Adult Injury Prevention
NEW MEXICO’S EVIDENCE-BASED ADULT FALLS PREVENTION PROGRAM

Adult Falls Primary Prevention
Reducing Falls in all Adults 65+
A Community-Based Intervention

Secondary Adult Falls Prevention
Counteracting Falls in Adults 65+
after a Fall-Related Fracture
A Hospital-Based Intervention

Provider Involvement
Doctor and Pharmacist-
Focused Information

Plus
COMMUNITY ENGAGEMENT
& PEER-TO-PEER TRAINING

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VERSION 2
NEW MEXICO
ADULT FALLS PREVENTION

Why is it important?

Falls are the leading cause of accidental injury death among adults 65 years of age and older in the United States and in New Mexico. Most of fall-related injuries leading to death among older adults are hip fractures and traumatic brain injury. A serious injury from a fall can limit mobility and independent living. Falls can also increase the risk of serious injury and early death. Many people who fall develop a fear of falling and may become more sedentary, further increasing their risk for a secondary fall. Most falls are preventable and not a normal part of aging.

In 2015, the fall-related death rate among adults 65 years of age and older in New Mexico (104.2/100,000) was 1.7 times higher than the national rate (59.6/100,000).
What is being done?

In 2013, the legislature passed a Joint Memorial requesting an older adult falls task force to evaluate New Mexico's current approaches to community-based fall prevention and to develop strategies for effective change.

The New Mexico Department of Health established this Older Adult Falls Task Force in the same year to evaluate the current approach to fall prevention, develop strategies for effective change, and mandate reporting of fall-related fractures as a reportable condition.

A law was then passed in 2014, pursuant to the work of the Task Force, requiring the DOH to establish a statewide community-based adult falls risk awareness and prevention program, the Adult Falls Prevention Program.

The program has certified over 160 instructors in 16 counties, including 14 Native American Nations, Pueblos, and Tribes. Over 600 older adults have participated in the program.
ADULT FALLS PRIMARY PREVENTION
The initiative focuses on improving physical activity, clinical intervention, and home safety modification using five evidence-based interventions.
Members of the community function as Master Trainers, instructors, or coaches to provide access and reduce fall-related deaths.

Tai Ji Quan
Moving for Better Balance
Community Intervention
A group instruction of eight Yang-style Tai Chi forms modified to improve balance and strength among older adults and individuals with balance disorders.

Session Period
A four to six month group class, composed of 48 sessions, led by a Master Trainer or Coach for one hour, two to three times a week.

Resource
www.tjqmbb.org/index.php/program/

A Matter of Balance
Managing Concerns About Falls
Community Intervention
Designed to reduce the fear of falling, increase physical activity, and enhance self-efficacy among older adults to live independently.

Session Period
A group class led by a certified instructor meets for two hours, once a week for eight weeks.

Video Testimonial
www.mainehealth.org/mh_body.cfm?id=432&fr=true
**OTAGO**

**Exercise Program**

**Clinical or Community Intervention**

A clinical model designed to be facilitated by a physical therapist or physical therapy assistant in a one on one session with a client.

**Session Period**

An eight week clinical phase, led by the physical therapist or assistant, transitions into a self-management phase to be performed by the patient for four to ten months.

**Program Instruction Guide**


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**STEADI**

Stopping Elderly Accidents, Deaths & Injuries Toolkit

**Clinical Intervention for Providers**

Developed by the Centers for Disease Control and Prevention, STEADI is meant to be implemented in outpatient clinical settings to assess patients for fall-risk and refer them to individual and community support.

**Toolbox Includes**

Algorithms for fall-risk screening, vitamin D testing, review of medication recommendations, annual vision checks, home safety checks, and education.

**Resources**

www.cdc.gov/steadи/index

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**Tai Chi for Arthritis**

**Exercise Program**

**Community Intervention**

An evidence-based fall prevention exercise program that improves muscle strength, flexibility, balance, and mobility while reducing joint pain and stiffness.
SECONDARY FALLS PREVENTION

The initiative focuses on improving the quality of care for adults who experience a bone fracture due to a fall. The Secondary Falls Prevention program is working to connect hospitals in New Mexico to the network of evidence-based interventions. The program tracks and monitors fracture patients through the hospital's Fracture Liaison Service to assure patients will be less likely to fall in the future.

Gerald Champion

Hospital-Based Pilot Project

Fracture Liaison Service

Gerald Champion Regional Medical Center follows an innovative, best-practices model for the coordination of patient treatment and care for osteoporotic patients. The program offers comprehensive follow-up care for fracture patients to prevent additional and potentially more serious injury. In this model, providers screen fracture patients for osteoporosis and other health conditions that can contribute to fall risk.

Tracking

The fall-related notifiable conditions surveillance program provides essential surveillance and other data needed to monitor rates of fall-related fractures, implement preventive measures, and evaluate the effects of fall-related fractures prevention efforts.

Falls Coalition

New Mexico Adult Falls Prevention Coalition

Improvement Meetings

The NMDOH attends and participates in monthly NMAFPC meetings. The NMAFPC sponsors trainings and speakers on relevant falls prevention topics, supports evidence-based falls prevention programs in New Mexico and provides fall prevention informational tools. The coalition membership represents a wide range of public and private non-profit agencies and community workgroups.

Image: Blue areas display the Adult Falls Prevention Program reach by county: includes over 14 Native American Nations, Tribes, and Pueblos.
Community Benefits

1. More health providers will have the tools to screen older adults for their risk of falls and refer them to fall prevention programs.

2. Caregivers and family members are trained and educated in strategies to reduce falls in older adults.

3. Increased availability of evidence-based falls prevention and physical activity programs in community-based organizations serving the older adult population.

4. Improves mechanisms for healthcare providers to screen and refer older adults, who may be at risk for falls, to community-based falls, to community-based falls prevention and physical activity.

5. Individuals are empowered to promote falls prevention strategies in their communities.

Provider Benefits

1. The centralized referral and intake system allows for a quicker intake and referral for adults and healthcare providers for treatment options.

2. An improved financial return time for healthcare providers due to an established focus-group refining the usability of ICD-10 codes.

3. The quality of patient care increases with a Fracture Liaison Service network in place and appropriate follow-up care.

4. The health of the patients increase as the likelihood of future falls are reduced by referrals to the intervention network.

5. The provider or hospital reputation improves within the senior population.

6. Partners are recognized as innovative in the future of older adult treatment standards.
THANK YOU FOR PARTNERING WITH US TO LOWER THE DEATH RATE IN OLDER ADULTS DUE TO FALLS ACROSS NEW MEXICO. TOGETHER WE SERVE THE PEOPLE OF NEW MEXICO EFFECTIVELY IN THIS JOINT MISSION.