



Integrating and piloting CDC's *STEADI* Older Adult Fall Prevention Toolkit in a GE Centricity EHR System

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2015 Fall CHUG Conference

October 2, 2015

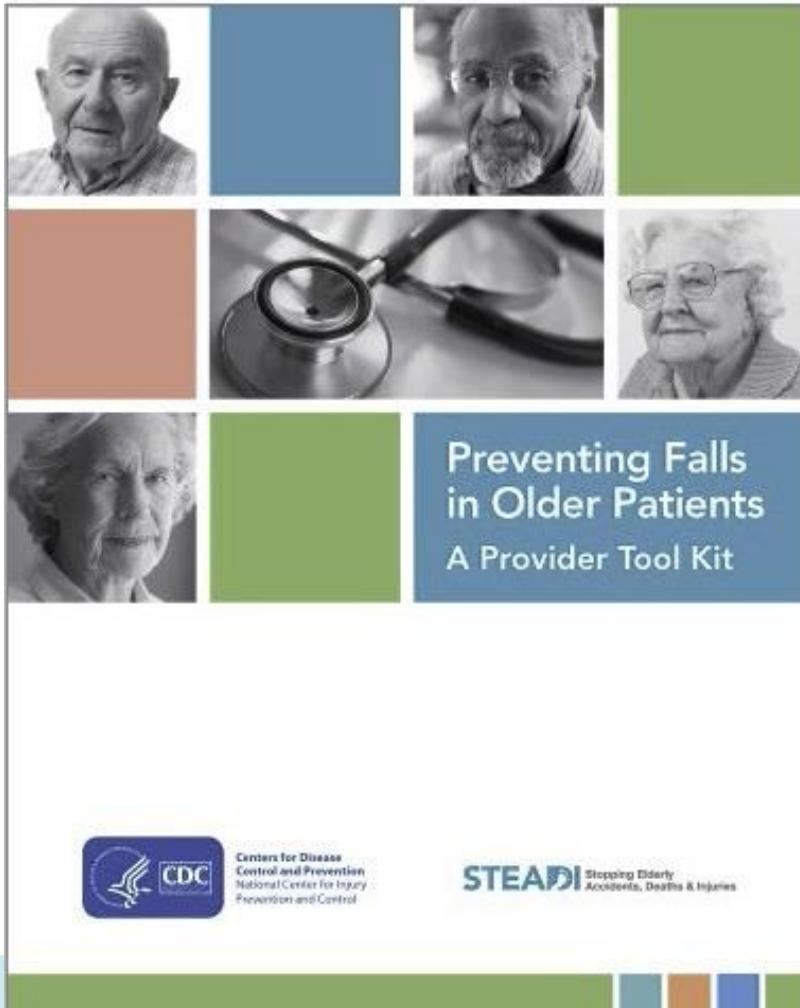


Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADI Stopping Elderly
Accidents, Deaths & Injuries



Session Objectives

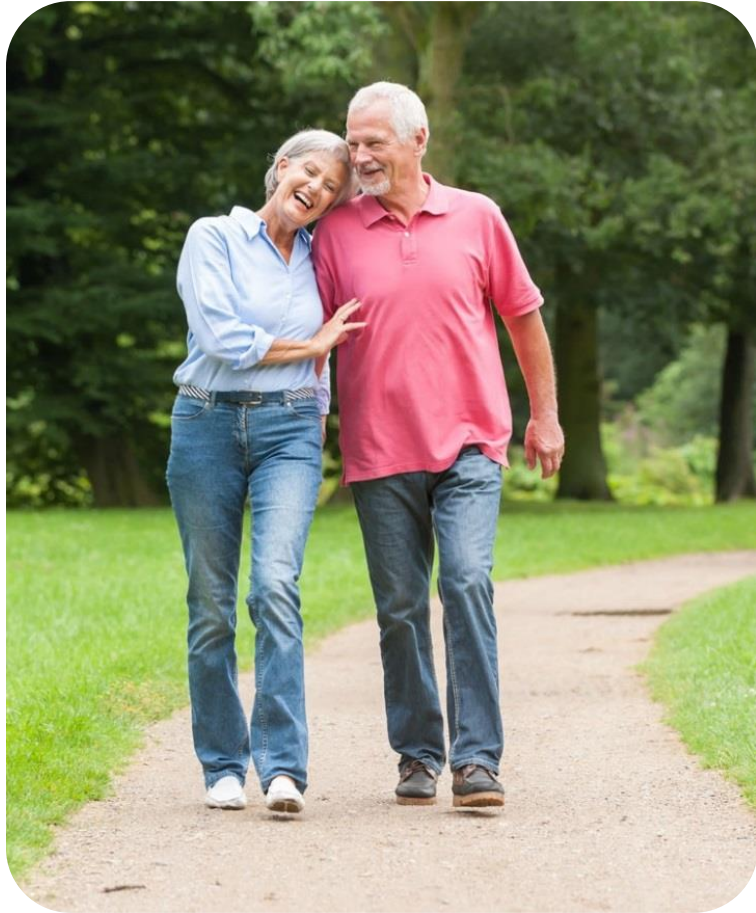


- Provide an overview of the CDC STEADI* toolkit
- Describe how the STEADI tool kit was integrated into the Centricity electronic health record
- Discuss the pilot testing of the clinical decision support tool in a University of Oklahoma primary care clinic

