



Connecting Public and Primary Health Care Through the Fraser Health Falls Prevention Mobile Clinic

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Background

In Canada:

- One in three community dwelling individuals over the age of 65 will have at least one fall every year
- For seniors over the age of 80, this number grows to one in two

Falls Among Seniors Lead To:

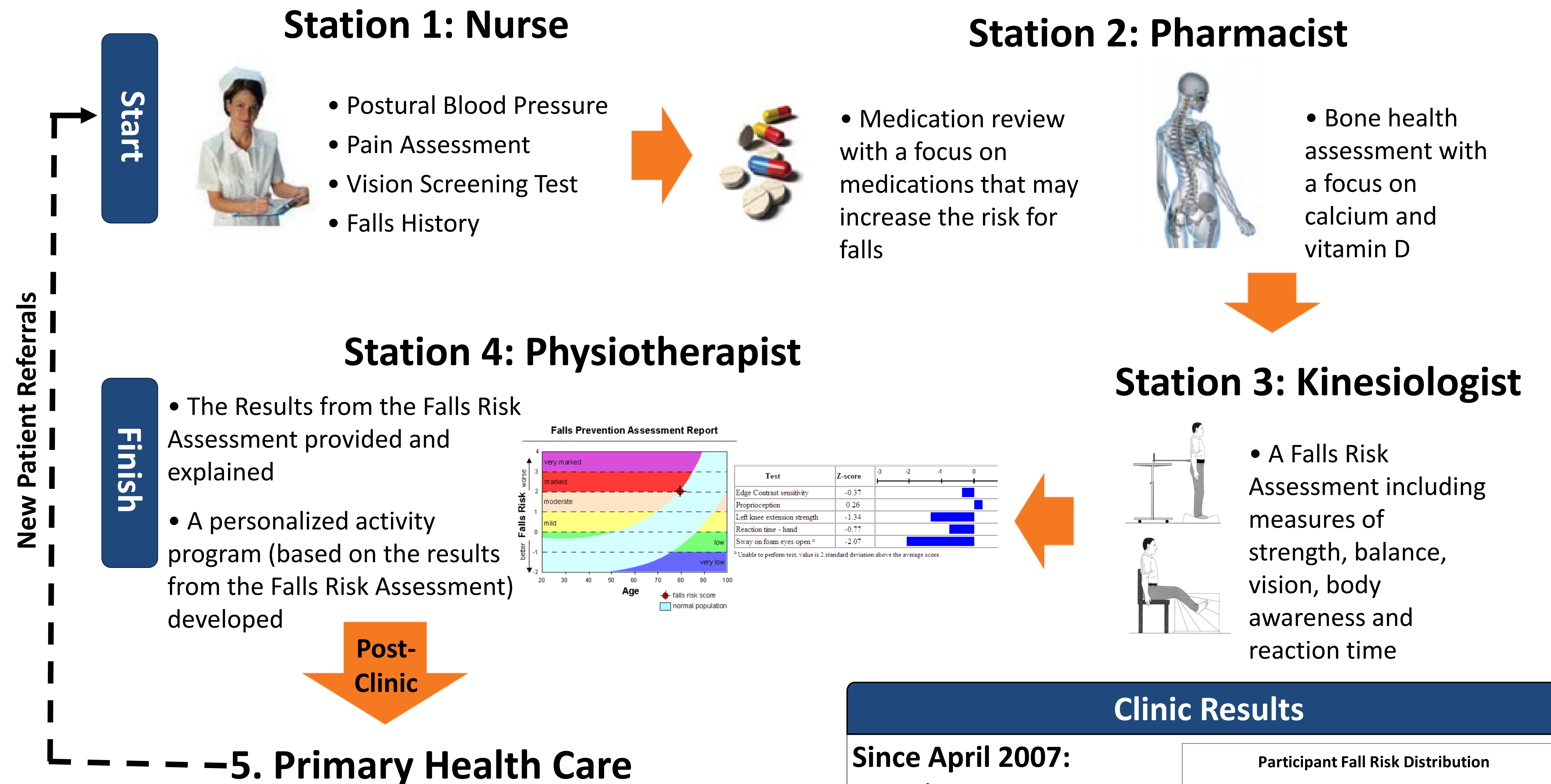
- Over 90% of all hip and wrist fractures and 60% of all head injuries
- Bruises, lacerations, sprains, strains and death
- Over \$3.2 billion in annual health care costs
- Restricted activity, increased dependency on others and a decrease in social interaction

The Falls Prevention Mobile Clinic (Fraser Health Authority, BC, Canada) is, to our knowledge, the first MOBILE multi-disciplinary clinic in Canada to help address these major issues.

