### Instructional Goals:

To teach learners the assessment of risks for accidental falls in older frail individuals, through

1. Imparting knowledge through a review of power point presentation of falls risk assessment
2. Learning the skill set required for the assessment through participation in an interdisciplinary falls risk assessment clinic

### Learning Objectives

- After completion of this course learners should be able to:
  - Understand the multifactorial nature of accidental fall in an elderly patient
  - Recognize the multiple risk factors that could result in an accidental fall
  - Learn to work in an Interdisciplinary team with Pharmacy, Physical Therapy, Occupational Therapy, and Geriatrics teams
  - Learn the importance of polypharmacy, high-risk medications that could increase the risk of an accidental fall in frail older adults
  - Learn the importance of functional assessment, and physical therapy in prevention of recurrent falls
  - Learn the importance of environmental hazards that could increase the risk of falls
  - Learn the importance of different types of impairments in the causation of falls, including sensory impairments, cognitive impairments etc.
  - Learn the importance of social support and how it influences management decisions
  - Learn how to incorporate all of the above into an overall plan of care to achieve the desired result of improving patient safety through prevention of serious and injurious falls

### Overview of the Project

- This is a team-based learning exercise, where the learner has the opportunity to understand the concept of falls risk reduction in a frail elder patient through
  - a review of a PowerPoint presentation which presents the knowledge component
  - application of the knowledge in a team-based setting to a real patient, under the guidance of experienced team members, and finally
  - learn of the successful strategies that helped a particular patient through follow-up interviews conducted by the social work team
  - The combination of theoretical and practical knowledge helps the learner to be able to recognize the risk factors for falls in a frail older adult patient who presents to any setting in which the learner might be working in the future

### Learners:

- Geriatrics fellows
- Family medicine residents
- M3-M4 medical students
- PA and NP Students

### Setting:

- Geriatrics clinic
- Other settings considered:
  - PT / OT clinics
  - Nursing home setting
  - Home care setting

### Team Members Involved:

- Geriatrics Team: Attending and Geriatrics Fellow
- Pharmacy Team: Pharmacy attending (Pharm D), Pharmacy fellow in training, and a pharmacy student
- Physical therapy team: Physical Therapist and a student
- Occupational Therapy team: Occupational Therapist and a student
- Social Work Team: Social Worker and a social work intern

### Instructional Analysis / Step-by-step description:

- Entry Skills required: learner should have the ability to perform detailed history taking, physical examination, and come up with an organized assessment and plan
- Learner will review the PowerPoint presentation on falls risk assessment in elderly, prior to visiting the falls risk assessment clinic
- Learner will summarize what is understood about falls risk in an elderly person, the type of assessment here being "reflection" of what has been learned
- Prior to participating in the multi-disciplinary assessment, learner will get an introduction to the role of different team members in the assessment
- Learner will sit with each of the different teams, which will give the learner a chance to understand different components of the assessment which was presented in the PowerPoint
- Learner will then participate in an interdisciplinary team meeting at the end of the visit, where each of the team members give their input that would be summarized into a set of instructions to the patient, to reduce the risk of falls in the future
- Learner will summarize what has been learned, at the end of the visit, by going through a test and self-reflection
- Learner would give feedback and help us to improve the instruction

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Research on the topic:
