



V E N T U R A C O U N T Y

HEALTH CARE AGENCY



FALL PREVENTION FORUM
FORO DE PREVENCIÓN DE CAÍDAS

**Ventura County Elderly
Fall Prevention Coalition**

**La Coalición Para la
Prevención de Caídas
de Personas Mayores de
Edad del Condado de Ventura**



Thomas K. Duncan, DO, FACS
Trauma Medical Director
Ventura County Medical Center
September 29th, 2023



- No Disclosures

Purpose of This Forum

- Awareness to our community
- “From awareness to action”
- Provide community resources
- Prevent falls!

Supervisor Carmen Ramirez



The what and the why

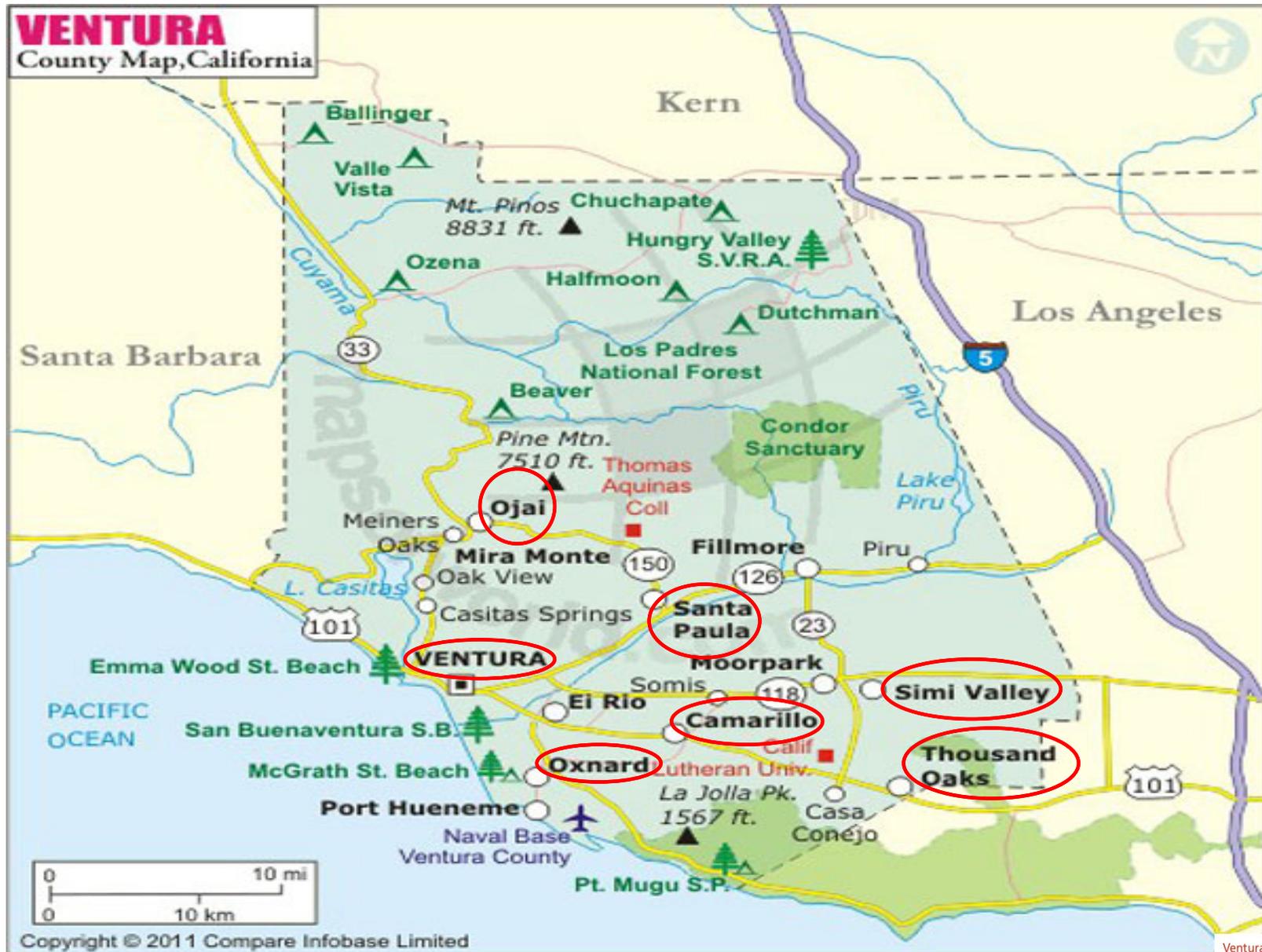
What -> Physician and Surgeon who is part of an outstanding multidisciplinary fall prevention coalition

Why -> To prevent primary and secondary falls. To decrease complications from falls

