

WEBVTT

NOTE duration:"00:22:01.240000"

NOTE recognizability:0.850

NOTE language:en-us

NOTE Confidence: 0.919073189230769

00:00:16.920 --> 00:00:19.784 So we're going to talk today about the

NOTE Confidence: 0.919073189230769

00:00:19.784 --> 00:00:21.919 assessment and prevention of falls.

NOTE Confidence: 0.953954162857143

00:00:25.520 --> 00:00:28.754 So why do we worry about falls?

NOTE Confidence: 0.953954162857143

00:00:28.760 --> 00:00:32.120 Who falls and why do they fall?

NOTE Confidence: 0.953954162857143

00:00:32.120 --> 00:00:35.120 Can we prevent falls?

NOTE Confidence: 0.953954162857143

00:00:35.120 --> 00:00:38.276 What are the consequences of falls?

NOTE Confidence: 0.953954162857143

00:00:38.280 --> 00:00:40.296 Well, in older people,

NOTE Confidence: 0.953954162857143

00:00:40.296 --> 00:00:44.358 10% of falls result in serious injuries.

NOTE Confidence: 0.953954162857143

00:00:44.360 --> 00:00:45.860 Falls are associated

NOTE Confidence: 0.953954162857143

00:00:45.860 --> 00:00:47.360 with decreased function,

NOTE Confidence: 0.953954162857143

00:00:47.360 --> 00:00:49.552 decreased mobility and increased

NOTE Confidence: 0.953954162857143

00:00:49.552 --> 00:00:51.196 nursing home placement.

NOTE Confidence: 0.93544672875

00:00:53.280 --> 00:00:55.630 We're going to mention today

NOTE Confidence: 0.93544672875

00:00:55.630 --> 00:00:57.740 predictors of falls, the evaluation  
NOTE Confidence: 0.93544672875

00:00:57.740 --> 00:01:00.190 of a patient with falls and how  
NOTE Confidence: 0.93544672875

00:01:00.190 --> 00:01:02.397 we attempt to prevent falls.  
NOTE Confidence: 0.7467884

00:01:04.520 --> 00:01:06.840 Falls are a geriatric syndrome.  
NOTE Confidence: 0.7467884

00:01:06.840 --> 00:01:09.090 So when we have geriatric syndromes  
NOTE Confidence: 0.7467884

00:01:09.090 --> 00:01:10.580 like dizziness, falls, Delirium,  
NOTE Confidence: 0.7467884

00:01:10.580 --> 00:01:13.540 we think of risk factors and the risk  
NOTE Confidence: 0.7467884

00:01:13.611 --> 00:01:15.803 factors are predisposing factors  
NOTE Confidence: 0.7467884

00:01:15.803 --> 00:01:17.995 and then precipitating factors.  
NOTE Confidence: 0.7467884

00:01:18.000 --> 00:01:21.360 So the predisposing factors for falls,  
NOTE Confidence: 0.7467884

00:01:21.360 --> 00:01:24.800 some of them are immutable  
NOTE Confidence: 0.7467884

00:01:24.800 --> 00:01:27.760 and others are modifiable.  
NOTE Confidence: 0.7467884

00:01:27.760 --> 00:01:32.200 So immutable predisposing factors are age,  
NOTE Confidence: 0.7467884

00:01:32.200 --> 00:01:35.593 past falls, arthritis,  
NOTE Confidence: 0.7467884

00:01:35.593 --> 00:01:40.117 stroke and Parkinson's disease.  
NOTE Confidence: 0.7467884

00:01:40.120 --> 00:01:43.708 Modifiable predisposing factors includes

NOTE Confidence: 0.7467884

00:01:43.708 --> 00:01:48.193 such features as decreased strength,

NOTE Confidence: 0.7467884

00:01:48.200 --> 00:01:51.560 impaired balance and gait,

NOTE Confidence: 0.7467884

00:01:51.560 --> 00:01:55.328 and visual problems such as depth

NOTE Confidence: 0.7467884

00:01:55.328 --> 00:01:57.840 perception and contrast sensitivity.

NOTE Confidence: 0.7467884

00:01:57.840 --> 00:02:01.660 Precipitating factors that actually produce

NOTE Confidence: 0.7467884

00:02:01.660 --> 00:02:05.480 the falls include inappropriate footwear,

NOTE Confidence: 0.7467884

00:02:05.480 --> 00:02:09.599 multifocal eyeglass lenses,

NOTE Confidence: 0.7467884

00:02:09.600 --> 00:02:13.120 acute illness, stares,

NOTE Confidence: 0.7467884

00:02:13.120 --> 00:02:17.920 tripping hazards, unsafe behaviors,

NOTE Confidence: 0.7467884

00:02:17.920 --> 00:02:21.880 and importantly, medications.

NOTE Confidence: 0.7467884

00:02:21.880 --> 00:02:25.576 So risk factors for falls include gait

NOTE Confidence: 0.7467884

00:02:25.576 --> 00:02:29.360 and balance impairment medications,

NOTE Confidence: 0.7467884

00:02:29.360 --> 00:02:32.600 orthostatic hypotension,

NOTE Confidence: 0.7467884

00:02:32.600 --> 00:02:35.280 visual impairment,

NOTE Confidence: 0.7467884

00:02:35.280 --> 00:02:38.545 limitation in activities of daily

NOTE Confidence: 0.7467884

00:02:38.545 --> 00:02:41.960 living and cognitive impairment.  
NOTE Confidence: 0.7467884

00:02:41.960 --> 00:02:44.880 So when you evaluate somebody with a fall,  
NOTE Confidence: 0.7467884

00:02:44.880 --> 00:02:47.379 you first want to know the circumstances  
NOTE Confidence: 0.7467884

00:02:47.379 --> 00:02:49.863 of the fall and then you want to  
NOTE Confidence: 0.7467884

00:02:49.863 --> 00:02:51.960 do in a variety of maneuvers.  
NOTE Confidence: 0.7467884

00:02:51.960 --> 00:02:54.714 First and very important is have  
NOTE Confidence: 0.7467884

00:02:54.714 --> 00:02:57.200 the medical assistant and nurse  
NOTE Confidence: 0.7467884

00:02:57.200 --> 00:02:59.480 check postural blood pressure,  
NOTE Confidence: 0.7467884

00:02:59.480 --> 00:03:04.674 assess the patient for high risk medications,  
NOTE Confidence: 0.7467884

00:03:04.680 --> 00:03:07.528 do a brief cognitive screen such as the  
NOTE Confidence: 0.7467884

00:03:07.528 --> 00:03:10.920 mini cog or a Montreal cognitive assessment,  
NOTE Confidence: 0.7467884

00:03:10.920 --> 00:03:14.226 a so-called mocha and then do  
NOTE Confidence: 0.7467884

00:03:14.226 --> 00:03:15.754 balance and gait assessment.  
NOTE Confidence: 0.7467884

00:03:15.760 --> 00:03:18.046 So I like the get up and go test  
NOTE Confidence: 0.7467884

00:03:18.046 --> 00:03:20.073 which we'll talk about and then  
NOTE Confidence: 0.7467884

00:03:20.073 --> 00:03:22.227 for balance a very simple test

NOTE Confidence: 0.7467884

00:03:22.227 --> 00:03:24.519 called the four stage balance test.

