

## Community Fall Expo: Promoting Health and Preventing Falls

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# Community Fall Expo: Promoting Health and Preventing Falls

## Division of Trauma

Lehigh Valley Health Network, Allentown, Pennsylvania

### Background:

- Falls are no accident
- Every 35 minutes an older adult dies from a fall
- Falls can be prevented through:
  - Education
  - Community Outreach
  - Awareness
- Falls are the leading cause for injury and death among older adults (Center for Disease Control and Prevention)
- Falls are the most common cause of non-fatal injuries and hospital admissions for trauma
- More than one third of people 65 and older fall each year in the U.S.
- Falls occur:
  - At home
  - In public places
  - In health care facilities
  - Anywhere

### Fall Facts:

- 60% of fatal falls occur in the home according to the CDC
- \$30 billion are spent annually on health care related to falls. Medicare costs alone for hip fractures as a result of falls is projected to be \$240 billion dollars by 2040
- Many people that fall even if there is no injury develop a fear of falling; this often leads to a limit in activity which in turn leads to decline in mobility, thereby increasing the risk of falling
- People that fall are 2 to 3 times more likely to fall again
- 53% of older adults who are discharged for fall related hip fractures will experience another fall in 6 months
- Almost half of the people who enter nursing homes do so because of a fall. After the fall, they cannot stay at home on their own.
- In 2008 61% of bankruptcy filings were in the age group of 65 and over who had to deal with medical expenses for health issues directly linked to a fall

### LVHN Fall Statistics:

- Falls are the number one trauma mechanism for people 55 and older
- In 2010 the total patients 55 and older that were admitted after being seen by the Emergency Department and our trauma physicians was 1669
- Of the 1669, 197 (11.8%) were seen for motor vehicle accidents, 1147 (68.7%) for falls
- Average length of stay for patients admitted due to falls was 5.3 days and there was 5.8% mortality for falls

### Safe Steppin – A Starting Point:

- Fall Prevention program created in 2004 utilized as a fall prevention outreach to the community
- Goals:
  - Get regular health screens and follow-up care to improve their health and decrease the risk of falling.
  - Educate people on hazards inside and outside the home and provide economic ways to modify their environment to make it safer, thereby decreasing the risk of falls.
  - Encourage people to exercise regularly.
  - Educate community on risk factors for falling.
  - Make people aware of the complications that can occur from various disease processes.
  - Provide information on how medications can effect falling, including the dangers of blood thinners related to falls.
  - Stress the importance of regular vision and hearing screens.

### Community Fall Expo – The New Program:

- Provide an interdisciplinary approach to develop effective community education for the promotion of health and the prevention of falls
- Money was provided by the LVHN Trauma Service
- September 19, 2011 at the LVH-Muhlenberg campus
  - Free flu shots and lunch provided
  - Numerous health screens offered
  - 24 vendors
  - 'Passport'
    - Facilitate interaction and learning by the participants
    - Encouraged to visit at least 10 vendors to be eligible for prizes

#### Sources:

- CDC
- Home Safety Council
- LVHN Trauma Registry

### Results:



### Future plans/lessons learned:

- Provide education starting earlier with the 50+ age group to promote good health, decrease complications related to disease processes and prevent falls
- Provide free flu shots, health screenings, and educational presentations
- Plan to offer the Wellness Expo annually



LEHIGH VALLEY HEALTH NETWORK

**Senior Fall Expo**

Complete YES or more activities and fill in the information below and return to the registration table to be entered into the raffle drawing. The drawing will be held after the event. Winners will be notified by phone. Lehigh Valley Health Network employees are not eligible.

Please print clearly.

Name - \_\_\_\_\_ Age - \_\_\_\_\_

Address - \_\_\_\_\_

City - \_\_\_\_\_ State - \_\_\_\_\_ Zip - \_\_\_\_\_

Phone - \_\_\_\_\_ E-mail - \_\_\_\_\_

Please indicate gender: Gender: Male Female

Do you worry about falling? Yes No

Have you had a fall in the last year? Yes No

Have you sustained any fall related injury? Yes No

Have you had an emergency room visit due to a fall? Yes No

What did you learn today about your risk for falling: \_\_\_\_\_

Questions or comments: \_\_\_\_\_

Do you plan to attend any of the education sessions? Yes No

If so, please circle the session topics that interest you:

Pharmacology of Falls

Safe Steppin® LVHN Fall Prevention Program

Senior Exercise and Fitness Tips

Holiday Meal Planning

Fill your passport with YES or more of these activities and enter to win a raffle prize.

Activity	Stroke Risk Assessment
Stroke Center	
Stroke Prevention	
Healthy You Program and Healthy You Fitness Center	
Healthy You	
Adaptive Challenge	
Tango Mechanical Heart and Foot Massage	
Urology	
Prostate Cardiology	
Orthopedics - Lehigh Valley Care Specialists	
Eye Management	
Development	
Health Spectrum Pharmacy Services	
Women's Care/Obstetrics	
Weight Loss Management/Smoking Cessation	
Prostate Health Services	
Body Mass Index Services	
LVHN Endocrinology/Diabetes	
Lehigh Magnet Imaging Center	
EMS Center	
Rehabilitation Services - PT, OT, Speech	
Northwest PA Unity Eye Bank	
Community Exchange	
Infectious Disease/Emergency Department	
Lehigh Valley Cardiology Department	
Berkham Health Services	
Imaging Center	
American Red Cross	
Free Lunch	

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