

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



Occupational Therapy



Physiotherapy

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## 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



Education Talk and initial  
Triage screening

Medium  
and  
High Risk



Individual Assessment  
& Consultation

Low Risk



Discharge with education



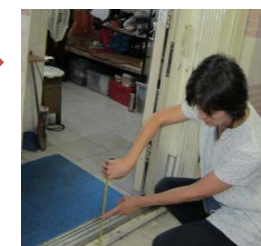
Medium Risk



4 sessions group therapy, exercise kit for home training



High Risk



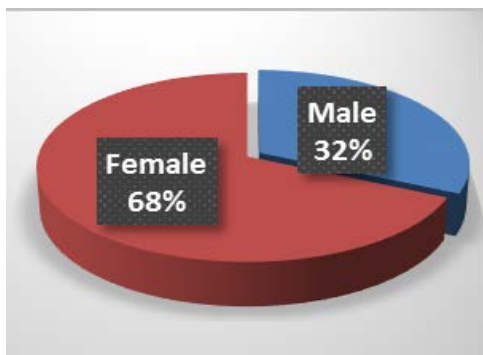
+ Home Visit

Refer to:

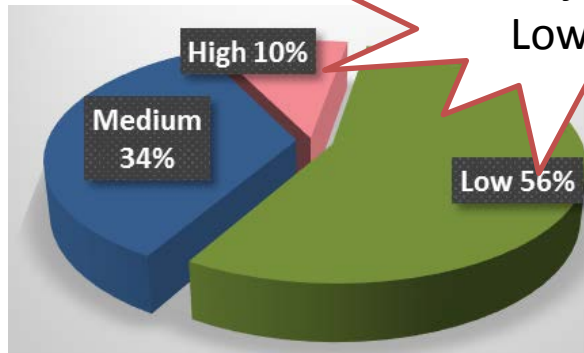
- Geriatric Day Hospital
- Community Physiotherapy
- Community Occupational Therapy

(Jan 2010 – Dec 2015)

3529 elderly clients were enrolled

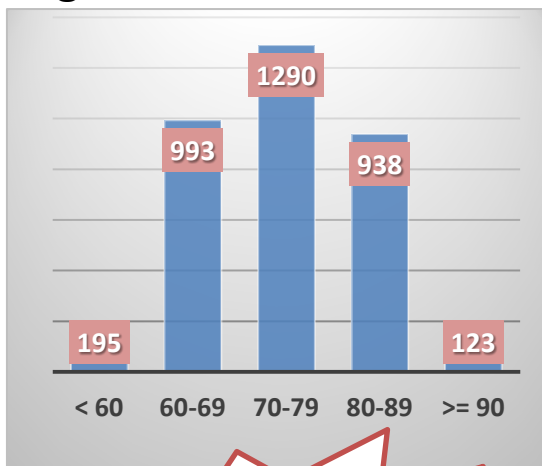


Fall Risk level



Majority :  
Low Risk

Age Distribution



Majority:  
Aged 70-79

Outcome Indicators	Pre	Post	Diff.	P-value	Significant Improvement
Timed Up & Go Test (sec)	16.0 ± 6.9	14.6 ± 6.5	1.4	< 0.05	Yes
Functional Reach (cm)	21.8 ± 7.0	25.0 ± 7.3	3.2	< 0.05	Yes
30s Chair Stand Test (Repetition)	8.2 ± 4.3	10.0 ± 4.2	1.8	< 0.05	Yes
Fall Efficacy (100)	51.2	61.2	10.0	< 0.05	Yes
Fall Behavior (12)	8.2 ± 1.8	11.4 ± 1.2	3.2	< 0.05	Yes
Fall prevention Quiz (12)	8.2 ± 1.8	11.4 ± 1.2	3.2	< 0.05	Yes
Fall Rate	61.9%	20.5%	---	---	---

Significant Improvement





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



THANK  
YOU!