

Stand Up For Senior Independence Research Preliminary Data

I. INTRODUCTION

Riverside Hospital's John J. Gerlach Center for Senior Health's mission is to work in partnership with older adults, their families and the community to provide a continuum of services which will meet the changing needs of the aging population and promote the health of the whole person. Our professional staff has a successful history of identifying public health needs in geriatrics and working with the community in providing evidence based information and collaborative solutions to meet the needs. The "Stand Up for Senior Independence" project is the next opportunity for us to continue our mission.

The need focused on in this project is to collaborate with local emergency medical services, independent living housing and health providers to *identify older individuals at risk of declining frailty*. The risk indicator used will be: older people falling twice in their own home during a thirty-day period.

The collaboration with Columbus Fire Department was successful in subject recruiting November, 2002 – March 2003. The Information System for Columbus Fire Department was not operational to provide the subject information until November, 2003. The next delay was the institution of HIPPA protocol and the question of CFD ability to disclose subject information. This issue was answered through attorney communication June, 2003 that CFD can communicate with Gerlach Center Research Coordinator. Thus, subject recruitment has experienced significant delays. Additionally, subjects were also referred by Independent Living Retirement Communities for the study.

The SUSI Research also received funding from the Columbus Foundation. The additional funding allowed us to serve individuals who did not fit the research protocol that were screened and assessed to benefit from intervention. This additional money has also provided us with 90 additional days to complete the research project due to the CFD Information Services difficulties.

Overview of Research Protocol:

The goal of "Stand Up for Senior Independence" is for an older adult who has experienced a fall (not resulting in a fracture) to effectively implement environment modifications and individual behavior changes to prevent ongoing frequent falls and thus remain independent.

The target population was changed to individuals over the age of 60 (from 70) who have experienced two falls in their own home during a 30 day period. Local EMS providers, independent living housing, and health care providers will identify the individuals. The strategy used is:

- A professional screened for the following risk factors that are linked with both frailty and falling:
 - ◆ Depression
 - ◆ Dementia
 - ◆ Nutrition
 - ◆ Home Environment

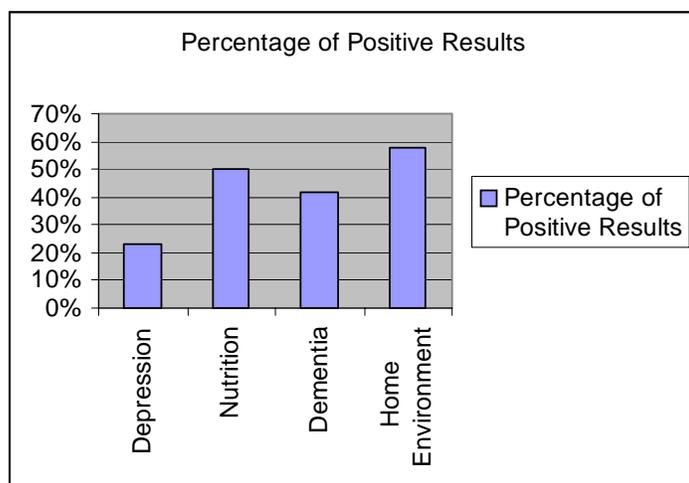
- If the result suggests that the individual needs intervention regarding one or more risk factors the professional will provide education and referral and linkage for existing services within the community.
- The professional will work in partnership with the individual's primary physician throughout the process to ensure patient continuity of care.

The collaborative community approach will provide opportunity for the service strategy to expand beyond the program staff. The purpose of this study is to evaluate the effectiveness of this approach to preventing falls and subsequent frailty decline in the elderly, and to see if these same techniques work for patients who have been admitted to the hospital due to a fall in the home.