*Stopping **Elderly Accidents, Deaths & Injuries**



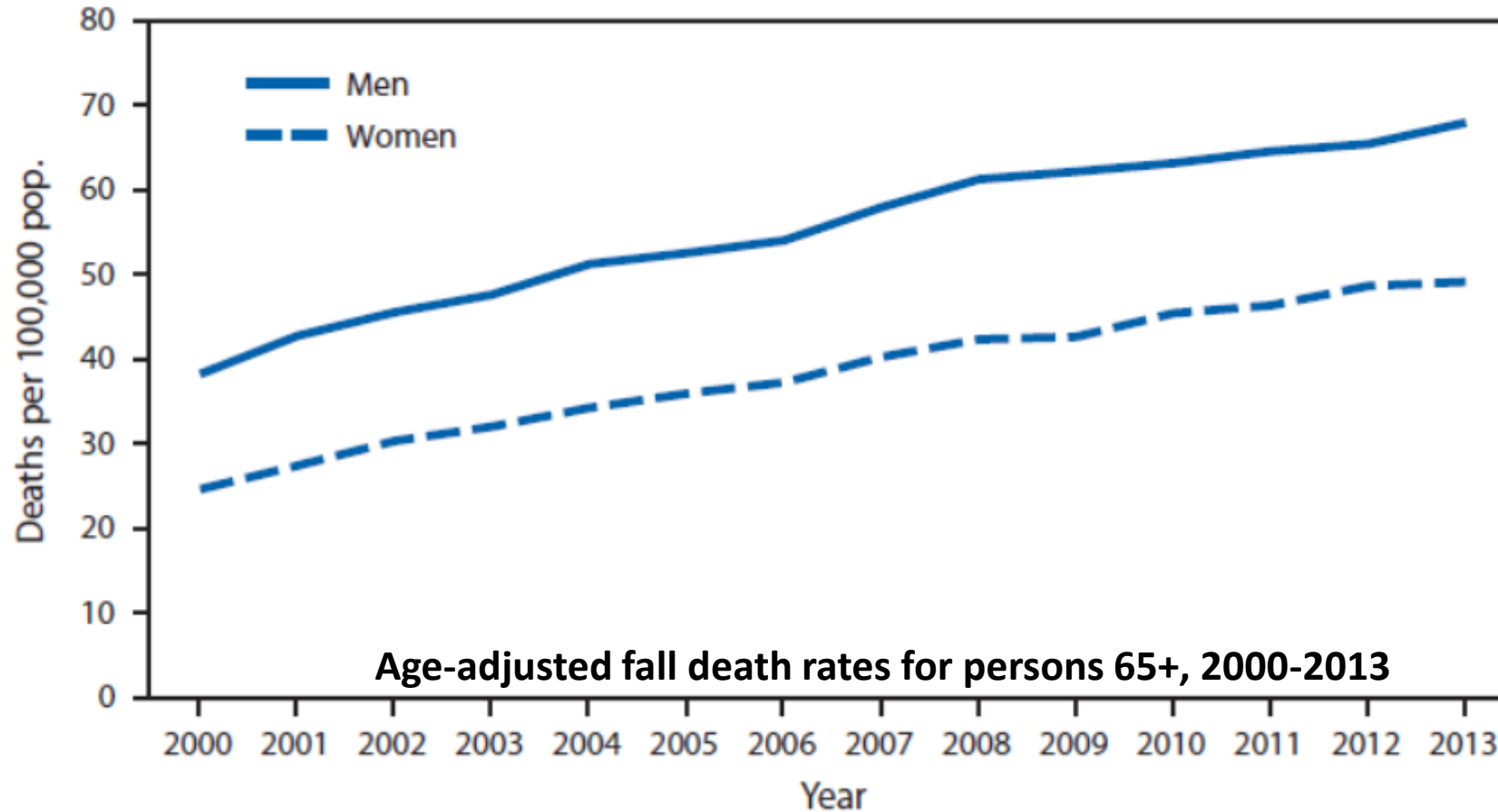
Falls: A Public Health Concern

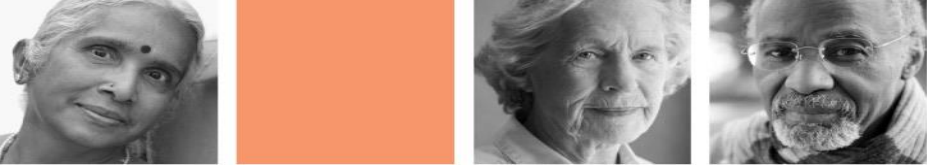


- The leading cause of injury deaths among older adults
- 25,000 older adults die each year from a fall – 1 every 20 minutes
- Every 13 seconds, an older adult is treated in an ED for a fall
- \$34 billion is spent on direct medical costs related to falls
- Among people who fall, less than half talk to their healthcare provider about it