NOTE Confidence: 0.7467884

00:03:24.520 --> 00:03:25.849 And then finally,

NOTE Confidence: 0.7467884

00:03:25.849 --> 00:03:28.950 we want to evaluate the individual for

NOTE Confidence: 0.7467884

00:03:29.033 --> 00:03:32.278 foot problems and inappropriate footwear,

NOTE Confidence: 0.7467884

00:03:32.280 --> 00:03:35.794 and we want to arrange a home

NOTE Confidence: 0.7467884

00:03:35.794 --> 00:03:36.798 safety evaluation,

NOTE Confidence: 0.7467884

00:03:36.800 --> 00:03:39.596 usually best done by a physical

NOTE Confidence: 0.7467884

00:03:39.596 --> 00:03:41.460 or occupational therapist from

NOTE Confidence: 0.7467884

00:03:41.540 --> 00:03:43.120 a home health agency.

NOTE Confidence: 0.7467884

00:03:43.120 --> 00:03:46.200 What are the circumstances of the fall?

NOTE Confidence: 0.7467884

00:03:46.200 --> 00:03:49.518 Did the patient have any Vertigo or

NOTE Confidence: 0.7467884

00:03:49.518 --> 00:03:51.959 Lightheadedness before he or she fell?

NOTE Confidence: 0.7467884

00:03:51.960 --> 00:03:54.996 Did the fall occur after rising

NOTE Confidence: 0.7467884

00:03:54.996 --> 00:03:58.039 from a bed or a chair?

NOTE Confidence: 0.7467884

00:03:58.040 --> 00:04:00.188 Does the patient use an assistive

NOTE Confidence: 0.7467884

00:04:00.188 --> 00:04:02.920 device such as a cane or a Walker,  
NOTE Confidence: 0.7467884

00:04:02.920 --> 00:04:04.240 and if so,  
NOTE Confidence: 0.7467884

00:04:04.240 --> 00:04:07.880 were they using that device when they fell?  
NOTE Confidence: 0.7467884

00:04:07.880 --> 00:04:10.920 Did the patient have a sensation of tripping?  
NOTE Confidence: 0.7467884

00:04:10.920 --> 00:04:14.316 Was alcohol involved in the fall?  
NOTE Confidence: 0.7467884

00:04:14.320 --> 00:04:16.090 Had there been a recent change  
NOTE Confidence: 0.7467884

00:04:16.090 --> 00:04:18.252 in the patient's mental status?  
NOTE Confidence: 0.7467884

00:04:18.252 --> 00:04:21.396 Had there been a new medication,  
NOTE Confidence: 0.7467884

00:04:21.400 --> 00:04:24.700 or did the patient notice any  
NOTE Confidence: 0.7467884

00:04:24.700 --> 00:04:28.079 pain before he or she fell?  
NOTE Confidence: 0.7467884

00:04:28.080 --> 00:04:30.120 Where did the fall occur?  
NOTE Confidence: 0.7467884

00:04:30.120 --> 00:04:33.477 Most falls in the home occur in the bathroom.  
NOTE Confidence: 0.7467884

00:04:33.480 --> 00:04:35.202 Second is the bedroom and then  
NOTE Confidence: 0.7467884

00:04:35.202 --> 00:04:36.760 other rooms in the house.  
NOTE Confidence: 0.7467884

00:04:36.760 --> 00:04:39.958 Was the fall outside the home?  
NOTE Confidence: 0.7467884

00:04:39.960 --> 00:04:42.256 Was the patient able to get up by

NOTE Confidence: 0.7467884

00:04:42.256 --> 00:04:44.559 him or herself after the fall?

NOTE Confidence: 0.7467884

00:04:44.560 --> 00:04:47.185 How long was the patient on the

NOTE Confidence: 0.7467884

00:04:47.185 --> 00:04:49.950 floor and did the patient have

NOTE Confidence: 0.7467884

00:04:49.950 --> 00:04:53.160 to use a medical alert device?

NOTE Confidence: 0.7467884

00:04:53.160 --> 00:04:57.000 Was alcohol involved in the fall?

NOTE Confidence: 0.7467884

00:04:57.000 --> 00:04:59.658 Did the patient drink two or

NOTE Confidence: 0.7467884

00:04:59.658 --> 00:05:01.840 more alcoholic drinks per day?

NOTE Confidence: 0.7467884

00:05:01.840 --> 00:05:05.720 Was there a history of an alcohol problem

NOTE Confidence: 0.7467884

00:05:05.720 --> 00:05:09.080 which would be evidenced by family concern,

NOTE Confidence: 0.7467884

00:05:09.080 --> 00:05:11.920 a history of alcohol withdrawal,

NOTE Confidence: 0.7467884

00:05:11.920 --> 00:05:14.844 a history of hospitalizations

NOTE Confidence: 0.7467884

00:05:14.844 --> 00:05:19.062 for alcohol problems or a history

NOTE Confidence: 0.7467884

00:05:19.062 --> 00:05:21.758 of driving while intoxicated?

NOTE Confidence: 0.7467884

00:05:21.760 --> 00:05:24.360 Was the patient on a high risk medication?