Stop the Falls, Anaheim

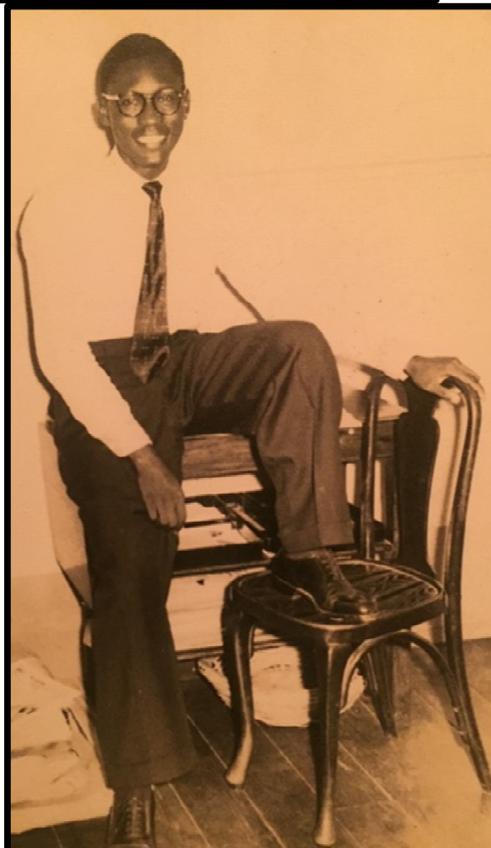
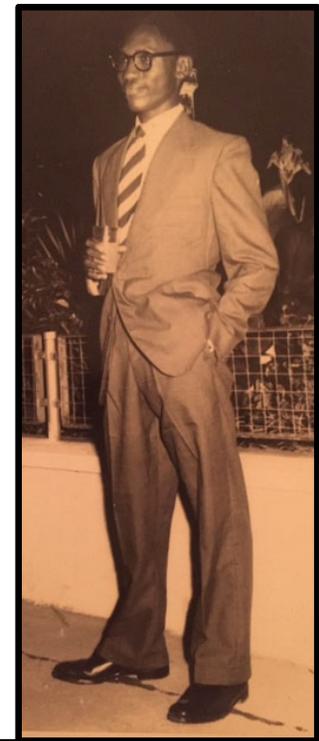
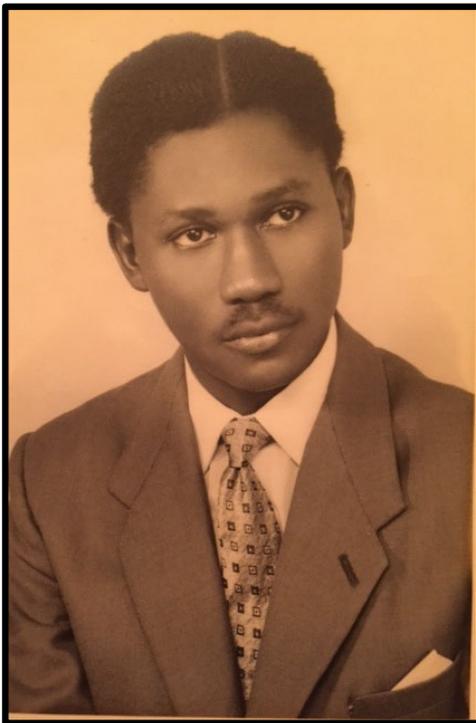


