

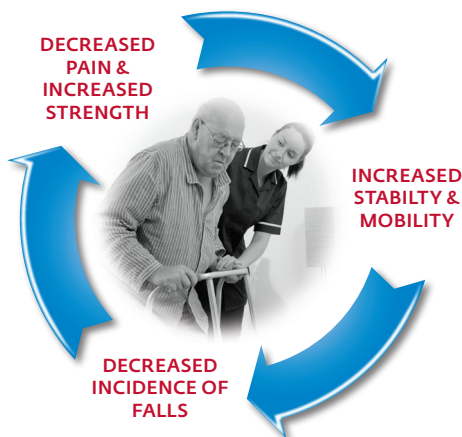
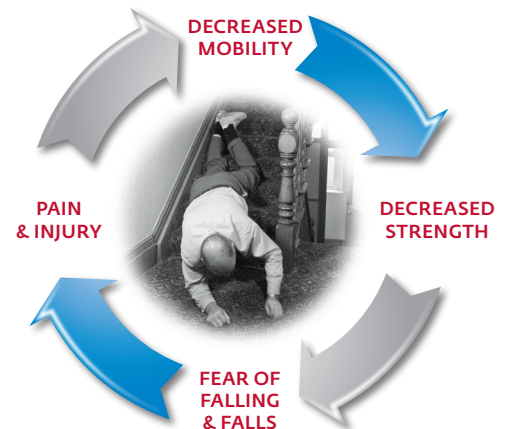
Long Term Options for Falls

Purpose

DJO's Long-Term Options for Falls is an evidence based program that includes screening, evaluation and treatment tools. This program will equip you to identify residents at fall risk and effectively address the causative factors, allowing you to significantly decrease the occurrence of falls¹.

The Falls Dilemma

- 24% of the population between the ages of 65 and 75 report one or more falls in a year²
- Up to 70% of falls result in injuries³
- Falls are the most common cause of injury in old age⁴
- Greatest risk for falls was observed in persons who had 2 or more pain sites⁵



Addressing the Falls Dilemma

- Requires a multi-faceted, multi-disciplinary approach
- Patients and residents at risk for falls must be identified
- Risk factors must be identified and aggressively treated utilizing modalities to enhance outcomes

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2. Guilbert P, Gautier A. Baromètre Santé 2005: Premiers Résultats. Paris, France:Institut National de Prévention et d'Éducation Pour la Santé; 2006
3. Grenier-Sennelier C, Lombard I, Jeny-Loeper C, Maillet-Gouret M, Minvielle E. Designing adverse event prevention programs using quality management methods: the case of falls in hospital. *Int J Qual Health Care* 2002;14:419-26.
4. E. Nordin, N. Lindelof, E. Rosendahl, J. Jensen, and L. Lundin-olsson Prognostic validity of the Timed Up-and-Go test, a modified Get-Up-and-Go test, staff's global judgement and fall history in evaluating fall risk in residential care facilities *Age and Ageing*, July 1, 2008; 37(4): 442 - 448
5. Leveille SG, Jones RN, Kiely DK, Hausdorff JM, Shmerling RH, Guralnik JM, Kiel DP, Lipsitz LA, Bean JF Chronic musculoskeletal pain and the occurrence of falls in an older population. *JAMA*. 2009 Nov 25;302(20):2214-21.

Fall Management Care Plan

Nursing regularly screens ALL residents and patients for fall risk

Necessary Elements

Fall Risk Assessment Tool
Staff Education

At risk patients are referred for PT/OT/SP evaluation, specifically for balance, pain, strength and dysphagia.

Necessary Elements

Standard Evaluation Tools

PT/OT/SP treats impairments identified in evaluation.

Necessary Elements

Modalities (NMES, TENS, SWD)
Clinical protocols

Nursing reevaluates for fall risk.

Necessary Elements

Fall Risk Assessment Tool



The Power of Skilled Modality Use



Without skilled modality use

Limited tissue healing

Limited ability to decrease pain

Increased reliance on analgesics

Decreased participation in therapy

Limited ability to strengthen

Limited impact on mobility and stability

With skilled modality use

Accelerated tissue healing

Decreased pain

Decreased use of analgesics

Increased participation in therapy

Accelerated strengthening

Increased mobility and stability



Vectra Genisys Indications:

- Relaxation of muscle spasms
- Prevention or retardation of disuse atrophy
- Increase local blood circulation
- Symptomatic relief and management of chronic, intractable pain
- Muscle re-education
- Maintaining or increasing range of motion
- Post-traumatic acute pain
- Post-surgical acute pain



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