NOTE Confidence: 0.7467884

00:05:24.360 --> 00:05:26.232 Now we're going to talk about

NOTE Confidence: 0.7467884

00:05:26.232 --> 00:05:27.480 medications in two situations,  
NOTE Confidence: 0.787790296

00:05:27.480 --> 00:05:30.552 overall risk for falls and then  
NOTE Confidence: 0.787790296

00:05:30.552 --> 00:05:32.600 risk for postural hypotension.  
NOTE Confidence: 0.787790296

00:05:32.600 --> 00:05:34.920 So overall risk for falls.  
NOTE Confidence: 0.787790296

00:05:34.920 --> 00:05:38.620 The high risk medications are  
NOTE Confidence: 0.787790296

00:05:38.620 --> 00:05:40.320 benzodiazepines, antidepressants and  
NOTE Confidence: 0.787790296

00:05:40.320 --> 00:05:44.160 the SSRIs have as great a risk as  
NOTE Confidence: 0.787790296

00:05:44.256 --> 00:05:47.520 tricyclic and other antidepressants,  
NOTE Confidence: 0.787790296

00:05:47.520 --> 00:05:52.488 antipsychotics, antihypertensive medications,  
NOTE Confidence: 0.787790296

00:05:52.488 --> 00:05:58.000 anticholinergic medications, narcotics,  
NOTE Confidence: 0.787790296

00:05:58.000 --> 00:06:00.238 and the number of medications taken.  
NOTE Confidence: 0.787790296

00:06:00.240 --> 00:06:03.642 Simply taking four or more medications a  
NOTE Confidence: 0.787790296

00:06:03.642 --> 00:06:07.080 day increases your risk for having a fall.  
NOTE Confidence: 0.787790296

00:06:07.080 --> 00:06:09.642 So the first step in the evaluation  
NOTE Confidence: 0.787790296

00:06:09.642 --> 00:06:12.473 is have your medical assistant or  
NOTE Confidence: 0.787790296

00:06:12.473 --> 00:06:15.233 nurse obtain postural blood pressure.

NOTE Confidence: 0.787790296

00:06:15.240 --> 00:06:17.208 The patient should lie down for

NOTE Confidence: 0.787790296

00:06:17.208 --> 00:06:19.433 two minutes and then supine blood

NOTE Confidence: 0.787790296

00:06:19.433 --> 00:06:21.117 pressure should be checked.

NOTE Confidence: 0.787790296

00:06:21.120 --> 00:06:23.154 The patient should then stand for

NOTE Confidence: 0.787790296

00:06:23.154 --> 00:06:25.536 one minute and a standing blood

NOTE Confidence: 0.787790296

00:06:25.536 --> 00:06:27.436 pressure should be checked.

NOTE Confidence: 0.787790296

00:06:27.440 --> 00:06:28.800 There should be a test,

NOTE Confidence: 0.787790296

00:06:28.800 --> 00:06:33.438 a simple test of visual acuity.

NOTE Confidence: 0.787790296

00:06:33.440 --> 00:06:36.356 If the patient has postural hypertension,

NOTE Confidence: 0.787790296

00:06:36.360 --> 00:06:38.256 then reviewing the medications

NOTE Confidence: 0.787790296

00:06:38.256 --> 00:06:39.678 is very important.

NOTE Confidence: 0.787790296

00:06:39.680 --> 00:06:42.144 So the medications associated

NOTE Confidence: 0.787790296

00:06:42.144 --> 00:06:44.608 with postural hypertension include

NOTE Confidence: 0.787790296

00:06:44.608 --> 00:06:47.400 alpha blockers such as tamsulosin,

NOTE Confidence: 0.787790296

00:06:47.400 --> 00:06:49.096 antidepressant drugs,

NOTE Confidence: 0.787790296

00:06:49.096 --> 00:06:51.640 anti hypertensive drugs,  
NOTE Confidence: 0.787790296

00:06:51.640 --> 00:06:55.024 anti parkinsonian drugs,  
NOTE Confidence: 0.787790296

00:06:55.024 --> 00:06:58.424 antipsychotic drugs, benzodiazepines,  
NOTE Confidence: 0.787790296

00:06:58.424 --> 00:07:04.493 beta or blocker drugs, diuretics,  
NOTE Confidence: 0.787790296

00:07:04.493 --> 00:07:10.120 muscle relaxants, narcotics,  
NOTE Confidence: 0.787790296

00:07:10.120 --> 00:07:14.600 phosphodiesterase inhibitors such as Viagra,  
NOTE Confidence: 0.787790296

00:07:14.600 --> 00:07:16.760 Trazodone,  
NOTE Confidence: 0.787790296

00:07:16.760 --> 00:07:20.318 and vasodilating drugs such as hydralazine,  
NOTE Confidence: 0.787790296

00:07:20.320 --> 00:07:25.240 nitroglycerin and calcium channel blockers.  
NOTE Confidence: 0.787790296

00:07:25.240 --> 00:07:28.462 Always want to do a very simple get up  
NOTE Confidence: 0.787790296

00:07:28.462 --> 00:07:31.728 and go test to evaluate the patient's gait.  
NOTE Confidence: 0.787790296

00:07:31.728 --> 00:07:33.000 Very simple test.  
NOTE Confidence: 0.787790296

00:07:33.000 --> 00:07:35.280 The clinician should do this test,  
NOTE Confidence: 0.787790296

00:07:35.280 --> 00:07:38.556 not the MA or be a nurse.  
NOTE Confidence: 0.787790296

00:07:38.560 --> 00:07:42.000 So you ask the patient to rise from a chair,  
NOTE Confidence: 0.787790296

00:07:42.000 --> 00:07:46.320 walk 10 feet, turn around,

NOTE Confidence: 0.787790296

00:07:46.320 --> 00:07:48.714 walk 10 feet back to the chair,

NOTE Confidence: 0.787790296

00:07:48.720 --> 00:07:50.435 and then sit down in the chair.

NOTE Confidence: 0.787790296

00:07:50.440 --> 00:07:53.374 And you observe any problems the

NOTE Confidence: 0.787790296

00:07:53.374 --> 00:07:56.160 person's having with their mobility.

NOTE Confidence: 0.787790296

00:07:56.160 --> 00:07:59.292 So you look for such abnormalities

NOTE Confidence: 0.787790296

00:07:59.292 --> 00:08:02.639 as deviating from a normal path,

NOTE Confidence: 0.787790296

00:08:02.640 --> 00:08:05.313 spending less time on one leg than the other,

NOTE Confidence: 0.787790296

00:08:05.320 --> 00:08:08.932 a so-called limp consistently leading

NOTE Confidence: 0.787790296

00:08:08.932 --> 00:08:12.140 with the same leg difficulty,

NOTE Confidence: 0.787790296

00:08:12.140 --> 00:08:14.480 initiating the stride,

NOTE Confidence: 0.787790296

00:08:14.480 --> 00:08:16.040 short steps,

NOTE Confidence: 0.787790296

00:08:16.040 --> 00:08:20.328 a wide base gate or signs of a

NOTE Confidence: 0.787790296

00:08:20.328 --> 00:08:21.400 Parkinsonian gate.

