Each year, 1 in 3 adults ≥65 experiences a fall, and people who fall once are 2 to 3 times more likely to fall again (CDC, 2016). Every second of the day an adult aged 65 years and older falls. Does not usually leave home without assistance of another person. Globally 646,000 individuals die from falls each year (WHO, 2018).

Effectiveness of prevention falls has been identified but are underestimated (Peyssonnaux et al., 2002). 2018 cost for falls: $38 billion. 50% of all falls can be prevented (http://www.cdc.gov/homeandrecreationalsafety/falls/fallpreventionguide.pdf).

Fear of falling, as been associated with increased fall risks (Lee, et al. 2018) and it may have less power of fall risk with maturerhey. May fear taking any medication(s) that increases fall risk such as: benzodiazepines, antidepressants, sedatives, tranquilizers. Fear of falling has a cognitive impairment. Needs to be an active participant in the program (Sure Steps®, 2012). Early assessment and intervention can prevent a fall and decrease development of additional medical problems and disability. (Stanhope & Lancaster, 2016)

CONCLUSIONS

The program decreases the fall risk for the sample group. Falls and sarcopenia seldom “just happen” but may be preventable. This project provided adults ≥65 living in their home a safer environmental atmosphere and an ongoing exercise program. Connecting clients with the program and collaborating with other visiting nurses and home care agencies could act as a catalyst, to provide more detailed definitive data on programs outcomes across the United States and around the world.

IMPlications for Nurse Educators

These results can be directly translated into evidence-based practice. This program could be implemented anywhere with:

• A history of fear of falling, Parkinson’s disease, pain, sensory deficits.
• Osteoporosis, arthritis, abnormal cognition, oxygen deficits.
• A history of heart disease, diabetes, peripheral neuropathy.

It is essential to educate nursing students about fall prevention strategies, For example:

• Weighing proper footwear, either nonskid socks or shoes.
• Removing any environmental hazards that someone could trip over.
• Proper use of lighting in bathrooms and on stairs.
• Adjust the height of the bed for easy access on and off.
• Install grab bars near toilet and tub.
• Install handrails on both sides of stairs.

These Sure Steps® resource guides could be created in other languages to be utilized internationally.

FUTURE STUDY

Connecting clients with the program and collaborating with other visiting nurses and homecare agencies could act as a catalyst, to provide more detailed definitive data on programs outcomes across the United States and around the world.

REFERENCES

