

EFFICACY OF A BALANCE AND FALL PREVENTION CENTER ON THE NUMER OF FALLERS, FALLS AND INJURIOUS FALLS RATE IN OLDER FALLERS : A BEFORE AND AFTER STUDY

Dabas Fiona, Mekhinini Samia, Picot Marie-Christine, Jaussent Audrey, Rambaud Jacques, Bernard Pierre Louis, Boubakri Chokri, Blain Hubert

University of Montpellier, France



CONFLICT OF INTEREST DISCLOSURE

No potential conflict of interest to report

FALLS : A MAJOR CAUSE OF BURDEN AND DEATH

- Hospitalization
- Traumatic and psychological complications
- Loss of autonomy
- Institutionalization

FALLS PREVENTION : ONE OF THE KEYSTONES OF « ACTIVE AND HEALTHY AGEING » (EUROPEAN INNOVATION PARTNERSHIP)

- Reduce of 10% the number of hospitalizations due to falls

INTEREST OF FALL CLINICS IN THIS CONTEXT ?

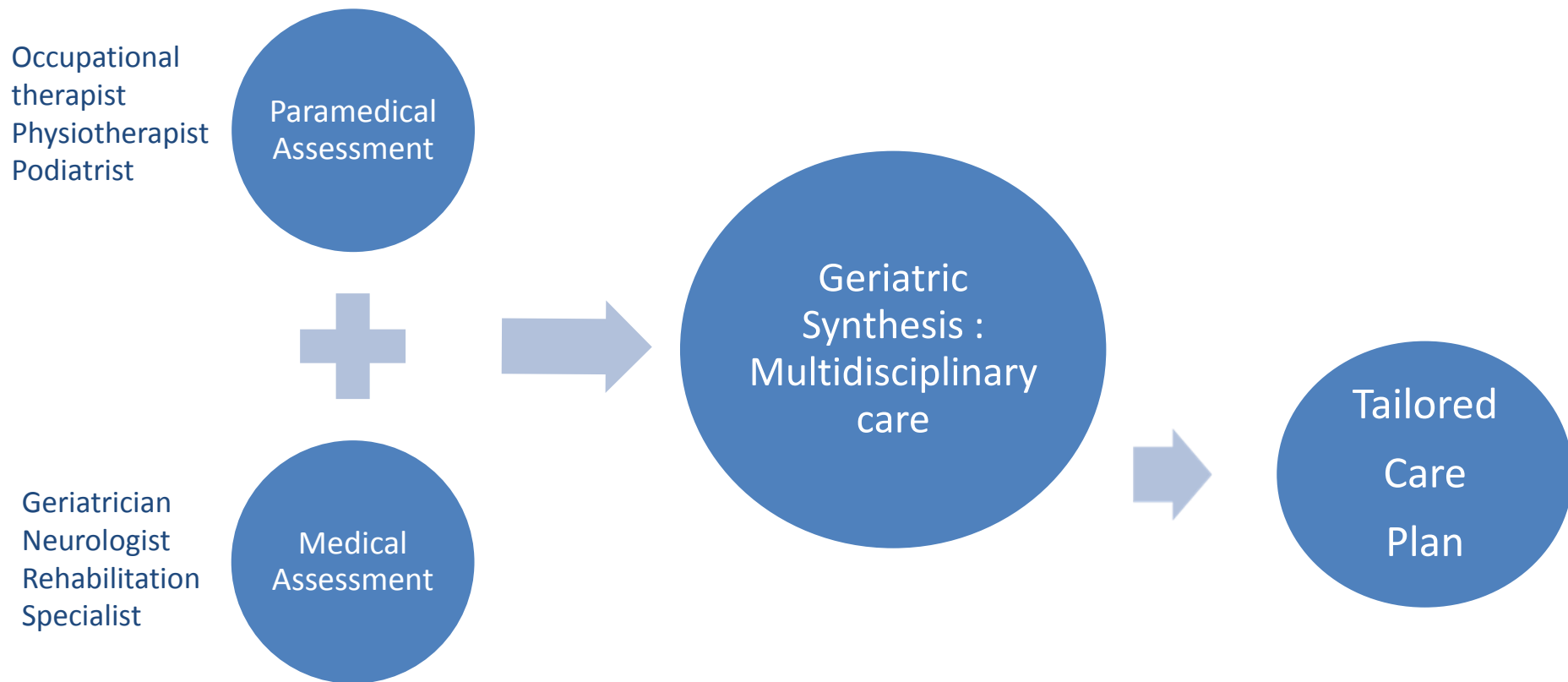
OBJECTIVE

- **Reduce the number of falls and the number of fallers 3 months after compared to 3 months before a multidisciplinary consultation**
- Reduce the number of falls and the number of fallers 6 months after compared to 6 months before consultation
- **Reduce the number of complications at 6 months**
- Asses the autonomy and fear of falling

