#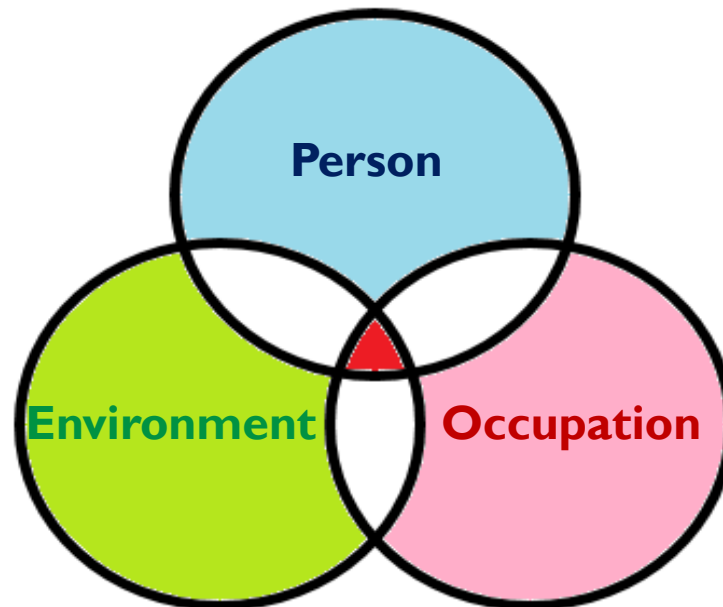 Occupational Therapy Falls Prevention Programme for elderly patients discharged home from Emergency Ward using the Person-Environment-Occupation Model

Objective

To study fall risks in elderly patients discharged home from Queen Mary Hospital Emergency Medicine (EM) ward using the **Person**-**Environment**-**Occupation** (**PEO**) Model
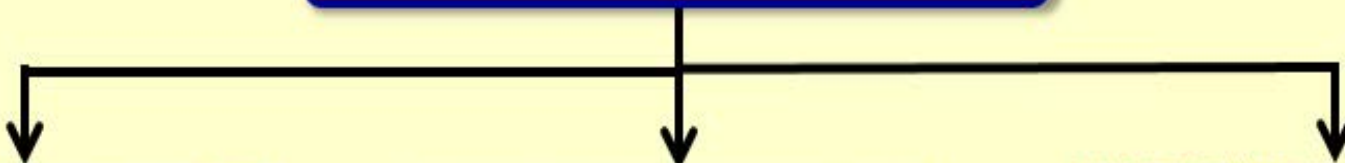

Conceptualizes the dynamic interaction & interdependence of the three dimensions (**Person Environment Occupation**)

(Ballinger and Brooks 2013)

Vicki Leung
OT/QMH
8 May 2018

Methodology

Multifactorial Interventions

Safe ADL/IADL training
Fall prevention education

Advices on daily routine
Physical activities in life routine

Environment modification
Assistive devices prescription
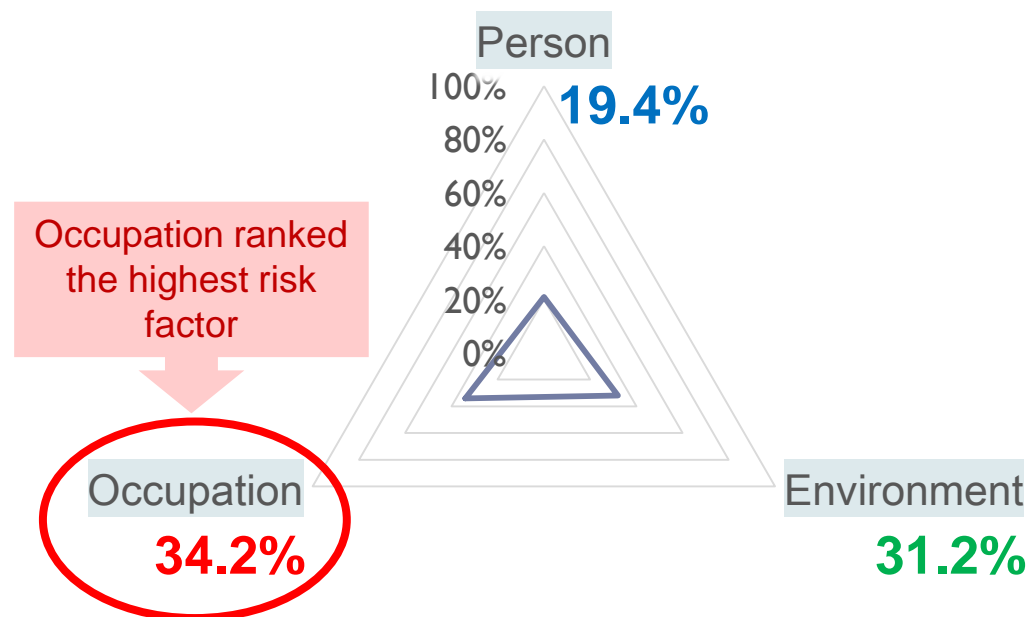Refers to community services

Results

▸ EM ward (April 2016 – June 2017)

  ▸ 583 cases with fall risks (Morse Fall scale ≥ 25)

  ▸ 156 cases satisfied the inclusion criteria

Demographics	Home visit cases n=44 (36%)
Age (years)	82.05 ± 6.5
Sex	Male: 15 (34%) Female: 29 (66%)
mean MBI /100	92.0 ± 14.0
mean CMMSE /30	20.3 ± 5.5
mean AMT /10	7.1 ± 2.5

Fall Risks identified by PEO
(Average item frequency percentage)

Person
100%
80%
60%
40%
20%
0%

19.4%

Occupation ranked the highest risk factor

Occupation
34.2%

Environment
31.2%

Results (at 6 months post home visit)

44 cases received home visits

1 case passed away ← 1 month

1 case passed away ← 3 months

6 months

1 case attended AED then discharged home

1 case attended AED with hospitalization

40 cases (95%) recorded no subsequent fall episode

Conclusion

Elderly with fall risks discharged home from EM ward were visited by OT who utilized the PEO Model to identify fall risks and gave specific interventions to reduce further falls

All patients had 3 dimensions of Person, Environment & Occupation fall risks

Occupation (e.g. risky behaviors) was shown to pose the highest fall risk