

FALLS/LOSS OF BALANCE

Loss of balance and falls are often a result of multiple factors which can be addressed to minimize fall risks and increase the patient's level of comfort to return to a safe, functional ADL status.

Problems associated with falls/loss of balance:

- Multiple medication use
- Urinary incontinence
- Pain
- Muscle weakness
- Hypotension
- Limited range of motion
- Environmental factors

WHAT YOU CAN EXPECT FROM OUR PROGRAM

Proper assessment of balance utilizing validated tools as well as appropriate intervention is very essential in preventing falls/loss of balance. By properly addressing all fall risk factors, improvement is expected in:

- Balance
- Strength
- Range of motion
- Endurance
- Walking
- Daily activities
- Quality of life

WHAT YOU CAN DO TO AID IN THE RECOVERY PROCESS

Necessary patient/family involvement includes:

- Participating in evaluation/questionnaires
- Following plan of care/home exercise program provided by the therapists
- Participating in daily protocol activities
- Keeping a log of any changes/worsening
- Informing the therapist/nurse of any changes in medications

THE PATHWAY TO RECOVERY



PHYSICAL THERAPY

- Treatment Activities:**
- Cardiopulmonary assessment/monitoring
 - Strength and endurance testing
 - Balance activities
 - Pain management
 - Range of motion
 - Fall risk clearance
 - Home safety clearance
- Finalized home exercise program**
- Equipment:**
- Pulse oximeter
 - Sphygmomanometer
 - Blood pressure cuff
 - Ultrasound
 - Electrical stimulation

OCCUPATIONAL THERAPY

- Treatment Activities:**
- Bathing, dressing, toileting, self-feeding
 - Energy conservation
 - Range of motion
 - Balance
 - Basic home activities (cooking, cleaning, laundry, etc.)
- Home evaluation**
- Finalized home exercise program**
- Equipment:**
- Pulse oximeter
 - Sphygmomanometer
 - Blood pressure cuff

NURSING

- Treatment Activities:**
- Medication management/assessment
 - Blood pressure monitoring
 - Assessment for medical equipment needs
 - Education on the disease process, treatment goals and self-care management
 - Assessment and monitoring to facilitate a stable cardiac/respiratory/neurologic/emotional status throughout episode of care
 - Management of condition in home to prevent re-hospitalization, ER visit, and unplanned physician's visit



EXERCISE MONITORING TOOLS

- Target Heart Rate: Karrison Method
- Exertion: Rating of Perceived Exertion (RPE)
- O2 Level: Pulse Oximeter
- Balance: TUG, Tinetti, Berg, Functional Reach Test, Gait Analysis