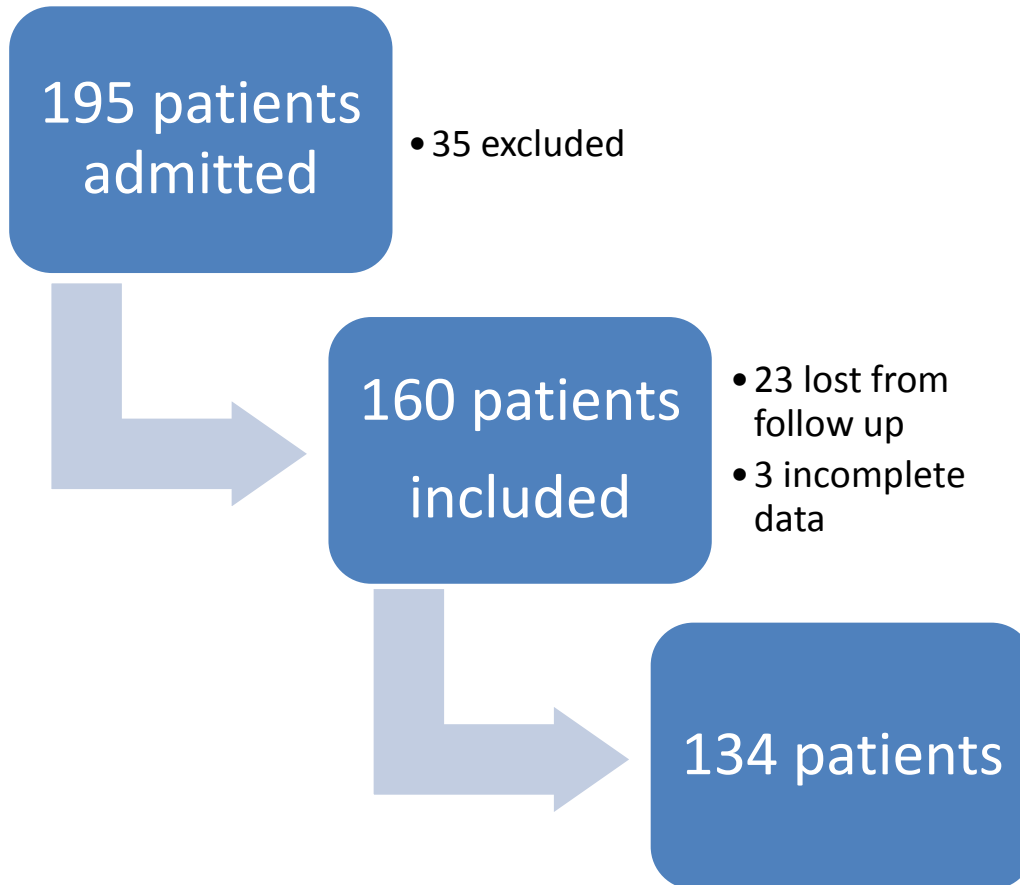
METHOD

Patients aged 65 and more admitted to the Balance and Fall Prevention Center between September 2014 and September 2015 having experienced at least one fall in the previous year

METHOD



RESULTS



- Mean age of 81,6 yrs
- 93 female, 41 male
- 86 % out patients
- Mean ADL = 5
- High risk of falling