Previous Fall Prevention Forums



J.T.D. Duncan

9/13/1933 – 7/5/2000



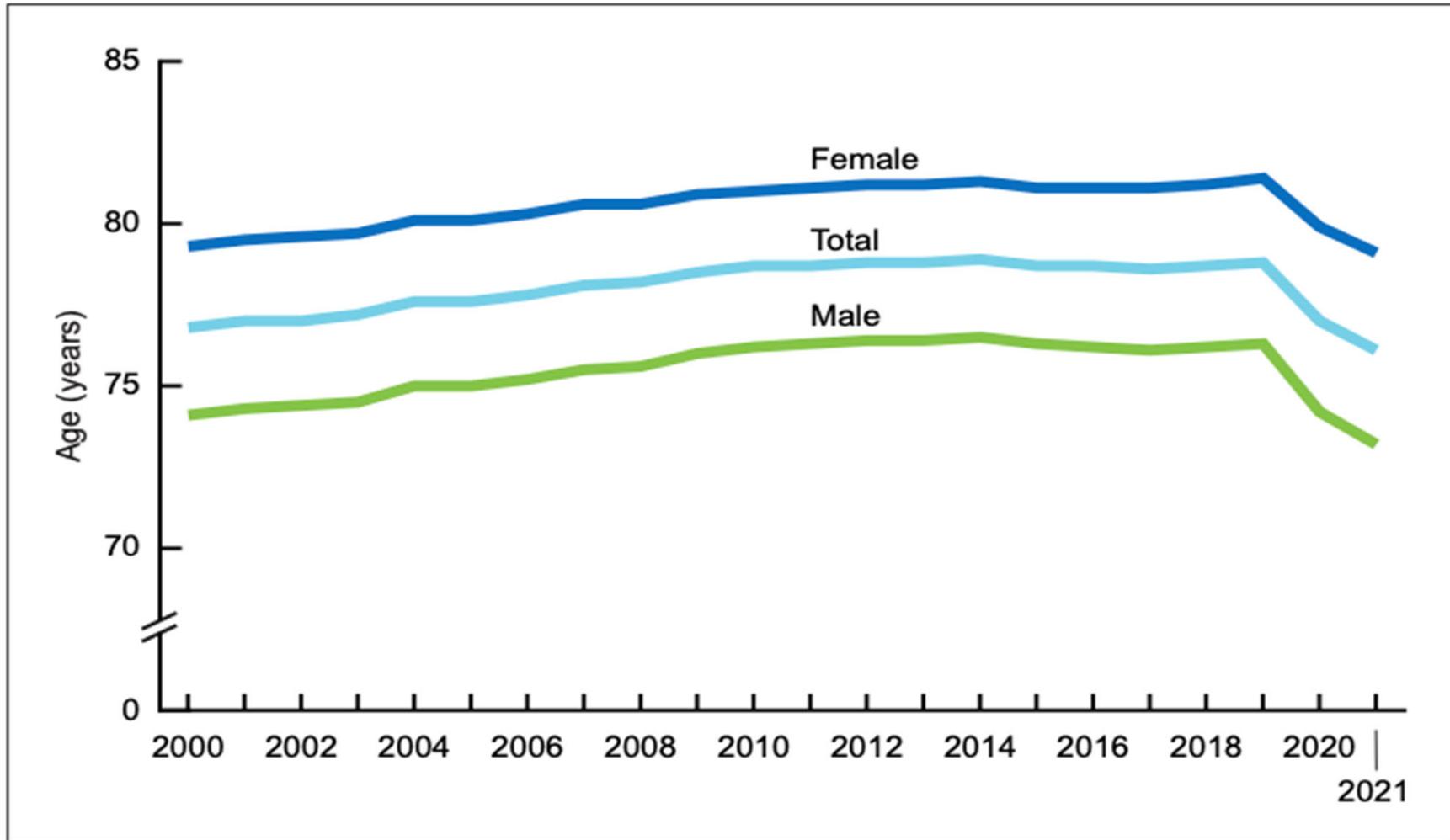


- Falls - a common phenomenon
- Medical alert devices are helpful



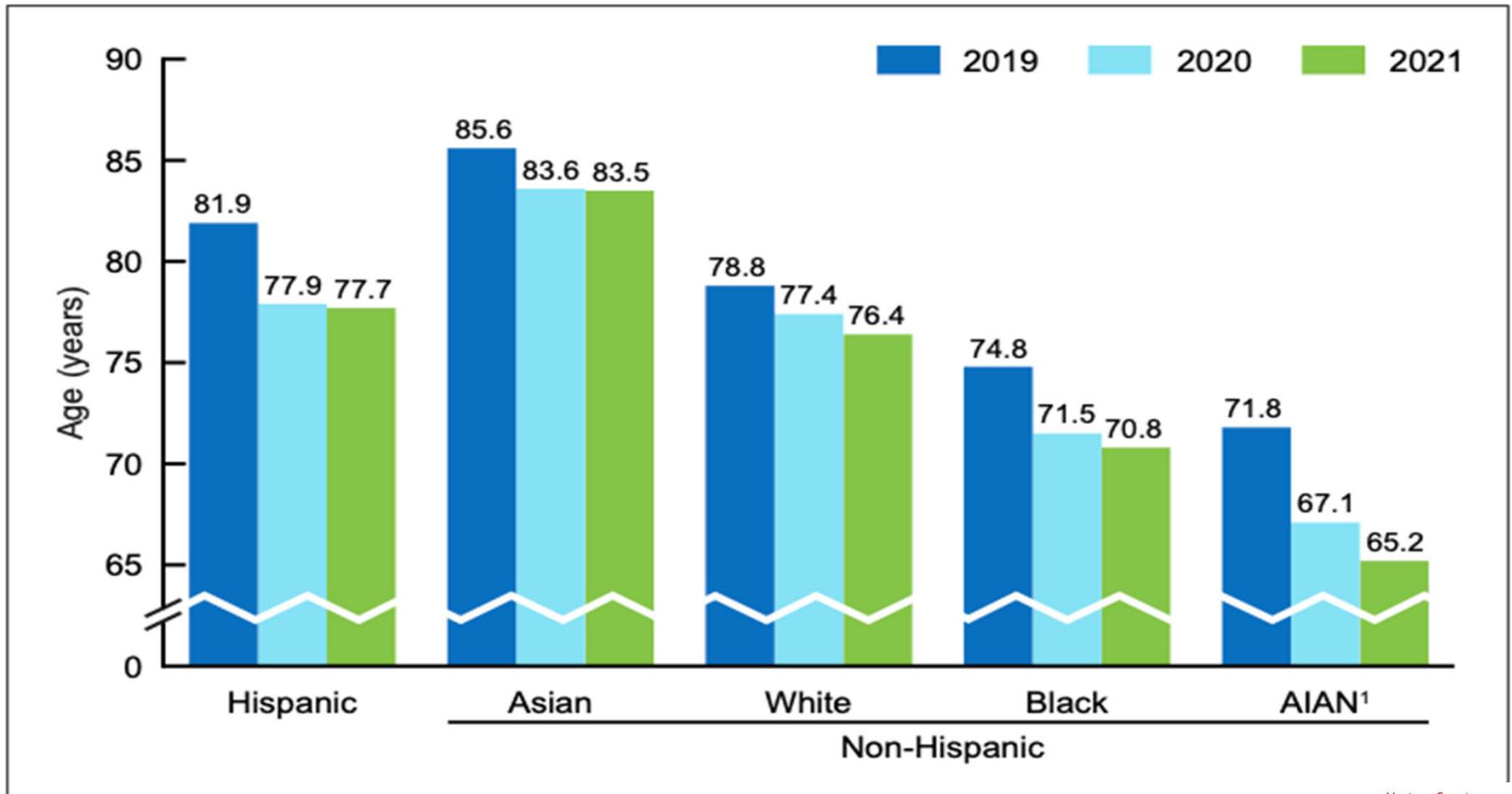
Life Expectancy at Birth, U.S. 2000 - 2021

Figure 1. Life expectancy at birth, by sex: United States, 2000–2021



Life Expectancy at Birth, by Hispanic Origin & Race 2019 - 2021

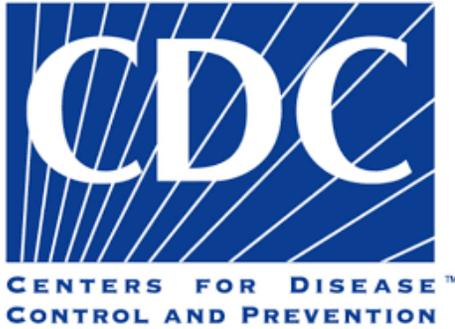
Figure 2. Life expectancy at birth, by Hispanic origin and race: United States, 2019–2021





10 Leading Causes of Death in U.S. (2020)

- Heart disease: 696,962
- Cancer: 602,350
- COVID-19: 350,831
- **Unintentional injuries: 200,955**
- Stroke: 160,264
- Chronic lower respiratory disease: 152,657
- Alzheimer's disease: 134,242
- Diabetes: 102,188
- Influenza & pneumonia: 53,544
- Kidney disease: 52,547



Unintentional Injuries (2020)

- Poisoning deaths
- Motor vehicle crashes
- Drownings
- Unintentional fall deaths
- **Falls - #1 cause of injury deaths, unintentional injuries & hospital admissions in elderly**
- 36 million older adults treated/year in U.S. for falls
- 32,000 deaths/year

Eye Opening Statistics

- 19 minutes = older adult death from a fall
- 11 seconds = older adult treated in ER for a fall-related injury
- **65 - 70%** of falls occur in homes
- 1 in 4 adults older than 65, & 1 in 2 adults older than 80 will fall every year