Older Adult Fall Death Rates Are Increasing



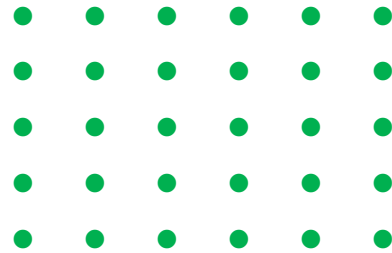


**For every fall death
there are many more
hospitalizations and
ED visits**

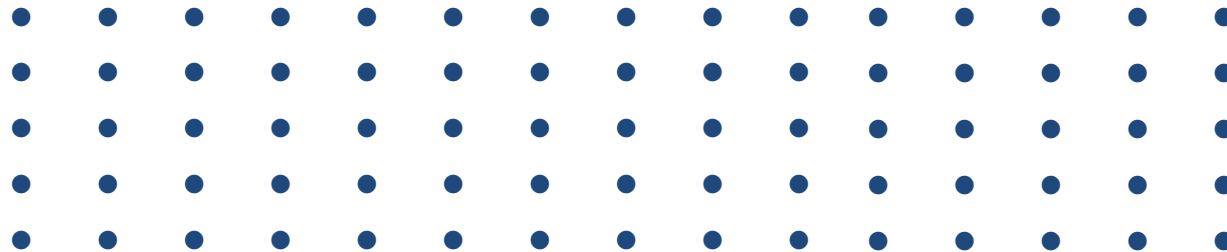
1 death



30 hospitalizations

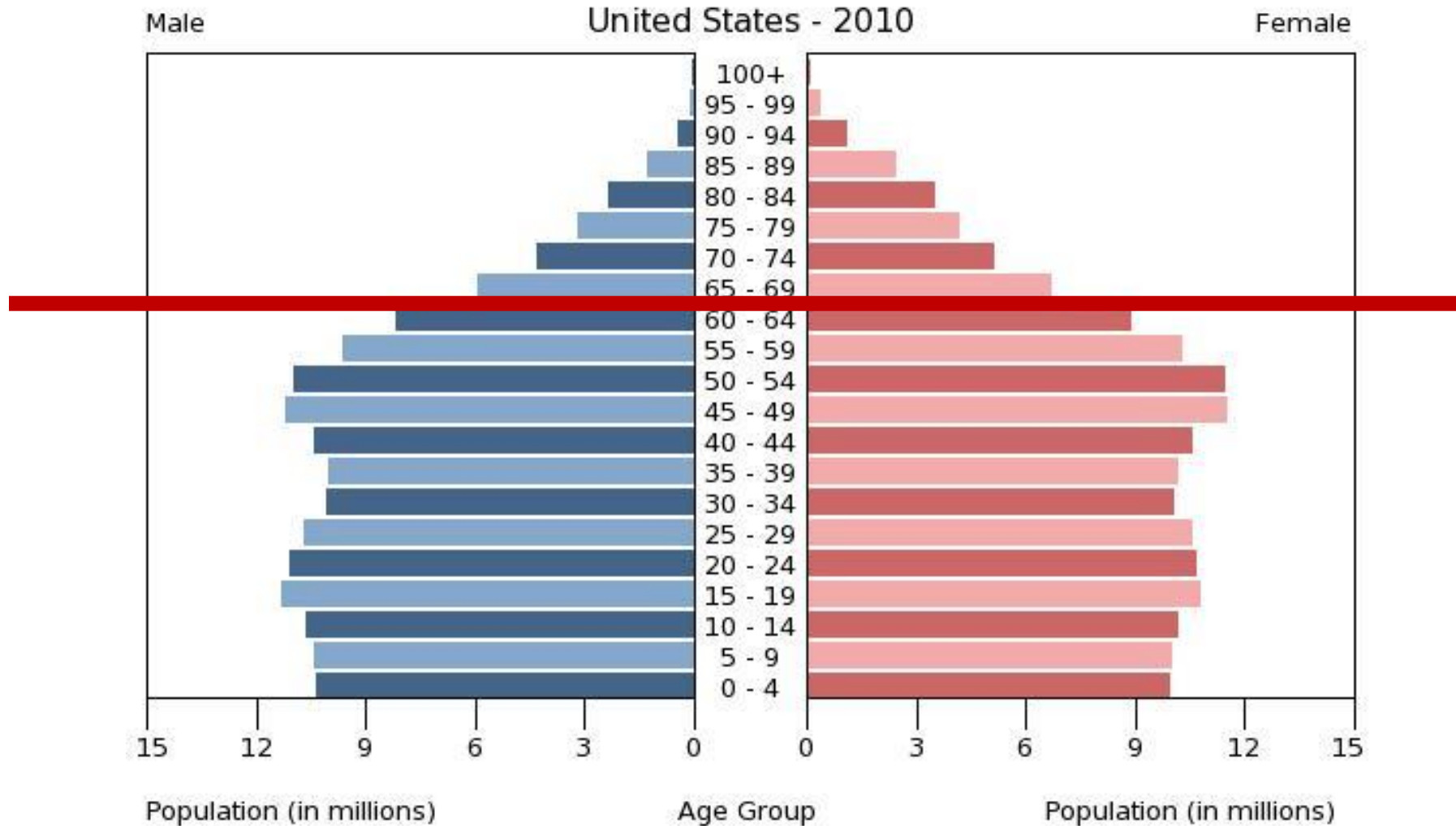


75 emergency department visits