Unique Features of the Clinic

- Accepts patient self-referrals
- Brings assessments to patients in their communities
- Works cooperatively with family physicians
- Partners with local community services who provide space for the clinic, nurses and pharmacists at no cost
- Reaches seniors who are at high risk but may not yet be falling (prevention)
- Travels to remote areas
- Adapts to provide care for Aboriginal populations and cultural groups (in multiple languages)
- Low cost per patient due to in-kind contributions and no direct involvement of physicians

Clinic Model



Connecting Primary and Public Health Care

- Results from the clinic are provided to each participant and sent to the primary physician, all referring health professionals and any other physician, as requested
- Participants are provided with specific action items to review with their physician
- 91 referrals from primary care physicians in the last year

Station 2: Pharmacist

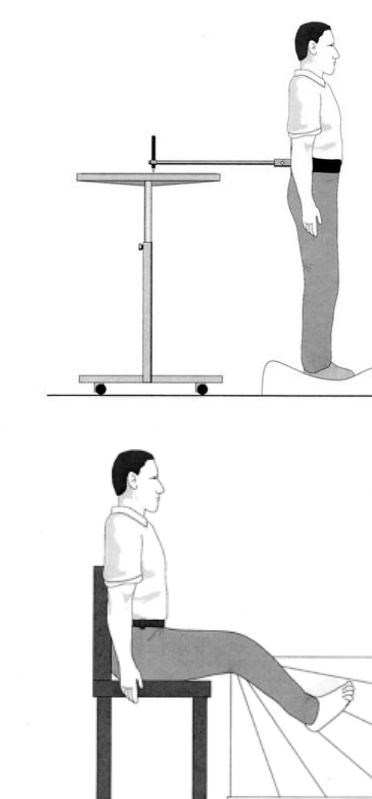
- Medication review with a focus on medications that may increase the risk for falls



- Bone health assessment with a focus on calcium and vitamin D

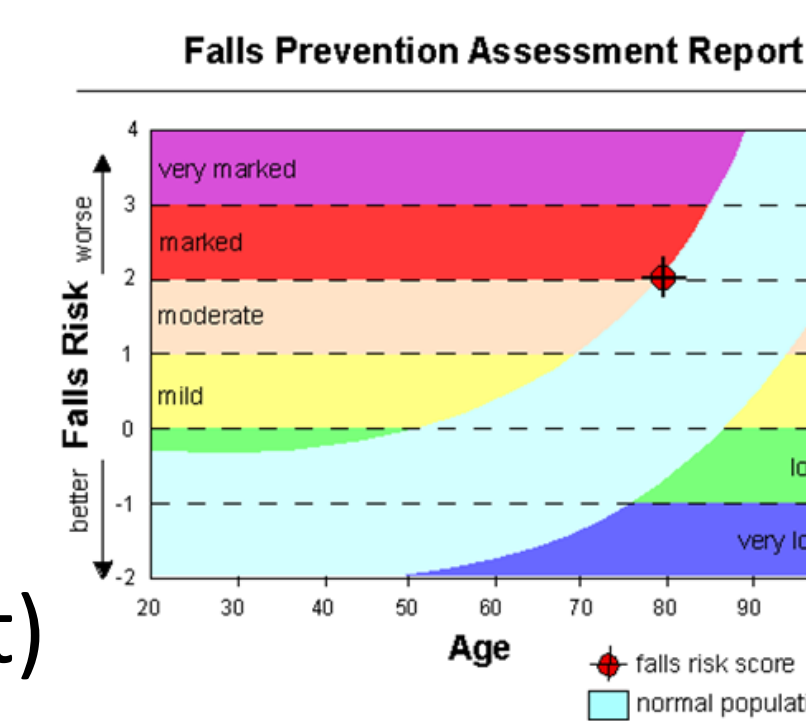
Station 3: Kinesiologist

- A Falls Risk Assessment including measures of strength, balance, vision, body awareness and reaction time



Station 4: Physiotherapist

- The Results from the Falls Risk Assessment provided and explained
- A personalized activity program (based on the results from the Falls Risk Assessment) developed



Test	Z-score	3	2	1	0
Edge Contrast sensitivity	-0.37				
Proprioception	0.26				
Left knee extension strength	-1.34				
Reaction time - hand	-0.77				
Sway on foam eyes open *	-2.07				

* Unable to perform test, value is 2 standard deviation above the average score.

Clinic Results

Since April 2007:
128 Clinics
2110 Participants

- 78% Female
- Average Age: 82 years
- Age Range: 45- 103 yrs
- 93% of participants provided with new exercise recommendations to improve strength and balance
- 77% of participants provided with calcium and/or vitamin D supplementation recommendations
- 39% of participants provided with specific recommendations for medication modifications