Trauma Alerts

Fri, Sep 15 at 12:44

129903:CODE YELLOW TIER 2
ADULT ETA 5 MINUTES, **FALL ON**
THINNERS

105305:code yellow tier 2 adult
eta 10min head trauma

129903:CODE YELLOW TIER 2
ADULT ETA 10 MINUTES,
MOTORCYCLE COLLISION

Fri, Sep 15 at 15:44

134081:code yellow tier 2 adult
eta now **fall**

Sat, Sep 16 at 19:13

134081:code yellow tier 2 adult
eta 6 min head inj, **fall**

134081:code yellow tier 2 adult
eta 15 min MVC

Sat, Sep 16 at 21:29

115644:CODE YELLOW ADULT
TIER 2 ETA 15 MIN **FALL**

Sat, Sep 16 at 23:23

126609:code yellow tier 2 adult
now mvc

Sun, Sep 17 at 01:48

126609:CODE YELLOW TIER 2
ADULT ETA 10 MINS **FALL ON**
THINNERS

Sun, Sep 17 at 08:18

131999:CODE YELLOW TIER 2
ADULT ETA 8 MINUTES **FALL ON**
THINNERS

Trauma Alerts

Sun, Sep 17 at 16:07

134768:code yellow tier 2 adult
ate 20 min - fall on blood
thinners

Sun, Sep 17 at 18:35

134768:code yellow tier 2 adult
eta 15 min - fall

Sun, Sep 17 at 23:17

134081:code yellow tier 2 adult
fall on thinners eta 15 min

Mon, Sep 18 at 12:39

133359:cde yellow tier 1 adult eta
10 mins fall

Mon, Sep 18 at 21:09

134768:code yellow tier 2 adult
eta now - fall

Tue, Sep 19 at 05:08

127415:CODE YELLOW TIER 2
ADULT MALE ETA 1 MIN MOTOR
VEHICLE COLLISION

Tue, Sep 19 at 07:03

109547:code yellow tier 2 adult
eta 6min - MVC

Tue, Sep 19 at 08:36

109547:code yellow tier 2 adult
eta 10min- motorcycle accident

Tue, Sep 19 at 11:03

109547:code yellow tier 2 adult
eta 8 min -fall

Dollars and Cents



Cost of falls (U.S.) health system - \$19 billion (CDC)

Cost of falls (U.S.) health system - \$67.7 billion (CDC)

2015

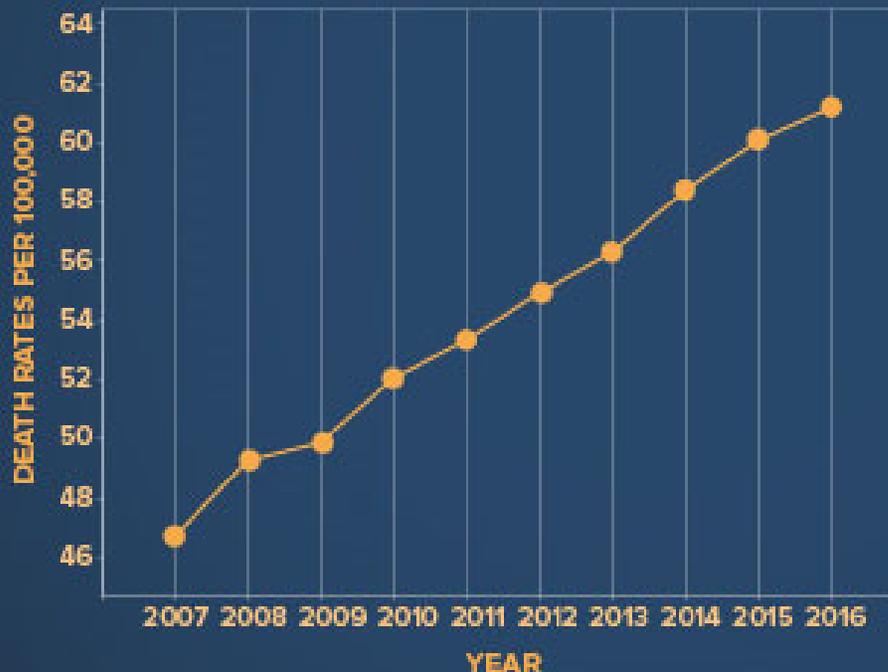
2000

2020

Cost of falls (U.S.) health system - \$50 billion (CDC)

Fall Death Rates in the U.S. **INCREASED 30%**

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,
we can anticipate

**7 FALL
DEATHS**
EVERY HOUR
BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.





Ventura County Medical Center



Falls are largely **preventable!**

Falls are **not** a normal part of
aging!

YOUTH

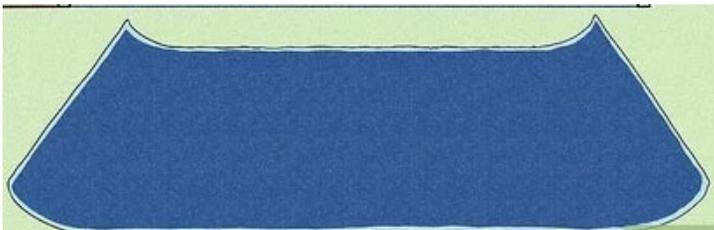
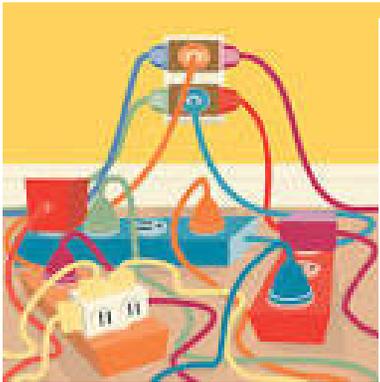


