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

Payton Lawrence, Emily Hargrove, Rachel Collins, Aliya Leslie, Brittany Stricklin, Dr. Sharon Coffey; College of Nursing

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