NOTE Confidence: 0.787790296

00:08:21.400 --> 00:08:23.365 Further evaluation includes a balance

NOTE Confidence: 0.787790296

00:08:23.365 --> 00:08:26.370 test and we're going to talk in a

NOTE Confidence: 0.787790296

00:08:26.370 --> 00:08:28.302 minute about the four stage balance  
NOTE Confidence: 0.787790296

00:08:28.302 --> 00:08:30.503 test and the way to read about that  
NOTE Confidence: 0.787790296

00:08:30.503 --> 00:08:33.412 is on the CDC Steady STEDI website.  
NOTE Confidence: 0.787790296

00:08:33.412 --> 00:08:36.610 We also should do a complete  
NOTE Confidence: 0.787790296

00:08:36.710 --> 00:08:39.080 neurological evaluation,  
NOTE Confidence: 0.787790296

00:08:39.080 --> 00:08:41.390 focusing on the presence of a  
NOTE Confidence: 0.787790296

00:08:41.390 --> 00:08:43.972 peripheral neuropathy, focal weakness,  
NOTE Confidence: 0.787790296

00:08:43.972 --> 00:08:47.596 spasticity or abnormal reflexes.  
NOTE Confidence: 0.787790296

00:08:47.600 --> 00:08:49.975 Also perform a complete musculoskeletal  
NOTE Confidence: 0.787790296

00:08:49.975 --> 00:08:52.866 exam looking for causes of limitations  
NOTE Confidence: 0.787790296

00:08:52.866 --> 00:08:55.518 of transferring out of a chair,  
NOTE Confidence: 0.787790296

00:08:55.520 --> 00:08:56.071 walking,  
NOTE Confidence: 0.787790296

00:08:56.071 --> 00:08:56.622 turning,  
NOTE Confidence: 0.787790296

00:08:56.622 --> 00:08:59.928 getting on or off an examining  
NOTE Confidence: 0.787790296

00:08:59.928 --> 00:09:02.524 table and finally perform a  
NOTE Confidence: 0.787790296

00:09:02.524 --> 00:09:05.079 complete evaluation of the feet.

NOTE Confidence: 0.787790296

00:09:05.080 --> 00:09:07.670 So the four stage balance test is

NOTE Confidence: 0.787790296

00:09:07.670 --> 00:09:10.120 a very simple test of balance.

NOTE Confidence: 0.787790296

00:09:10.120 --> 00:09:12.030 The patient should not be

NOTE Confidence: 0.787790296

00:09:12.030 --> 00:09:13.558 using an assistive device.

NOTE Confidence: 0.787790296

00:09:13.560 --> 00:09:16.003 Their eyes should be open and then

NOTE Confidence: 0.787790296

00:09:16.003 --> 00:09:18.200 you stand next to the patient,

NOTE Confidence: 0.787790296

00:09:18.200 --> 00:09:21.364 holding his or her arm and helping

NOTE Confidence: 0.787790296

00:09:21.364 --> 00:09:24.800 them assume the correct foot position.

NOTE Confidence: 0.787790296

00:09:24.800 --> 00:09:26.640 When the patient is steady,

NOTE Confidence: 0.787790296

00:09:26.640 --> 00:09:27.789 you let go,

NOTE Confidence: 0.787790296

00:09:27.789 --> 00:09:30.470 but you're ready to help should the

NOTE Confidence: 0.787790296

00:09:30.552 --> 00:09:33.156 patient lose his or her balance.

NOTE Confidence: 0.787790296

00:09:33.160 --> 00:09:35.640 So these are sequential tests.

NOTE Confidence: 0.787790296

00:09:35.640 --> 00:09:38.083 If the patient can hold the position

NOTE Confidence: 0.787790296

00:09:38.083 --> 00:09:40.080 for 10 seconds without moving

NOTE Confidence: 0.787790296

00:09:40.080 --> 00:09:42.280 their feet or needing support,  
NOTE Confidence: 0.787790296

00:09:42.280 --> 00:09:44.416 you move on to the next position so  
NOTE Confidence: 0.787790296

00:09:44.416 --> 00:09:46.479 they can move their hands around,  
NOTE Confidence: 0.972664534

00:09:46.480 --> 00:09:48.320 but not move their feet.  
NOTE Confidence: 0.972664534

00:09:48.320 --> 00:09:51.372 So they start by standing with their  
NOTE Confidence: 0.972664534

00:09:51.372 --> 00:09:54.557 feet side by side for 10 seconds.  
NOTE Confidence: 0.972664534

00:09:54.560 --> 00:09:56.640 If they can do that,  
NOTE Confidence: 0.972664534

00:09:56.640 --> 00:09:59.808 they place the insep of 1 foot so it's  
NOTE Confidence: 0.972664534

00:09:59.808 --> 00:10:02.084 touching the big toe of the other  
NOTE Confidence: 0.972664534

00:10:02.084 --> 00:10:04.519 foot and do that for 10 seconds.  
NOTE Confidence: 0.972664534

00:10:04.520 --> 00:10:06.596 If they can do that part,  
NOTE Confidence: 0.972664534

00:10:06.600 --> 00:10:09.416 they go on to a tandem stance that  
NOTE Confidence: 0.972664534

00:10:09.416 --> 00:10:12.401 is placing 1 foot in front of the  
NOTE Confidence: 0.972664534

00:10:12.401 --> 00:10:14.938 other foot heel touching toe for 10  
NOTE Confidence: 0.972664534

00:10:14.938 --> 00:10:17.804 seconds and if they can do that then  
NOTE Confidence: 0.972664534

00:10:17.804 --> 00:10:22.316 they stand on one foot for 10 seconds.

NOTE Confidence: 0.972664534

00:10:22.320 --> 00:10:25.778 Patients who cannot hold a tandem stance

NOTE Confidence: 0.972664534

00:10:25.778 --> 00:10:29.597 for 10 seconds have increased fall risk.

NOTE Confidence: 0.972664534

00:10:29.600 --> 00:10:31.436 So just to go over these,

NOTE Confidence: 0.972664534

00:10:31.440 --> 00:10:32.632 so the first step,

NOTE Confidence: 0.972664534

00:10:32.632 --> 00:10:35.640 you can see here the feet are side by side.

NOTE Confidence: 0.972664534

00:10:35.640 --> 00:10:36.648 The second step,

NOTE Confidence: 0.972664534

00:10:36.648 --> 00:10:39.441 the toe of 1 foot touches the instep

NOTE Confidence: 0.972664534

00:10:39.441 --> 00:10:41.996 of the other foot for 10 seconds.

NOTE Confidence: 0.972664534

00:10:42.000 --> 00:10:43.278 If the patient can do that,

NOTE Confidence: 0.972664534

00:10:43.280 --> 00:10:45.219 they do a tandem stance that is

NOTE Confidence: 0.972664534

00:10:45.219 --> 00:10:47.621 the heel of 1 foot at the toe of

NOTE Confidence: 0.972664534

00:10:47.621 --> 00:10:49.399 the other foot for 10 seconds.