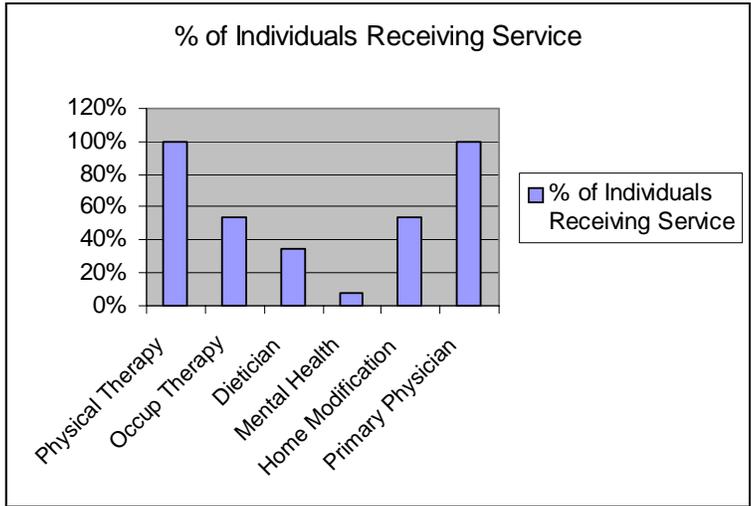
II. Initial Descriptive Data Findings

From November 2002 through June 30 2003 the Research Coordinator has made 92 home visits to potential research subjects. From the 92 home visits we had a total of 37 research subjects. However, 11 subjects have withdrawn from the research and currently there are 28 subjects in the research study. The goal is 43 subjects to complete the study for reliable data.

Preliminary Results of Assessment Screenings:



Percentage of Individuals Receiving Professional Service



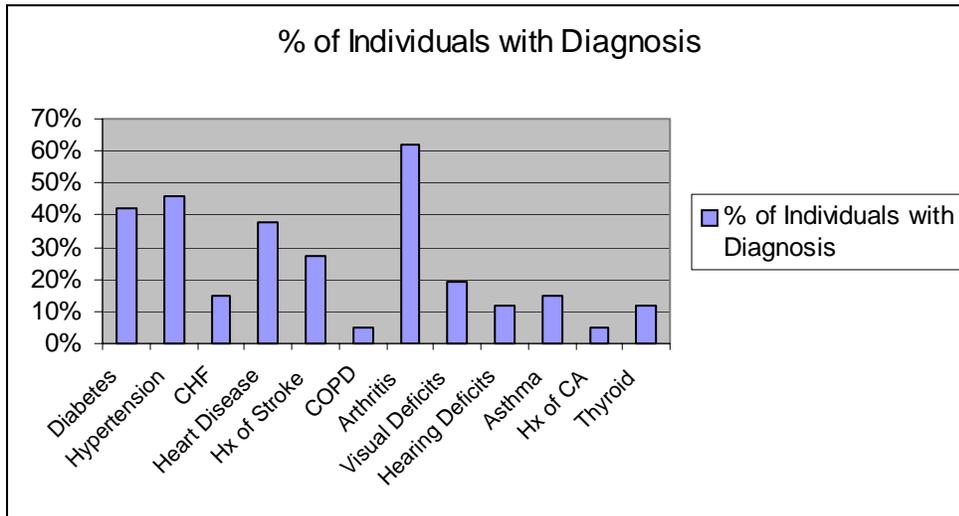
Percentage of Falls Post Intervention : *(Each individual had fallen 3 times requiring professional assistance in rising within a 30 day period)*

Number of Falls 3 mo. post Intervention	Percentage of Research Subjects in each Category of # of Falls
3 falls	11% (n=3)
2 falls	11% (n=3)
1 fall	11% (n=3)
0 falls	65%

Research Subjects Demographics

Demographic	Result
Mean age	80 years
Male	38%
Female	62%
Caucasian	81%
African American	19%
Lives with Spouse	38%
Lives Alone	50%
Lives with Adult Child	4%
Lives with other Relative	8%
Married	38%
Widowed	42%
Divorced	19%

Research Subject Co-Morbidities



There were seven individuals with hospital admissions during their 6-month period within the research study. The causes for admissions were:

- Chest Pains
- Circulation Problems
- “Legs stopped Working”
- Fall (n=1)
- Breathing Difficulty
- Adema
- CHF

At this point in the research study process there are no conclusions or recommendations that can be drawn from the data. However, one can note that 100% of the research subjects decreased their number of falls post intervention. The formal analysis will provide the information regarding successful interventions that can be used in education activities.

There will be formal statistical analysis completed when the study sample becomes 43 subjects in the community dwelling population.

The hospital based research subjects were not able to be recruited. The individuals that were in the hospital had multiple medical issues and were not interested in completing the process for admission to the research. Riverside Hospital’s Research Department Nurses made 49 attempts to recruit subjects that had experienced a fall that required inpatient hospitalization for the study.