VENTURA COUNTY
HEALTH CARE AGENCY



- **YOLO** and **YODO**, so...
- **LLAP** for **OGK** when the inevitable moment will happen.
- So **TTL** for everyday, but for heaven's sake...
- **Protect** thyself from **Falling!**

Reasons for Falls in Home



Medical Reasons for Falls



Magnitude of Hip Fractures in Elderly



Account	for 95% of fall related injuries
Cause	of 300,000 older adult injuries in U.S.
Carry	a 16.5% in-hospital deaths
Carry	up to 30% one-year deaths





EMS

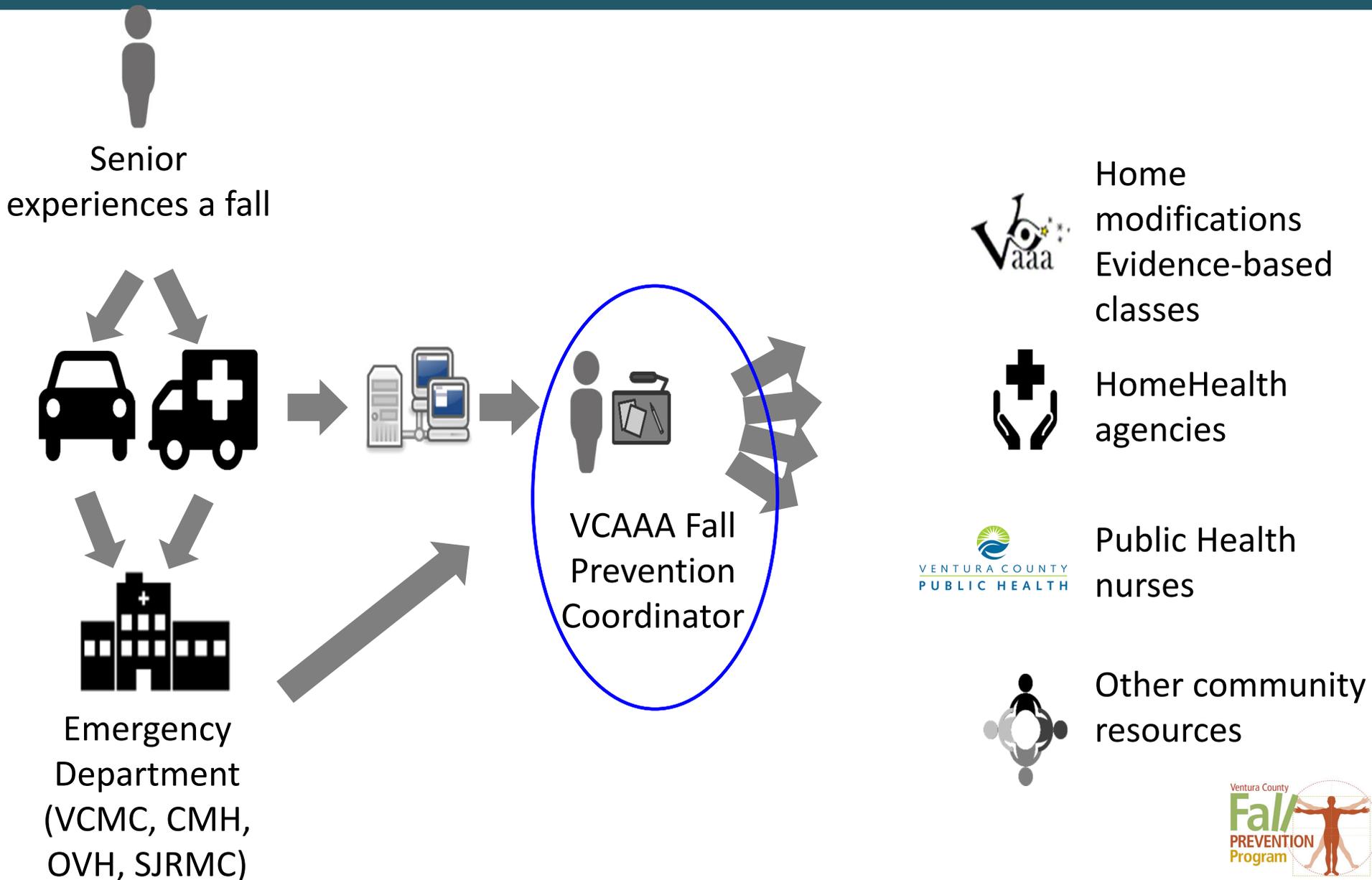
Ventura County Elderly Fall Prevention Coalition

Hospitals

Public and
Private Agencies



VCAAA's ROLE: COORDINATE and TRACK SERVICES



Ventura County

Fall PREVENTION Program



FALL FACTS:

- One out of four older adults (those aged 65 or older) falls each year, but less than half talk to their healthcare providers about it.
- Every half hour an older adult dies as the result of a fall.
- Most falls occur at home.