NOTE Confidence: 0.972664534

00:10:49.400 --> 00:10:50.756 And if they can do that,

NOTE Confidence: 0.972664534

00:10:50.760 --> 00:10:54.873 they simply stand on one foot for 10 seconds.

NOTE Confidence: 0.972664534

00:10:54.880 --> 00:10:57.920 How can we prevent falls?

NOTE Confidence: 0.972664534

00:10:57.920 --> 00:11:01.640 We need to identify the patients at risk.  
NOTE Confidence: 0.972664534

00:11:01.640 --> 00:11:04.538 We need to assess the health  
NOTE Confidence: 0.972664534

00:11:04.538 --> 00:11:07.439 problems known to increase fall risk.  
NOTE Confidence: 0.972664534

00:11:07.440 --> 00:11:10.401 We then need to manage those health  
NOTE Confidence: 0.972664534

00:11:10.401 --> 00:11:12.480 problems that increase fall risk.  
NOTE Confidence: 0.972664534

00:11:12.480 --> 00:11:13.984 What does prevent falls?  
NOTE Confidence: 0.972664534

00:11:13.984 --> 00:11:14.360 Well,  
NOTE Confidence: 0.972664534

00:11:14.360 --> 00:11:17.839 there are different strategies that do work.  
NOTE Confidence: 0.972664534

00:11:17.840 --> 00:11:20.513 Reduction of medications,  
NOTE Confidence: 0.972664534

00:11:20.513 --> 00:11:24.077 management of postural hypotension,  
NOTE Confidence: 0.972664534

00:11:24.080 --> 00:11:28.478 management of visual and foot problems,  
NOTE Confidence: 0.972664534

00:11:28.480 --> 00:11:32.240 balance, gait and strength training,  
NOTE Confidence: 0.972664534

00:11:32.240 --> 00:11:35.516 and reducing hazards in the home.  
NOTE Confidence: 0.80961625625

00:11:38.280 --> 00:11:40.425 So for patients identified as  
NOTE Confidence: 0.80961625625

00:11:40.425 --> 00:11:43.151 being risk for falls because of  
NOTE Confidence: 0.80961625625

00:11:43.151 --> 00:11:45.676 polypharmacy or high risk medications,

NOTE Confidence: 0.80961625625

00:11:45.680 --> 00:11:48.837 you need to contact the prescribing physician

NOTE Confidence: 0.80961625625

00:11:48.840 --> 00:11:52.074 to either remove the prescription or change

NOTE Confidence: 0.80961625625

00:11:52.074 --> 00:11:55.360 the medication to one with less fall risk.

NOTE Confidence: 0.80961625625

00:11:55.360 --> 00:11:57.845 If your patient has significant

NOTE Confidence: 0.80961625625

00:11:57.845 --> 00:11:59.320 postural hypertension, again,

NOTE Confidence: 0.80961625625

00:11:59.320 --> 00:12:02.680 you review and try to remove medications

NOTE Confidence: 0.80961625625

00:12:02.680 --> 00:12:05.400 associated with postural hypertension.

NOTE Confidence: 0.80961625625

00:12:05.400 --> 00:12:07.555 You try to ensure an

NOTE Confidence: 0.80961625625

00:12:07.555 --> 00:12:09.279 appropriate level of hydration.

NOTE Confidence: 0.80961625625

00:12:09.280 --> 00:12:12.087 You instruct the patient on moving slowly

NOTE Confidence: 0.80961625625

00:12:12.087 --> 00:12:14.398 when changing positions and if necessary,

NOTE Confidence: 0.80961625625

00:12:14.400 --> 00:12:16.920 consider medications to

NOTE Confidence: 0.80961625625

00:12:16.920 --> 00:12:19.440 treat postural hypotension.

NOTE Confidence: 0.80961625625

00:12:19.440 --> 00:12:22.140 Interventions that have been demonstrated

NOTE Confidence: 0.80961625625

00:12:22.140 --> 00:12:24.840 to prevent falls include exercises,

NOTE Confidence: 0.80961625625

00:12:24.840 --> 00:12:27.495 home safety assessments,  
NOTE Confidence: 0.80961625625

00:12:27.495 --> 00:12:31.035 management of postural hypotension,  
NOTE Confidence: 0.80961625625

00:12:31.040 --> 00:12:31.826 Podiatry,  
NOTE Confidence: 0.80961625625

00:12:31.826 --> 00:12:35.756 interventions for disabling foot pain.  
NOTE Confidence: 0.80961625625

00:12:35.760 --> 00:12:39.330 Exercise programs are effective  
NOTE Confidence: 0.80961625625

00:12:39.330 --> 00:12:42.000 in decreasing the risk of falls.  
NOTE Confidence: 0.80961625625

00:12:42.000 --> 00:12:46.236 They include gait and balance training,  
NOTE Confidence: 0.80961625625

00:12:46.240 --> 00:12:47.344 strength training,  
NOTE Confidence: 0.80961625625

00:12:47.344 --> 00:12:51.760 movement training such as Tai chi or dance,  
NOTE Confidence: 0.80961625625

00:12:51.760 --> 00:12:54.619 and aerobic exercises.  
NOTE Confidence: 0.80961625625

00:12:54.619 --> 00:12:58.053 Most effective programs are  
NOTE Confidence: 0.80961625625

00:12:58.053 --> 00:13:00.345 exercises that emphasize balance  
NOTE Confidence: 0.80961625625

00:13:00.345 --> 00:13:02.637 training with resistive training,  
NOTE Confidence: 0.80961625625

00:13:02.640 --> 00:13:06.357 are integrating integrative such as Tai chi,  
NOTE Confidence: 0.80961625625

00:13:06.360 --> 00:13:09.798 and are progressive in their intensity.  
NOTE Confidence: 0.80961625625

00:13:09.800 --> 00:13:11.500 Exercise programs that involve

NOTE Confidence: 0.80961625625

00:13:11.500 --> 00:13:14.615 at least three hours per week are

NOTE Confidence: 0.80961625625

00:13:14.615 --> 00:13:17.040 associated with the greatest effects.

NOTE Confidence: 0.80961625625

00:13:17.040 --> 00:13:19.436 General exercise programs and

NOTE Confidence: 0.80961625625

00:13:19.436 --> 00:13:23.030 older patients do not in themselves

NOTE Confidence: 0.80961625625

00:13:23.130 --> 00:13:26.358 decrease the risk of fall injuries.