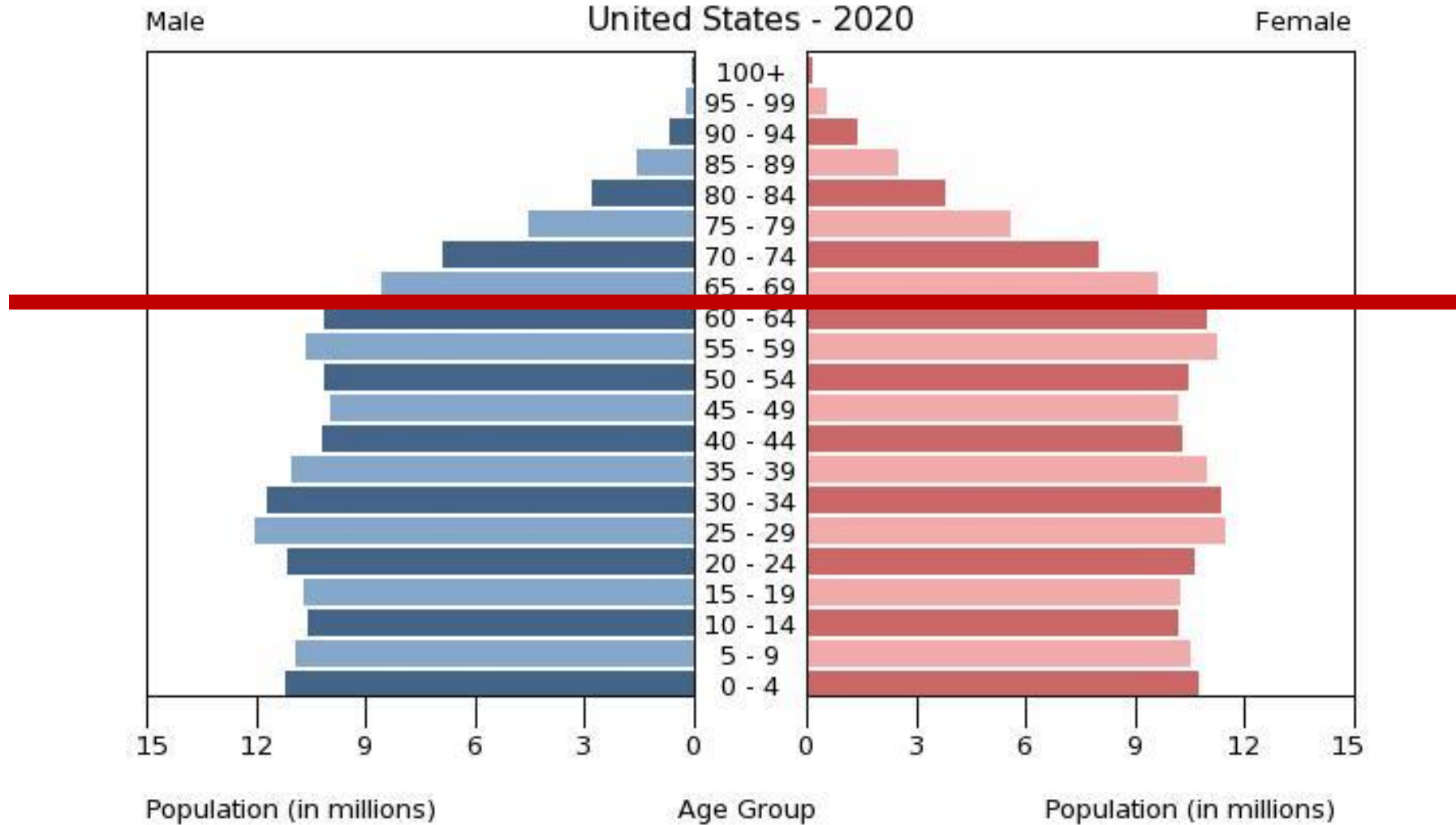
2010

Age 65+ = 40 million



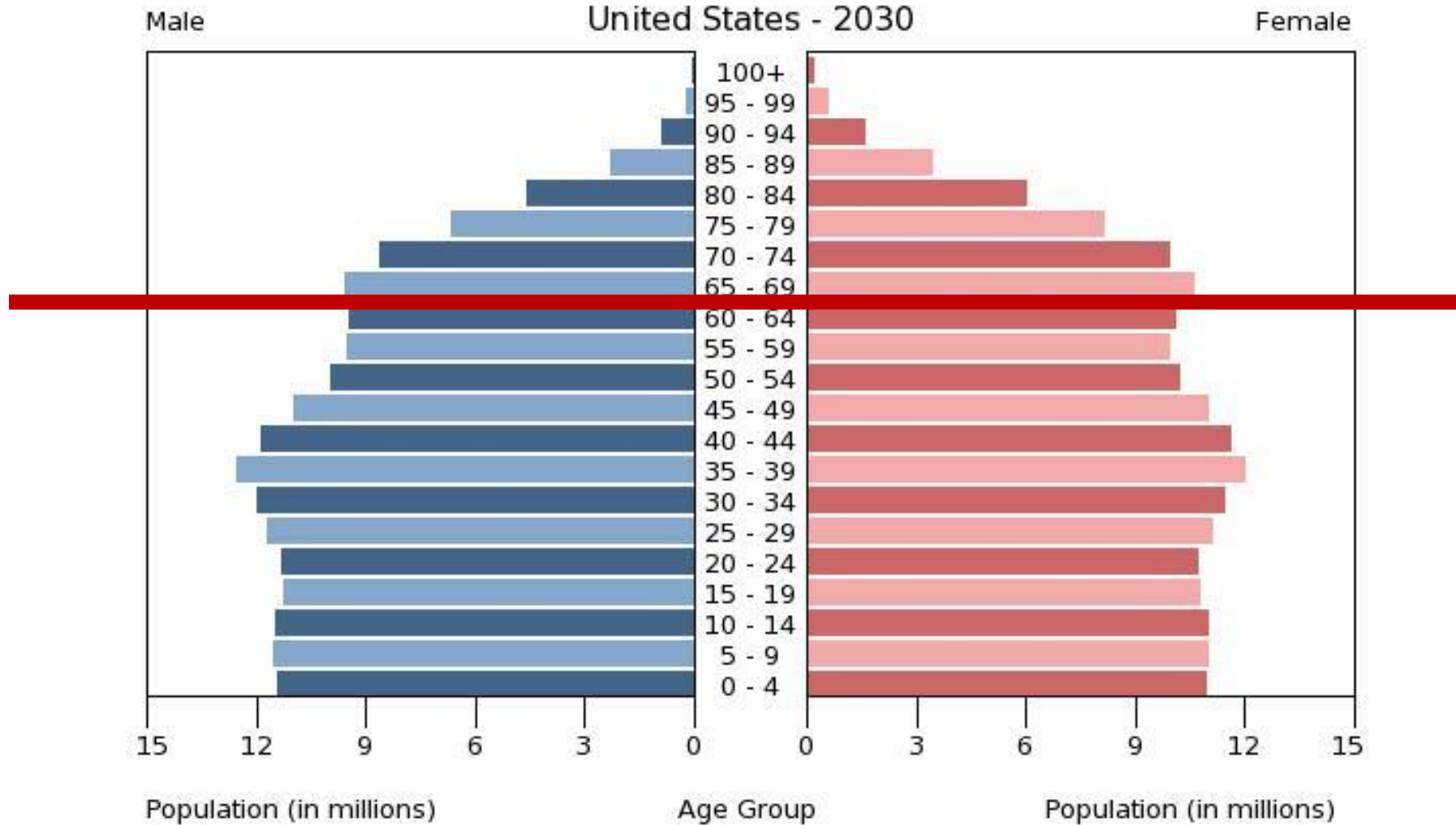
2020

Age 65+ = 56 million



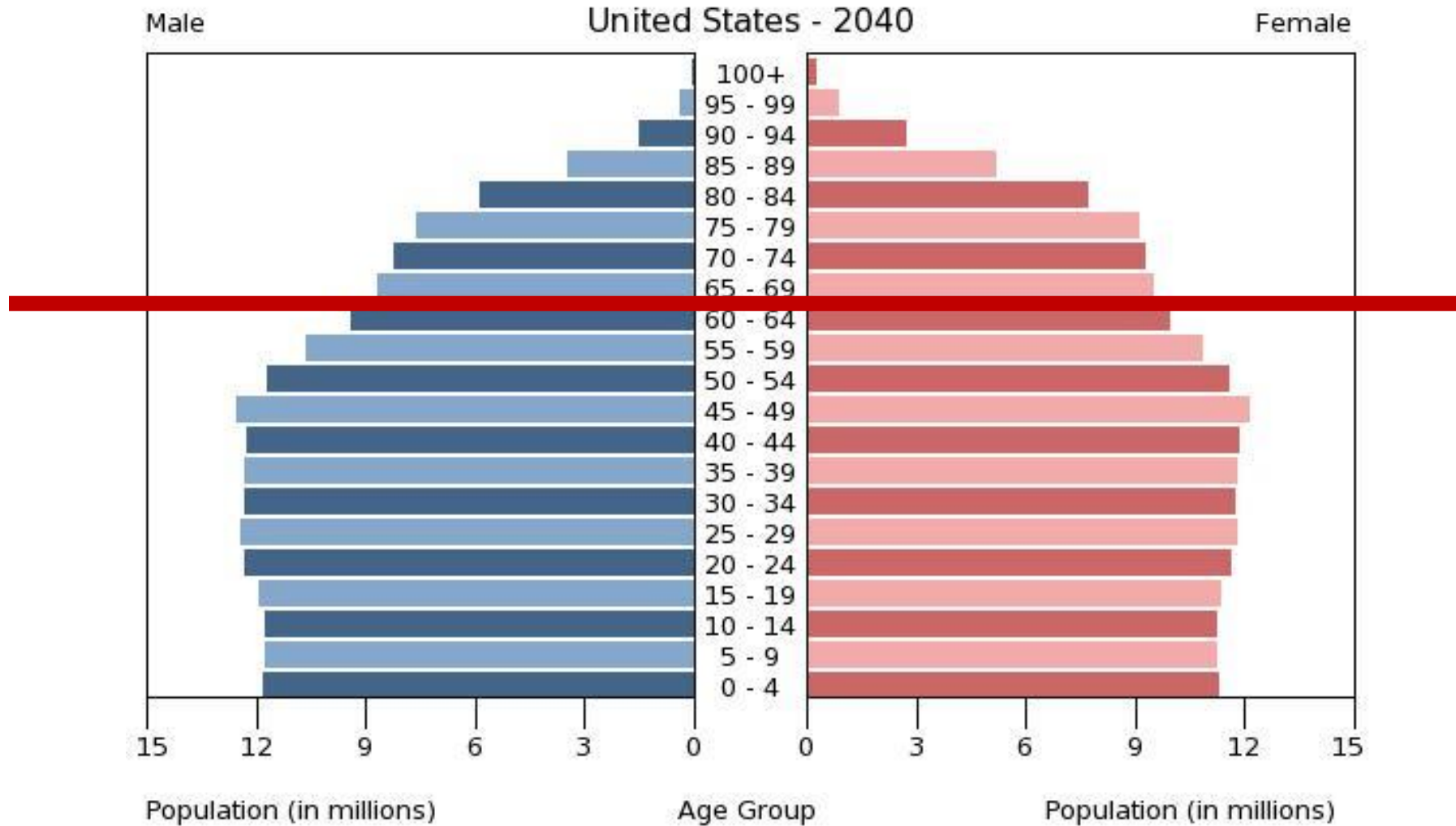
2030

Age 65+ = 73 million



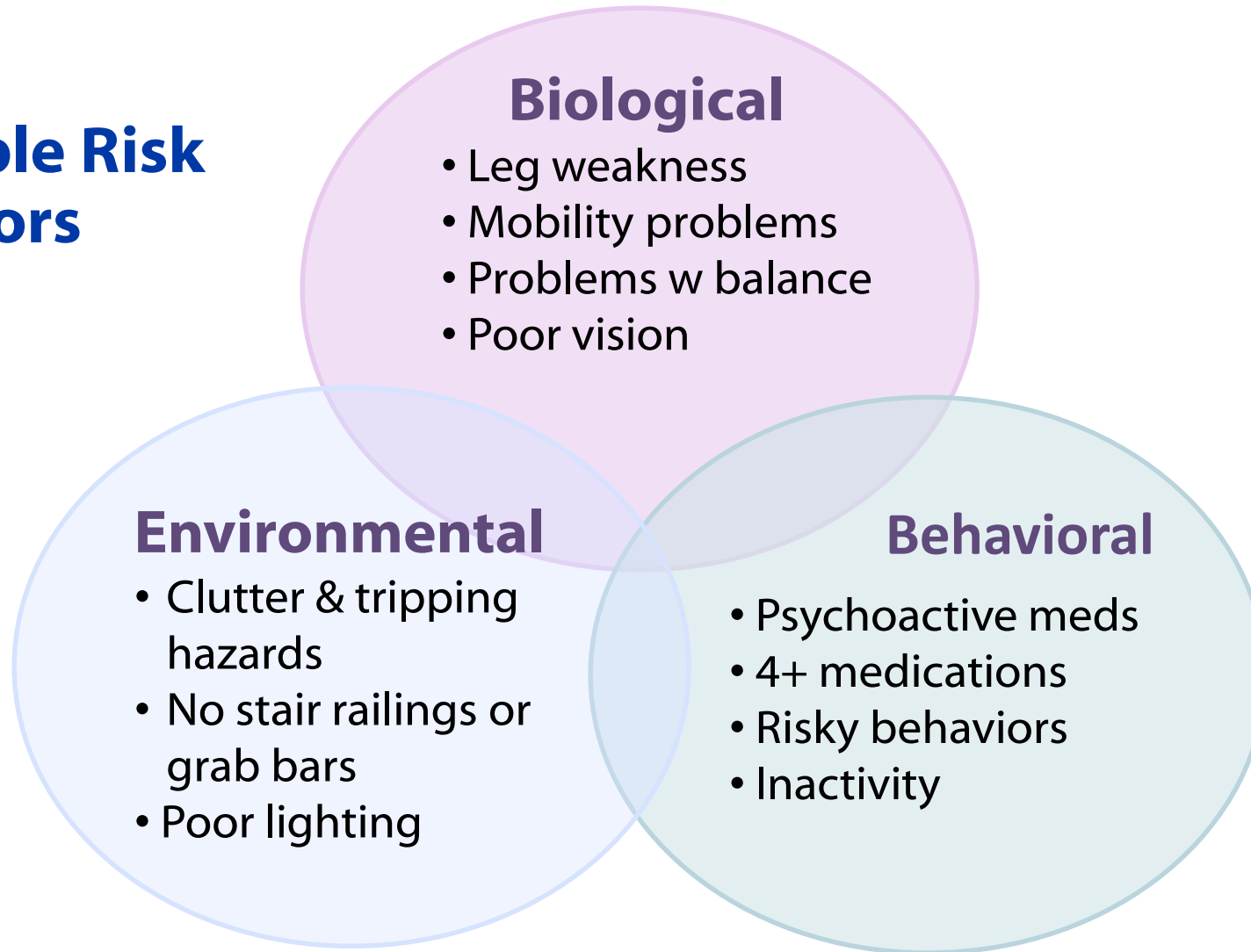
2040

Age 65+ = 80 million



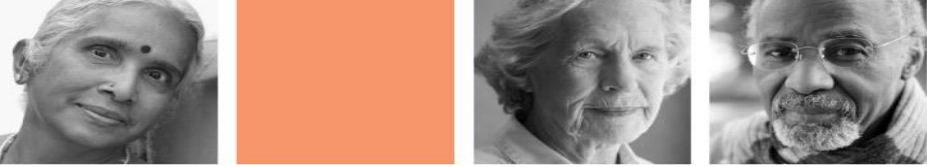