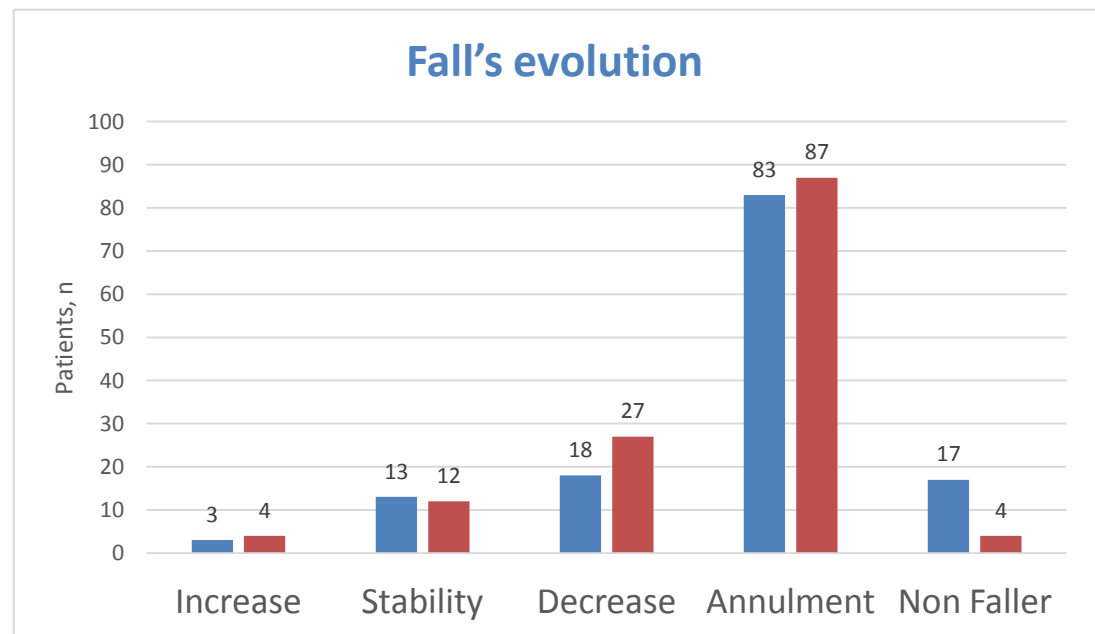
MAIN OUTCOME

- Number of falls

Number of falls	Mean (+-SD)	Median (min-max)	p
M-3 to M+3	-2,97 (+- 10,32)	-1,00 (-90,00; 1,00)	<0,0001
M-6 to M+6	-5,22 (+- 20,65)	-2,00 (180,00;11,00)	<0,0001

- Number of fallers

- 62% at 3 months
- 64% at 6 months

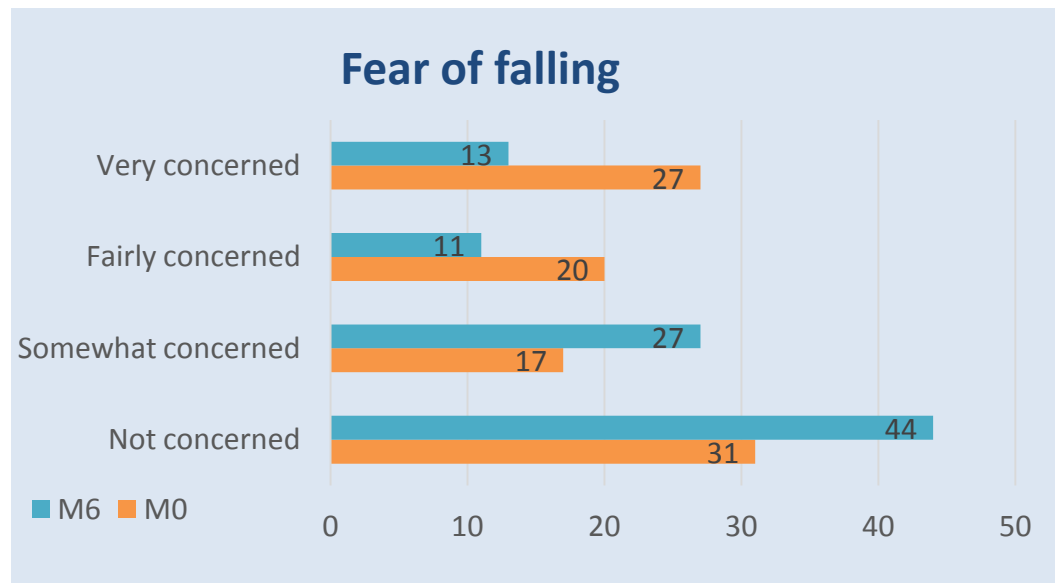


MAIN OUTCOME

- **Decrease in the number of major complications from 31% to 6% ($p < 0,001$) at 6 months**

SECONDARY OUTCOMES

- **Autonomy** maintained at 6 months : ADL score from 5,06 to 4,84
- **Mobility** inside and outside was maintained
- **Fear of falling** reduced



SECONDARY OUTCOMES

Interventions	Proposed (%)	Followed (%)
Physiotherapy	80%	88%
Podiatry	54%	73%
Occupational therapy	43,5%	58%
Physical activity	21%	47%
Specialists referral	57%	86%
Drug modifications		
- Discontinuation	40%	82%
- Decrease	21%	
- Increase	5%	
- Introduction	64%	



Drug Discontinuation :