WE ARE HERE TO HELP YOU STAY SAFE IN YOUR HOME!

RISK FACTORS:

- Over 65 years of age
- Poor balance and strength
- Taking 5 or more prescription medications
- Vision impairments
- Environmental hazards

PLEASE CALL FALL PREVENTION COORDINATOR Julianna Eusanio at (805) 477-7300 or email Fall.Prevention.Program@ventura.org for more information on how we can help you.



What can you do?

TO MAKE YOUR HOME SAFER:

- Remove tripping hazards (i.e. shoes, papers, pet toys)
- Home modifications (i.e. grab bars)
- Use non-slip rubber mats in tub or shower.
- Remove throw rugs or tape them in place.
- Move furniture and clutter to create clear pathways.
- Increase lighting.

TO HELP YOURSELF PREVENT FALLING:

- Stay as physically active as you can – build your balance, strength and flexibility
- Review your medications with your healthcare provider
- Keep your healthcare providers informed of any falls or hospital visits
- Get your vision checked regularly and update your eye-glasses when needed
- Keep your family and friends informed – ask for help when you need it

If you check off these items, you will make yourself and your home safer right away!

HOW CAN THE FALL PREVENTION PROGRAM HELP?

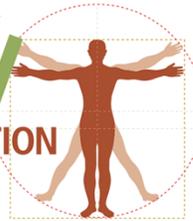
- Home Safety Assessments
- Information, Resources and Referrals
- Education
- Workshops and Presentations
- Advocacy

Funded by the



Ventura County

Fall PREVENTION Program



DATOS SOBRE LAS CAÍDAS:

- Uno de cada cuatro adultos mayor (65 años o mayor) se caen cada año, pero menos de la mitad hablan con su doctor sobre la caída.
- Cada media hora un adulto mayor muere como consecuencia de una caída.
- La mayoría de las caídas ocurren en el hogar.

ESTAMOS AQUÍ PARA AYUDARLE A MANTENERSE SEGURO EN SU HOGAR!

FACTORES DE RIESGO:

- Ser mayor de 65 años de edad
- Poca fuerza y equilibrio
- Toman 5 o más medicamentos recetados
- Debilitación de la visión
- Riesgos ambientales

Para obtener más información en como lo podemos ayudar, por favor llamar Julianna Eusanio, Coordinadora del Programa de Prevención de Caídas al (805) 477-7300 or enviar un correo electrónico a Fall.Prevention.Program@ventura.org.



¿Qué puede usted hacer?

PARA HACER SU HOGAR MÁS SEGURO

- Eliminar peligros para no tropezar (zapatos, papeles, juguetes de mascotas)
- Modificaciones en el hogar (barras de apoyo)
- Utilizar tapetes de goma antideslizante en la tina o bañera
- Quitar alfombras o pegarlas con cinta adhesiva
- Mover muebles y objetos para mantener el camino despejado
- Aumentar la iluminación

PARA AYUDAR A EVITAR UNA CAÍDA

- Manténgase físicamente activo - trate de aumentar su equilibrio, fuerza y flexibilidad
- Revise sus medicamentos con su proveedor de atención médica
- Mantenga su médico informado de cualquier caída o visitas al hospital
- Haz tu examen de la vista con regularidad y reemplazar los lentes cuando sea necesario
- Mantenga a sus familiares y amigos informados - pida ayuda cuando la necesite.

Si sigues estas instrucciones, ahora mismo tu hogar y tú estarán más seguros!

¿COMO LE PUEDE AYUDAR EL PROGRAMA DE PREVENCIÓN DE CAÍDAS?

- Evaluaciones de seguridad en el hogar
- Información, recursos y referencias
- Educación
- Talleres y presentaciones
- Apoyo