Modifiable Risk Factors



CDC's Approach to Preventing Older Adult Falls





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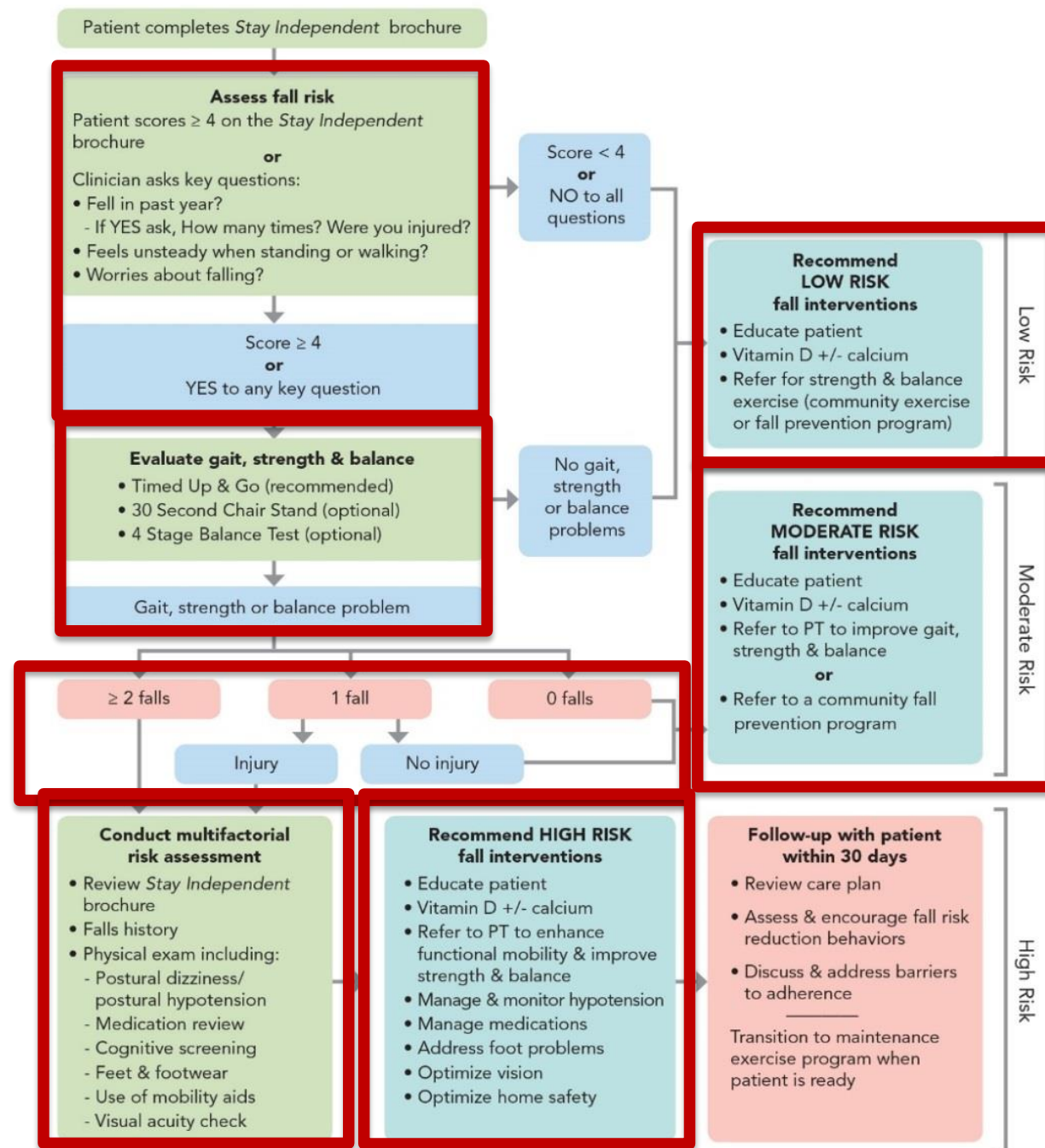
Supporting Clinical
Screening, Assessment,
Treatment, Referral &
Follow Up

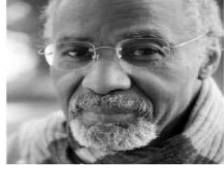


*Stopping Elderly Accidents, Deaths & Injuries



STEADI Algorithm for Fall Risk Assessment & Intervention





Case studies
& tips for talking
with patients.

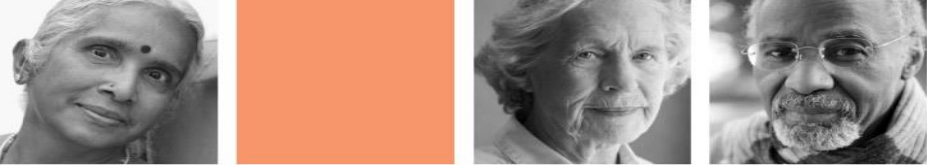
Screening
tools.

STEADI
Materials

include:

Instructional
videos &
online trainings.

Educational
materials for
patients and
their friends
& family.



