

Keeping the Older Adult Steady with STEADI; A Fall Reduction Program

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Overview

- Falls are the leading cause of injury-related deaths in the older adult population
- 1 in 4 older adults living in the US report falling each year
- The US pays \$35 billion toward medical care annually
- Participation in the STEADI program significantly reduces falls

Impact

- There was a mean reduction in the number of falls from 1.42 when no intervention was used to 0.35 when a comprehensive fall assessment was used
- Prevents future falls
- Better patient outcomes
- Less financial responsibility to patients who experience a fall in the hospital
- Low implementation cost



Explanation of Program

- Home environment assessment
- Individual fall assessment
- Fall prevention strategies
 - Talk with your doctor
 - Exercise
 - Regular eye exams
 - Remove clutter



Key Findings

- Implementing the STEADI helps identify which patients have a need for further fall prevention strategies
- Compliance of STEADI screening and patient education reduces the number of future falls
- The STEADI questionnaire was able to predict future adverse outcomes