Financiado por el

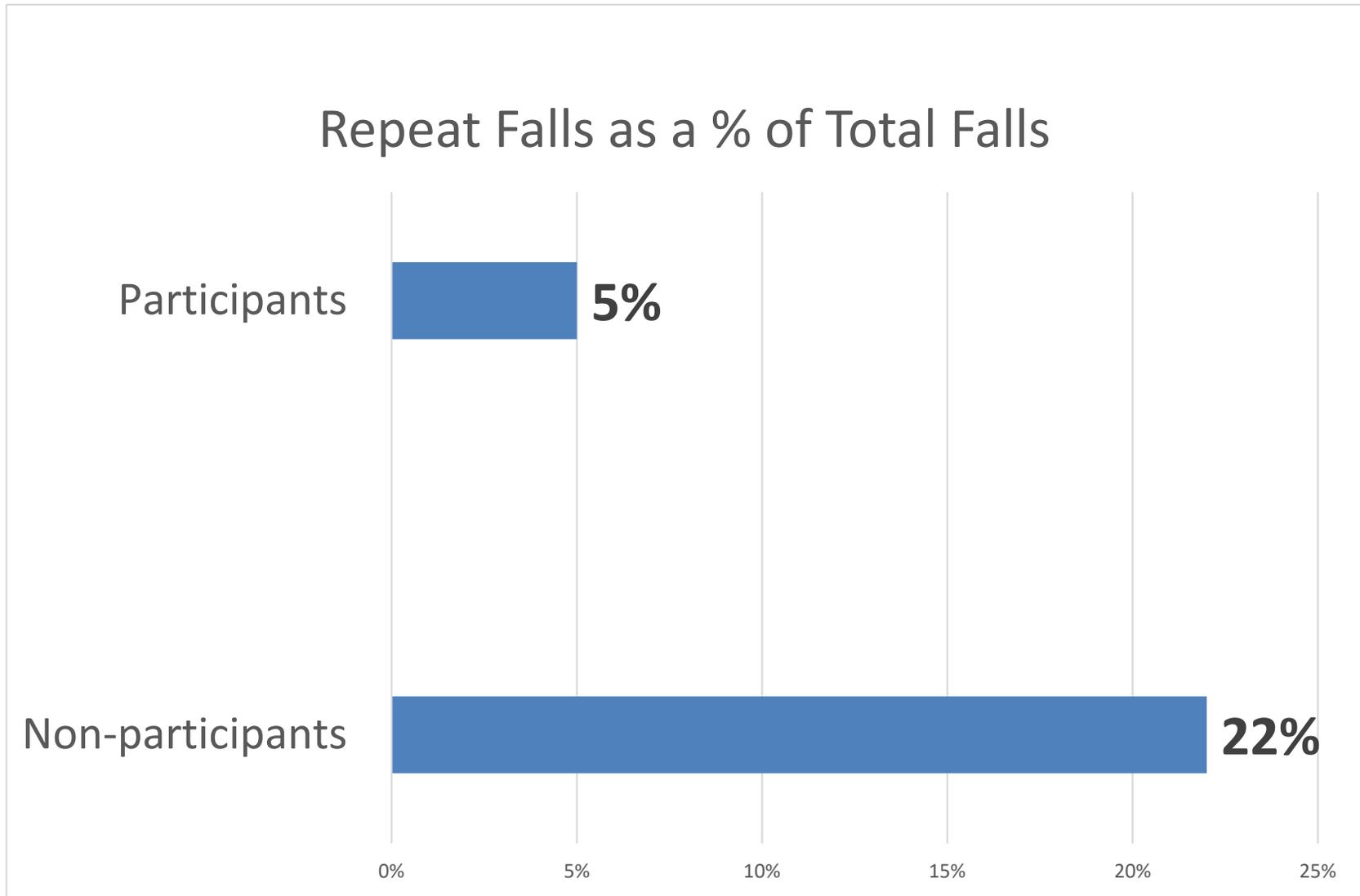


Evidence Based Classes/Programs



- Matter of Balance
- Walk with Ease
- Tai Ji Quan: Moving for Better Balance
- Stepping on

Falls Reduction



Interventions to Prevent Falls in Community-Dwelling Older Adults

US Preventive Services Task Force Recommendation Statement

US Preventive Services Task Force

- JAMA.2018:319(16):1696-1704.April 17, 2018
- USPSTF recommends exercise interventions to prevent falls in community-dwelling adults ≥ 65 years who are at increased risk for falls

JAMA[®]
The Journal of the
American Medical
Association



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• FOMO

- Most of us have **FOMO**...but the most important aspect of life is **QOL**...To maintain great **QOL**, it behooves us to enroll in **EBC** to acquire strength and balance, so that a **GLF** is prevented, and good **QOL** is achieved.





Testimonials



COUNTY *of* VENTURA

Human Services Agency
Area Agency on Aging

Fall Prevention Program
Testimonials





Crossing the finish line



Dr. Thomas K. Duncan
DIRECTOR
Monique S. Nowlin
DEPUTY DIRECTOR, VCAAA



Paid Summer Internship 2023 — J. Tom D. Duncan Fall Prevention Awareness Scholarship



Main Contact

Fall Prevention Program

(805)477-7343

Fall.prevention.program@ventura.org



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THANK YOU!

WWW.VCHCA.ORG