NOTE Confidence: 0.80961625625

00:13:26.360 --> 00:13:27.812 For balance training,

NOTE Confidence: 0.80961625625

00:13:27.812 --> 00:13:31.200 we want to make sure it's progressive,

NOTE Confidence: 0.80961625625

00:13:31.200 --> 00:13:35.554 that it challenges stability yet is safe,

NOTE Confidence: 0.80961625625

00:13:35.560 --> 00:13:38.836 that it's fun or at least not too boring.

NOTE Confidence: 0.80961625625

00:13:38.840 --> 00:13:41.486 And examples of balance training include

NOTE Confidence: 0.80961625625

00:13:41.486 --> 00:13:45.240 Tai chi dance and the Gottschalt exercises,

NOTE Confidence: 0.80961625625

00:13:45.240 --> 00:13:48.039 which I'm going to talk about in a minute.

NOTE Confidence: 0.80961625625

00:13:48.040 --> 00:13:52.768 So when Doctor Mary Tonetti was doing her

NOTE Confidence: 0.80961625625

00:13:52.768 --> 00:13:56.156 landmark studies on the prevention of Falls,

NOTE Confidence: 0.80961625625

00:13:56.160 --> 00:13:58.045 she worked with an outstanding

NOTE Confidence: 0.80961625625

00:13:58.045 --> 00:13:58.799 physical therapist,  
NOTE Confidence: 0.80961625625

00:13:58.800 --> 00:13:59.746 Margaret Gotschalt,  
NOTE Confidence: 0.80961625625

00:13:59.746 --> 00:14:03.057 who with Mary developed a series of  
NOTE Confidence: 0.80961625625

00:14:03.057 --> 00:14:05.733 exercises that are now considered  
NOTE Confidence: 0.80961625625

00:14:05.733 --> 00:14:07.857 the Connecticut Collaboration for  
NOTE Confidence: 0.80961625625

00:14:07.857 --> 00:14:10.239 Fall Prevention Balance Exercises  
NOTE Confidence: 0.80961625625

00:14:10.240 --> 00:14:12.580 developed by Margaret Gotschalt.  
NOTE Confidence: 0.80961625625

00:14:12.580 --> 00:14:16.300 And they can be obtained by accessing  
NOTE Confidence: 0.80961625625

00:14:16.300 --> 00:14:19.520 a copy of the exercises on the  
NOTE Confidence: 0.80961625625

00:14:19.611 --> 00:14:22.651 Yale Coach Video Library looking  
NOTE Confidence: 0.80961625625

00:14:22.651 --> 00:14:24.475 for balance exercises.  
NOTE Confidence: 0.80961625625

00:14:24.480 --> 00:14:27.084 So the level one exercises are the  
NOTE Confidence: 0.80961625625

00:14:27.084 --> 00:14:30.344 first one is a sink sidestep and the  
NOTE Confidence: 0.80961625625

00:14:30.344 --> 00:14:32.880 major piece of equipment you need,  
NOTE Confidence: 0.80961625625

00:14:32.880 --> 00:14:34.756 it's a kitchen sink and a counter.  
NOTE Confidence: 0.80961625625

00:14:34.760 --> 00:14:37.637 So you stand facing the kitchen sink.

NOTE Confidence: 0.80961625625

00:14:37.640 --> 00:14:40.838 You hold on with both hands.

NOTE Confidence: 0.80961625625

00:14:40.840 --> 00:14:43.423 You move your hands along the kitchen

NOTE Confidence: 0.80961625625

00:14:43.423 --> 00:14:46.715 sink as you step to the left five steps,

NOTE Confidence: 0.80961625625

00:14:46.720 --> 00:14:48.750 and then you step with both feet

NOTE Confidence: 0.80961625625

00:14:48.750 --> 00:14:50.400 to the right five steps.

NOTE Confidence: 0.80961625625

00:14:50.400 --> 00:14:53.160 And you do that five times.

NOTE Confidence: 0.80961625625

00:14:53.160 --> 00:14:56.760 The next step is your leg out and in.

NOTE Confidence: 0.80961625625

00:14:56.760 --> 00:14:59.640 You stand facing the kitchen sink.

NOTE Confidence: 0.80961625625

00:14:59.640 --> 00:15:02.400 You hold on with both hands.

NOTE Confidence: 0.80961625625

00:15:02.400 --> 00:15:05.584 You stand with your left leg and move

NOTE Confidence: 0.80961625625

00:15:05.584 --> 00:15:08.879 your right leg out to the side and back.

NOTE Confidence: 0.80961625625

00:15:08.880 --> 00:15:11.142 You repeat on the opposite side

NOTE Confidence: 0.80961625625

00:15:11.142 --> 00:15:12.906 and you do that.

NOTE Confidence: 0.80961625625

00:15:12.906 --> 00:15:15.216 You continue to alternate each

NOTE Confidence: 0.80961625625

00:15:15.216 --> 00:15:17.480 leg and do that for 10 times.

NOTE Confidence: 0.80961625625

00:15:17.480 --> 00:15:19.280 So there's a series of exercises.  
NOTE Confidence: 0.80961625625

00:15:19.280 --> 00:15:20.882 Start with these two and then  
NOTE Confidence: 0.80961625625

00:15:20.882 --> 00:15:22.400 go on to different levels.  
NOTE Confidence: 0.80961625625

00:15:22.400 --> 00:15:24.600 And again is available through  
NOTE Confidence: 0.80961625625

00:15:24.600 --> 00:15:25.920 the Coach website.  
NOTE Confidence: 0.80961625625

00:15:25.920 --> 00:15:28.410 So here's a picture of somebody  
NOTE Confidence: 0.80961625625

00:15:28.410 --> 00:15:30.987 using the kitchen sink to stabilize  
NOTE Confidence: 0.80961625625

00:15:30.987 --> 00:15:33.913 themselves as they stand on one leg.  
NOTE Confidence: 0.80961625625

00:15:33.920 --> 00:15:34.243 Now,  
NOTE Confidence: 0.80961625625

00:15:34.243 --> 00:15:36.181 there are a number of hazards  
NOTE Confidence: 0.80961625625

00:15:36.181 --> 00:15:37.150 that you can  
NOTE Confidence: 0.951234962857143

00:15:37.228 --> 00:15:40.255 find in the home, so we'll often ask a  
NOTE Confidence: 0.951234962857143

00:15:40.255 --> 00:15:42.110 physical occupational therapist to do  
NOTE Confidence: 0.951234962857143

00:15:42.181 --> 00:15:44.677 what's called a home Safety evaluation.  
NOTE Confidence: 0.951234962857143