Stay Independent

A validated self-assessment tool

Check Your Risk for Falling

| Please circle "Yes" or "No" for each statement below. | | Why it matters | |
|---|--------|--|---|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |
| Total _____ | | Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor. | |

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; 2011;42(6):493-499). Adapted with permission of the authors.

Your doctor may suggest:

- Having other medical tests
- Changing your medicines
- Consulting a specialist
- Seeing a physical therapist
- Attending a fall prevention program



Stay Independent

Falls are the main reason why older people lose their independence.

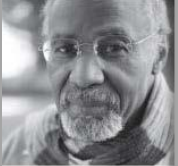
Are you at risk?



Gait & Balance Assessment Tools

Patient: _____ Date: _____ Time: _____ AM/PM

The 30-Second Chair Stand Test



Patient: _____ Date: _____ Time: _____ AM/PM

The 4-Stage Balance Test



Patient: _____ Date: _____ Time: _____ AM/PM

The Timed Up and Go (TUG) Test

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters or 10 feet away on the floor.

Instructions to the patient:

When I say "Go," I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word "Go" begin timing.

Stop timing after patient has sat back down and record.

Time: _____ seconds

An older adult age <80 who takes >12 seconds or age 80+ who takes >15 seconds to complete the TUG is at high risk for falling.

Observe the patient's postural stability, gait, stride length, and sway.

Circle all that apply: Slow tentative pace ■ Loss of balance ■ Short strides ■ Little or no arm swing ■ Steadying self on walls ■ Shuffling ■ En bloc turning ■ Not using assistive device properly

Notes:

For relevant articles, go to: www.cdc.gov/injury/STEADI



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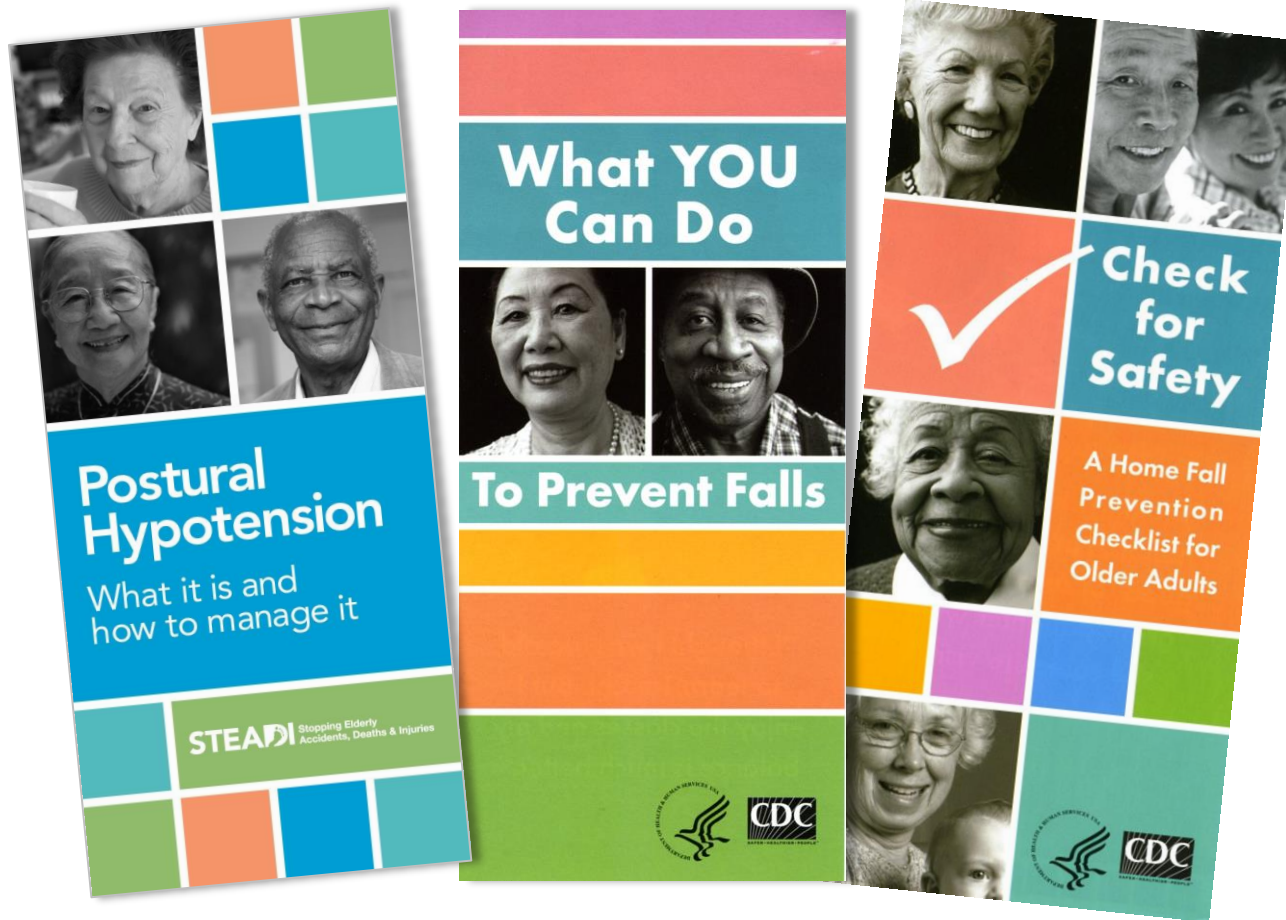
Timed Up and Go (TUG) Test

Health care providers can use this test to assess mobility. See our [simple instructions](#) and watch the short video on how to conduct the test.





Patient Education Materials



CDC's Approach to Facilitating STEADI Implementation

- ❑ Developing online training for providers
- ❑ Integrating STEADI into EHRs





A screenshot of the STEADI online training interface. The top left features the STEADI logo (the word "STEADI" in blue with a white footprint icon) and the text "Stopping Elderly Accidents, Deaths & Injuries". Below this is a grid of images including portraits of elderly people, a stethoscope, and a medical chart. A central image shows a smiling female healthcare provider in blue scrubs with a stethoscope. At the bottom, there is a navigation bar with play, pause, and volume icons, and a progress bar. The text "Preventing Falls in Older Patients A Provider Tool Kit" is visible in the lower right of the grid area.

