



## An Interprofessional Fall Risk Assessment Program for Low-Income Independent Living Seniors

*Ann Ryan Haddad<sup>bd</sup>, Teresa Cochran<sup>bd</sup>, Lisa Black<sup>bd</sup>, Kelli Coover<sup>ad</sup>, Edward Saito<sup>a</sup>, Ann Tripp<sup>b</sup>, Kristine Gauthier<sup>c</sup>, Kate Martens Stricklett<sup>d</sup>, Riva Mikoski<sup>d</sup>*  
*<sup>a</sup>Pharmacy, <sup>b</sup>Physical Therapy, <sup>c</sup>Nursing, <sup>d</sup>Office of Interprofessional Scholarship, Service, and Education*

### Spirit of Healing

Seven Oaks at Notre Dame, an outreach of the Notre Dame sisters' mission has provided safe and affordable senior living allowing residents to "age in place". Creighton University's Office of Interprofessional Scholarship, Service, and Education (OISSE) has had a long-standing relationship with Seven Oaks at Notre Dame. Administrators at Seven Oaks at Notre Dame expressed concern about the increasing number of resident falls and expressed interest to Creighton faculty members about implementing fall risk reduction strategies.

In 2010, Edward Saito, a Doctor of Pharmacy candidate 2012, was recognized as a Paul Ambrose Scholar for his community-based health promotion proposal to implement an interprofessional fall prevention program for seniors.

### Men and Women for Others

In collaboration, Creighton faculty and Seven Oaks at Notre Dame initiated in the Spring 2011, an interprofessional student-driven fall risk assessment program. Thirty five students and 6 faculty from nursing, occupational therapy, pharmacy and physical therapy participated.

- ❖ Nursing and pharmacy students completed 41 in-home interviews using a community health assessment survey.
- ❖ Pharmacy students provided medication regimen reviews (6).
- ❖ Physical therapy students conducted Berg Balance assessments(19) . Four residents identified as "high-risk" for falls.
- ❖ Occupational therapy students completed home safety checklists (6).
- ❖ Two care conferences were held to review health information and develop recommendations to improve quality of life for senior participants. These recommendations were given to the Service Coordinator for implementation.



### Cura Personalis

Seven Oaks at Notre Dame Service Coordinator (SC) reviewed recommendations with 17 residents of the 41 completed assessments. In addition to recommendations to reduce fall risk, student teams provided recommendations to improve quality of life for the seniors:

- ❖ Hearing aid recommendations for 2 residents.
- ❖ Weekly blood pressure recommendations for 2 residents.
- ❖ Spirituality/Bible study recommended for 7 residents (6 agreed and spirituality group pending upon building renovation).
- ❖ During interviews, students identified residents interested in starting a men's club, a men's Tai Chi class, or a men's exercise group.
- ❖ Due to the significant number of PT/OT recommendations, Seven Oaks at Notre Dame partnered with Community Home Health to provide nursing, physical and occupational therapy services. Their first 13 clients were seniors identified by the interprofessional student teams.

### Recognitions

- ❖ Paul Ambrose 2010 Scholar Program
- ❖ OISSE and Seven Oaks at Notre Dame received the Greater Omaha Chapter National Safety Council's Safe Community Award
- ❖ Creighton School of Pharmacy and Health Professions received the American Association of Colleges of Pharmacy's Student Community Engaged Service Award for 2011-12. A \$16,000 award was received to continue the fall prevention project and to expand community engagement activities.



*Sponsored by the Creighton University Jesuit Community, in association with the Deglman Center for Ignatian Spirituality.*