00:15:44.680 --> 00:15:47.662 And hazards of the stairs and steps  
NOTE Confidence: 0.951234962857143

00:15:47.662 --> 00:15:49.540 include papers, shoes, books,

NOTE Confidence: 0.951234962857143  
00:15:49.540 --> 00:15:52.600 and other objects on the stairs.  
NOTE Confidence: 0.951234962857143  
00:15:52.600 --> 00:15:56.037 Are there some stairs broken or uneven?  
NOTE Confidence: 0.951234962857143  
00:15:56.040 --> 00:15:58.304 Is there a light and light switch at  
NOTE Confidence: 0.951234962857143  
00:15:58.304 --> 00:16:00.795 the top and the bottom of the stairs?  
NOTE Confidence: 0.951234962857143  
00:16:00.800 --> 00:16:03.999 Has a stairway light bulb burned out?  
NOTE Confidence: 0.951234962857143  
00:16:04.000 --> 00:16:08.320 Is the carpet on the steps loose or torn?  
NOTE Confidence: 0.951234962857143  
00:16:08.320 --> 00:16:10.959 Are there hand rails loose or broken?  
NOTE Confidence: 0.951234962857143  
00:16:10.960 --> 00:16:14.264 Is there a handrail on both sides  
NOTE Confidence: 0.951234962857143  
00:16:14.264 --> 00:16:16.784 of the stairs on the floors?  
NOTE Confidence: 0.951234962857143  
00:16:16.784 --> 00:16:18.992 When you walk through the room,  
NOTE Confidence: 0.951234962857143  
00:16:19.000 --> 00:16:22.479 do you have to walk around furniture?  
NOTE Confidence: 0.951234962857143  
00:16:22.480 --> 00:16:25.720 Do you have throw rugs on the floor?  
NOTE Confidence: 0.951234962857143  
00:16:25.720 --> 00:16:27.880 Are there papers, shoes, books,  
NOTE Confidence: 0.951234962857143  
00:16:27.880 --> 00:16:30.076 or other objects on the floor?  
NOTE Confidence: 0.951234962857143  
00:16:30.080 --> 00:16:32.160 Do you have to walk over or around?  
NOTE Confidence: 0.951234962857143

00:16:32.160 --> 00:16:34.800 Wires or cords like lamp,  
NOTE Confidence: 0.951234962857143

00:16:34.800 --> 00:16:36.942 telephone or extension?  
NOTE Confidence: 0.951234962857143

00:16:36.942 --> 00:16:40.928 Cords in the kitchen are the things  
NOTE Confidence: 0.951234962857143

00:16:40.928 --> 00:16:43.560 that you use often on high shelves.  
NOTE Confidence: 0.951234962857143

00:16:43.560 --> 00:16:45.078 If you use a step stool,  
NOTE Confidence: 0.951234962857143

00:16:45.080 --> 00:16:49.439 is it a sturdy one in the bedroom?  
NOTE Confidence: 0.951234962857143

00:16:49.440 --> 00:16:53.517 Is the light near the bed easy to reach?  
NOTE Confidence: 0.951234962857143

00:16:53.520 --> 00:16:57.300 Is the path from the bed to the bathroom  
NOTE Confidence: 0.951234962857143

00:16:57.300 --> 00:17:00.160 illuminated in the bathroom very important?  
NOTE Confidence: 0.951234962857143

00:17:00.160 --> 00:17:01.864 Most dangerous place in the house  
NOTE Confidence: 0.951234962857143

00:17:01.864 --> 00:17:03.880 as far as falls are concerned.  
NOTE Confidence: 0.951234962857143

00:17:03.880 --> 00:17:07.597 Is the bath or shower floor slippery?  
NOTE Confidence: 0.951234962857143

00:17:07.600 --> 00:17:10.147 Do you need some support when you get in  
NOTE Confidence: 0.951234962857143

00:17:10.147 --> 00:17:12.874 and out of the tub or up from the toilet?  
NOTE Confidence: 0.951234962857143

00:17:12.880 --> 00:17:15.056 So do you need to have grab rails  
NOTE Confidence: 0.951234962857143

00:17:15.056 --> 00:17:17.437 placed in the bathroom to help you in?

NOTE Confidence: 0.951234962857143  
00:17:17.440 --> 00:17:21.040 Both with toileting and with bathing,  
NOTE Confidence: 0.951234962857143  
00:17:21.040 --> 00:17:23.640 stairs can be very problematic,  
NOTE Confidence: 0.951234962857143  
00:17:23.640 --> 00:17:26.824 and 75% of falls that occur on stairs  
NOTE Confidence: 0.951234962857143  
00:17:26.824 --> 00:17:30.116 occur when you're going down the stairs,  
NOTE Confidence: 0.951234962857143  
00:17:30.120 --> 00:17:32.280 so that's the most dangerous time.  
NOTE Confidence: 0.951234962857143  
00:17:32.280 --> 00:17:36.640 And if you are carrying a large object  
NOTE Confidence: 0.951234962857143  
00:17:36.640 --> 00:17:39.760 with both hands and can't see your feet,  
NOTE Confidence: 0.951234962857143  
00:17:39.760 --> 00:17:42.040 that's a recipe for disaster.  
NOTE Confidence: 0.951234962857143  
00:17:42.040 --> 00:17:44.596 So a large laundry basket can  
NOTE Confidence: 0.951234962857143  
00:17:44.596 --> 00:17:45.874 be very problematic.  
NOTE Confidence: 0.951234962857143  
00:17:45.880 --> 00:17:48.056 So we suggest if you have to put  
NOTE Confidence: 0.951234962857143  
00:17:48.056 --> 00:17:49.720 laundry down, one flight of stairs,  
NOTE Confidence: 0.951234962857143  
00:17:49.720 --> 00:17:52.359 you put in the bag and throw it down,  
NOTE Confidence: 0.951234962857143  
00:17:52.360 --> 00:17:54.492 which markedly decreases your  
NOTE Confidence: 0.951234962857143  
00:17:54.492 --> 00:17:57.157 risk for falling on stairs.  
NOTE Confidence: 0.951234962857143

00:17:57.160 --> 00:18:00.070 So how do you manage fall  
NOTE Confidence: 0.951234962857143

00:18:00.070 --> 00:18:02.068 risk you have to do.  
NOTE Confidence: 0.951234962857143

00:18:02.068 --> 00:18:03.199 For foot issues,  
NOTE Confidence: 0.951234962857143

00:18:03.200 --> 00:18:05.888 you want to advise the patient  
NOTE Confidence: 0.951234962857143