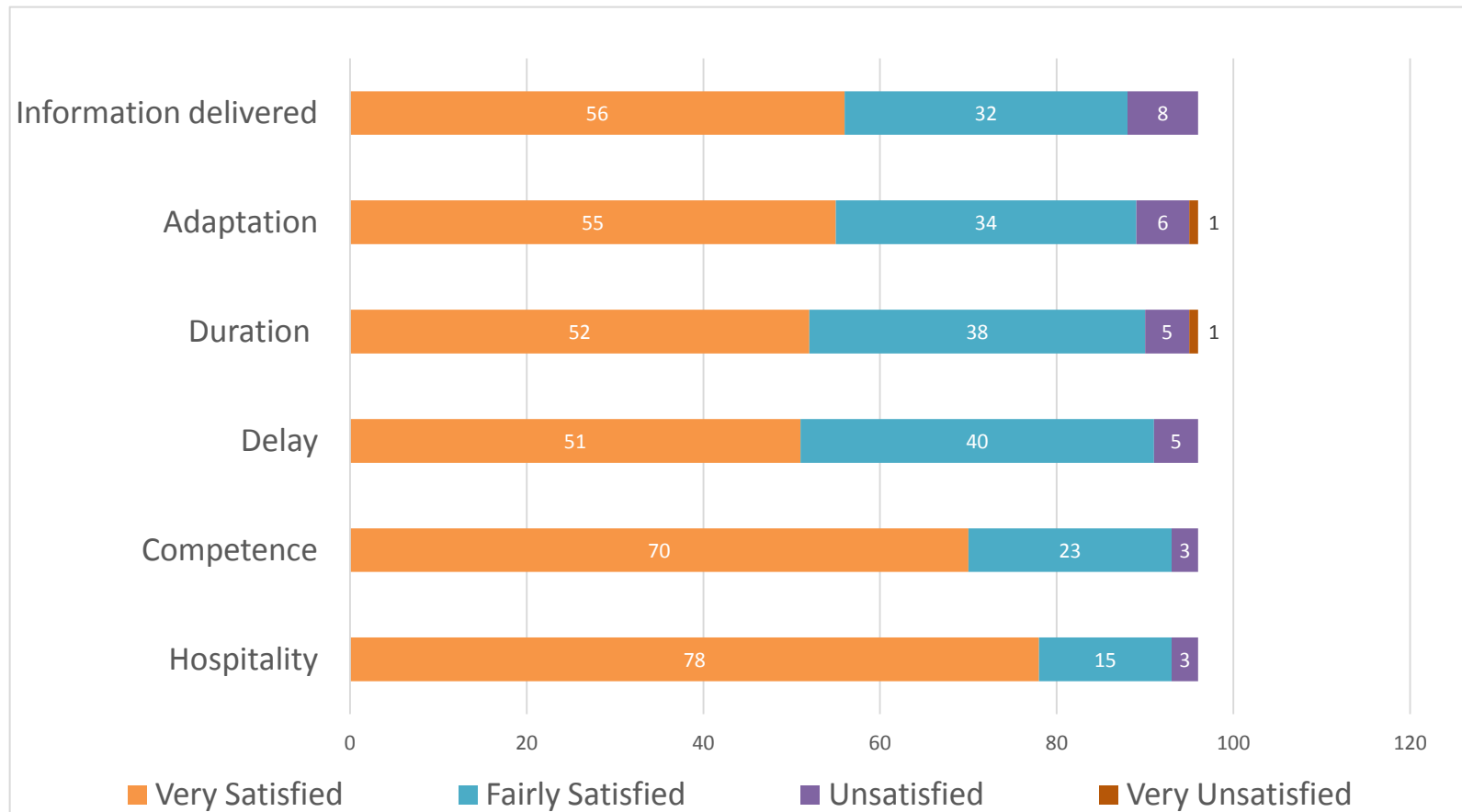
- 34% of psychotropics
- 19% anti hypertensive
- 11% of statins

Drug Introduction :

- 46% Vitamin D supplementation
- 33% anti osteoporosis

SECONDARY OUTCOMES

- Patient satisfaction level was high



CONCLUSION

- **Multidisciplinary care** reduces
 - Significantly the number of falls
 - The number of fallers by -62% at 3 months
 - The number of major complications by 5 at 6 months
- **Recommendations were well followed**
- **Patients were satisfied**

CONCLUSION

- Fall prevention needs to be a **priority in geriatric care**
- **Developing Fall Prevention Centres** should be a common objective in Europe

THANK YOU FOR YOUR ATTENTION !