Title: Implementing and Disseminating a Falls Prevention Program in At-Risk Older Adults Living in a Naturally Occurring Retirement Community-Supportive Services Program

Corresponding Author:
Dale Chaikin, RN, MS
North Shore Long Island Jewish Health System
175 Community Drive, 2nd Floor
Great Neck, NY 11021
Phone: (516) 465-3179
Fax: (516) 465-2699
Email: dchaikin@nslhs.edu

Additional Authors:
Renee Pekmezaris, PhD, North Shore Long Island Jewish Health System
Rajni Walia, MA, North Shore Long Island Jewish Health System
Corinne Kyriacou, PhD, Hofstra University
Fredda Vladeck, LCSW, United Hospital Fund
Gayle Kolidas, LCSW, North Shore Long Island Jewish Health System
Abstract

The overarching goal of this study is to test the impact of the implementation and dissemination of a falls prevention program in at-risk older adults living in a Naturally Occurring Retirement Community-Supportive Services Program (NORC-SSP). The literature cites that the most effective interventions, in targeting persons at risk to fall, include both a multifactorial fall risk assessment and management program conducted by a team of health professionals. After NORC-SSP staff conducted a risk assessment utilizing a modified version of the Hartford Fall Risk Assessment tool, a multifactorial intervention was implemented, utilizing a single group pre-post design. The process included communication of those risk scores to the residents’ physicians, along with recommendations for follow-up interventions. NORC-SSP staff then facilitated the process by which those interventions could be accomplished. Post-intervention assessments showed a significant decrease in the mean composite fall risk score for residents (N=93) from 32.9 to 23.9, Wilcoxon signed rank, p ≤ 0.001. It was our belief that the communication of those assessment results to the primary physician, and follow-up intervention by a health professional well known to the older adult, would decrease risk factors to fall. Future research initiatives should focus on evaluating the NORC-SSP setting as a dissemination vehicle for best practice chronic disease management.

---