00:18:05.888 --> 00:18:08.520 on safe and appropriate footwear.  
NOTE Confidence: 0.951234962857143

00:18:08.520 --> 00:18:11.316 For patients with disabling foot pain,  
NOTE Confidence: 0.951234962857143

00:18:11.320 --> 00:18:13.152 you refer to Podiatry.  
NOTE Confidence: 0.951234962857143

00:18:13.152 --> 00:18:16.640 If the person has difficulty with balance,  
NOTE Confidence: 0.951234962857143

00:18:16.640 --> 00:18:18.104 gait, and transfers,  
NOTE Confidence: 0.951234962857143

00:18:18.104 --> 00:18:20.056 a physical therapy referral  
NOTE Confidence: 0.951234962857143

00:18:20.056 --> 00:18:22.200 can be extremely helpful.  
NOTE Confidence: 0.951234962857143

00:18:22.200 --> 00:18:24.000 If there is a regional fall  
NOTE Confidence: 0.951234962857143

00:18:24.000 --> 00:18:25.200 clinic in your area,  
NOTE Confidence: 0.951234962857143

00:18:25.200 --> 00:18:27.155 a referral can be quite  
NOTE Confidence: 0.951234962857143

00:18:27.155 --> 00:18:28.719 helpful to the patient.  
NOTE Confidence: 0.951234962857143

00:18:28.720 --> 00:18:29.924 Exercise programs.

NOTE Confidence: 0.951234962857143  
00:18:29.924 --> 00:18:33.536 The most effective programs are exercises  
NOTE Confidence: 0.951234962857143  
00:18:33.536 --> 00:18:36.800 that emphasize balance training with  
NOTE Confidence: 0.951234962857143  
00:18:36.800 --> 00:18:39.620 resistance training and are integrative,  
NOTE Confidence: 0.951234962857143  
00:18:39.620 --> 00:18:42.120 like Tai chi and progressive.  
NOTE Confidence: 0.951234962857143  
00:18:42.120 --> 00:18:43.524 Exercise programs that involve  
NOTE Confidence: 0.951234962857143  
00:18:43.524 --> 00:18:46.100 at least three hours a week are  
NOTE Confidence: 0.951234962857143  
00:18:46.100 --> 00:18:48.120 associated with the greatest effect,  
NOTE Confidence: 0.951234962857143  
00:18:48.120 --> 00:18:50.689 and you want to encourage the patient  
NOTE Confidence: 0.951234962857143  
00:18:50.689 --> 00:18:53.714 to get on a daily walking regimen  
NOTE Confidence: 0.951234962857143  
00:18:53.714 --> 00:18:56.480 and identify a daily mobility goal.  
NOTE Confidence: 0.951234962857143  
00:18:56.480 --> 00:19:00.710 So falls and older adults are  
NOTE Confidence: 0.951234962857143  
00:19:00.710 --> 00:19:02.120 extremely common.  
NOTE Confidence: 0.951234962857143  
00:19:02.120 --> 00:19:06.040 They're associated with serious morbidity.  
NOTE Confidence: 0.951234962857143  
00:19:06.040 --> 00:19:10.624 They're the result of multiple predisposing  
NOTE Confidence: 0.951234962857143  
00:19:10.624 --> 00:19:13.680 factors plus precipitating events.  
NOTE Confidence: 0.951234962857143

00:19:13.680 --> 00:19:17.560 They're predictable and preventable.  
NOTE Confidence: 0.96783512

00:19:17.560 --> 00:19:20.116 The best way to prevent falls  
NOTE Confidence: 0.96783512

00:19:20.120 --> 00:19:22.466 is by looking for and reducing  
NOTE Confidence: 0.96783512

00:19:22.466 --> 00:19:25.600 as many of the predisposing and  
NOTE Confidence: 0.96783512

00:19:25.600 --> 00:19:28.556 precipitating factors as possible.  
NOTE Confidence: 0.96783512

00:19:28.560 --> 00:19:31.480 The essentials are medication review,  
NOTE Confidence: 0.96783512

00:19:31.480 --> 00:19:34.516 a safe environment and safe mobility,  
NOTE Confidence: 0.96783512

00:19:34.520 --> 00:19:36.120 making sure that your balance,  
NOTE Confidence: 0.96783512

00:19:36.120 --> 00:19:37.840 your gait and your strength  
NOTE Confidence: 0.96783512

00:19:37.840 --> 00:19:39.560 are as good as possible.  
NOTE Confidence: 0.96783512

00:19:39.560 --> 00:19:40.360 Thank you very much.  
NOTE Confidence: 0.936450266

00:21:06.280 --> 00:21:10.640 So falls are extremely common.  
NOTE Confidence: 0.936450266

00:21:10.640 --> 00:21:15.000 They're associated with serious morbidity.  
NOTE Confidence: 0.936450266

00:21:15.000 --> 00:21:17.655 They're the result of multiple  
NOTE Confidence: 0.936450266

00:21:17.655 --> 00:21:18.717 precipitating factors.  
NOTE Confidence: 0.936450266

00:21:18.720 --> 00:21:21.896 I'm sorry, predisposing factors

NOTE Confidence: 0.936450266

00:21:21.896 --> 00:21:24.278 plus precipitating events.

NOTE Confidence: 0.936450266

00:21:24.280 --> 00:21:28.080 They're predictable and preventable.

NOTE Confidence: 0.936450266

00:21:28.080 --> 00:21:30.600 The best way to prevent falls

NOTE Confidence: 0.936450266

00:21:30.600 --> 00:21:33.554 is by looking for and reducing

NOTE Confidence: 0.936450266

00:21:33.554 --> 00:21:37.094 as many of the predisposing and

NOTE Confidence: 0.936450266

00:21:37.094 --> 00:21:39.439 precipitating factors as possible.

NOTE Confidence: 0.936450266

00:21:39.440 --> 00:21:42.920 The essentials are medication review,

NOTE Confidence: 0.936450266

00:21:42.920 --> 00:21:44.300 make the environment safe,

NOTE Confidence: 0.936450266

00:21:44.300 --> 00:21:47.217 and make sure that you are safe with

NOTE Confidence: 0.936450266

00:21:47.217 --> 00:21:49.056 your mobility, that your balance,

NOTE Confidence: 0.936450266

00:21:49.056 --> 00:21:51.364 your gait, and your strength are

NOTE Confidence: 0.936450266

00:21:51.364 --> 00:21:54.959 all in as good a shape as possible.

NOTE Confidence: 0.936450266

00:21:54.960 --> 00:21:55.840 Thank you very much,

NOTE Confidence: 0.81775352

00:22:00.800 --> 00:22:01.238 Ryan. Can we?