STEADI Older Adult Fall Prevention Online Training

To enroll in online training visit: <https://cdc.train.org> and search for "STEADI"

Meet Your Patients

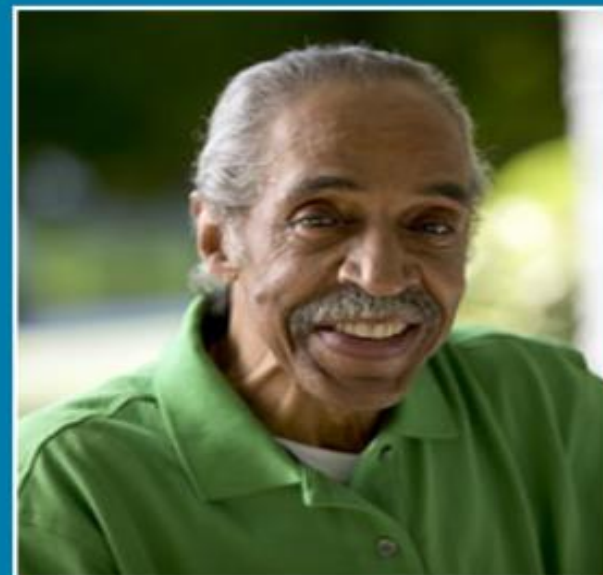
Select each patient's name to read their history and screening result.



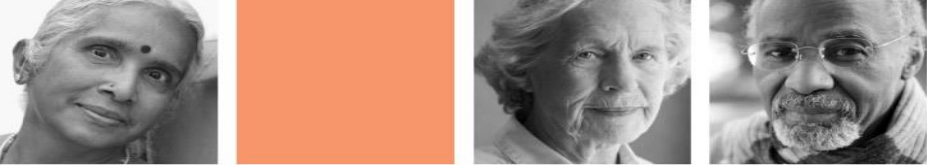
Marilyn



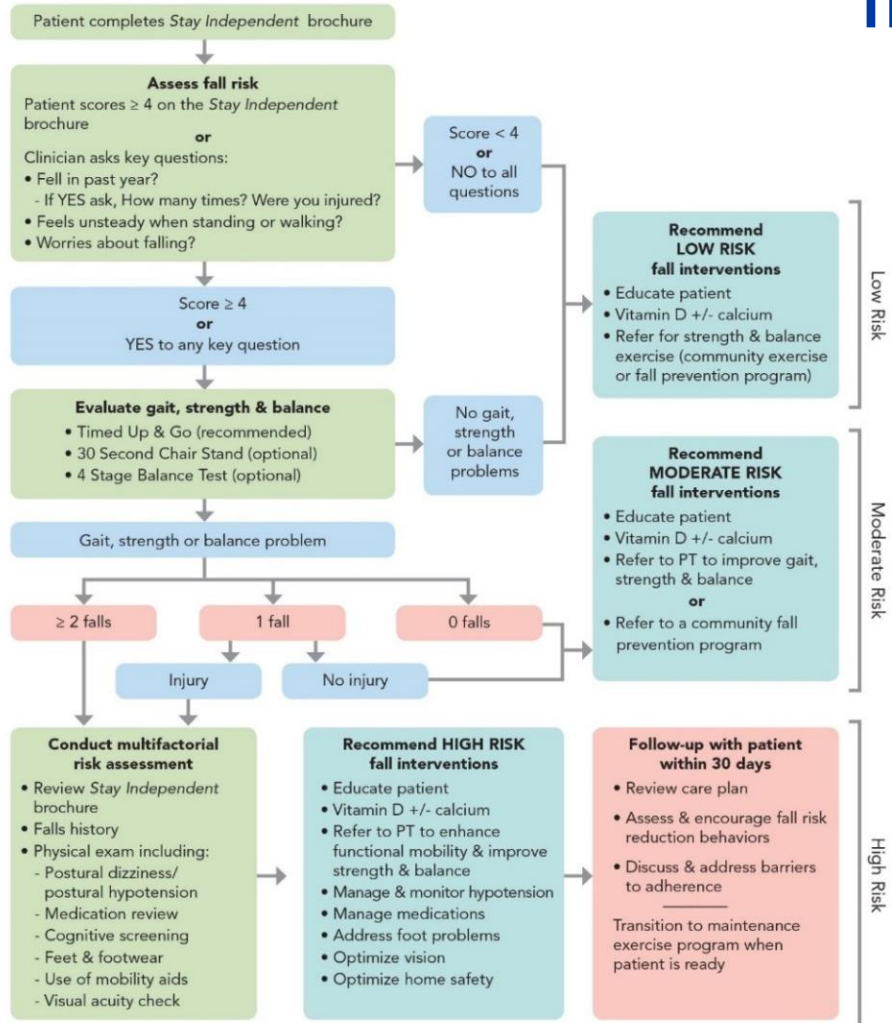
Peggy



Bill



Integrating STEADI as **Clinical Decision Support** in GE Centricity EHR



- Worked with PatientLink to build EHR module
- Piloted at University of Oklahoma (OU)
- Coordinated by American College of Preventive Medicine (ACPM)



STEADI Step One:

Falls Screening & Management Program



STEADI Step One includes 3 actions that health care providers can complete in one visit:

- 1. ASK patients** if they've fallen in the past year, feel unsteady, or worry about falling.
- 2. REVIEW medications** and stop, switch, or reduce the dosage of drugs that increase fall risk.
- 3. RECOMMEND Vitamin D** supplements of at least 800 IU/day with calcium.



Challenges

- Fitting algorithm into clinic workflow
- Trade-off between too much detail and too little
- Time constraints
- Determining what data to collect





Next Steps

- Updating and streamlining based on user feedback
- Working with GE Centricity to make available to all users
- Building out the medication management module



Learn more about older adult fall prevention:

www.cdc.gov/STEADI

To enroll in online training visit:
<https://cdc.train.org> and search for "STEADI"





CDC

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CONTROL AND PREVENTION

EDWARD R. ROYBAL
CAMPUS

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

