3</td>
<td>&lt; 0.05</td>
<td></td>
<td>Yes</td>
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<tr>
<td>30s Chair Stand Test (Repetition)</td>
<td>8.2 ± 4.3</td>
<td></td>
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<td>Fall Efficacy (100)</td>
<td></td>
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<td>Fall Behavior Score (12)</td>
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<tr>
<td>Fall prevention Quiz (12)</td>
<td>8.2 ± 1.8</td>
<td>11.4 ± 1.2</td>
<td>3.2</td>
<td>&lt; 0.05</td>
<td>Yes</td>
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<tr>
<td>Fall Rate</td>
<td>61.9%</td>
<td>20.5%</td>
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</tbody>
</table>

Significant Improvement
Conclusions

Significant improvement in
• Reduced fall rate
• Strengthened dynamic balance, lower limb strength
• Less fall related risky behavior
• Higher self-confidence in fall prevention
• Enhanced fall prevention knowledge

➢ Effective to reduce fall incidence in community dwelling elderly