Do Our Patients See the Floor?
Floor Recovery in Older Adults: Evidence-Based Perspectives

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Session Type: Educational Sessions
Session Level: Intermediate

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Home Health Section
of the American Physical Therapy Association
Learning Objectives:

1. Describe major motor patterns used to rise from the floor for older adults.
2. Discuss examination strategies for managing the timed supine-to-stand task.
3. Discuss therapeutic strategies used to facilitate floor recovery.
4. Review both home and community-based programs that incorporate a floor-recovery component.
5. Discuss epidemiologic features of floor recovery, including frailty, morbidity, and mortality.
6. Discuss interventions and options for patients who fall and are unable to rise from the floor.
7. Review current initiatives with paramedic-physical therapy collaboration and falls management.
PRESENTATION OUTLINE

I. The Epidemiology of Falls: *What You Know and Might Not Know*

II. Consequences of Staying on the Floor: *The Critical Fall*

III. The Fall History: Asking the Right Questions about Recovery

IV. The History of Studying Rising to Stand

V. The Timed Supine to Stand Test

VI. Correlates of Rising to Stand

VII. Interventions to Improve Floor Transfers: *What the Evidence Says*

VIII. Teaching Floor Transfers in Our Educational Programs

IX. Home & Community-Based Programs Which Address Floor Recovery

X. Floor Recovery, Falls, and Fear of Falling: Special Populations

XI. Case Study

XII. The Clinical Bottom Line

Please Note: There are no financial disclosures involved with the presentation.
References


Bloch F. Critical falls: Why remaining on the ground after a fall can be dangerous, whatever the fall. *J Am Geriatr Soc* 2012;60:1375-1376.


Fleming J, Brayne C. Inability to get up after falling, subsequent time on floor, and summoning help: Prospective cohort study in people over ninety. *BMJ* 2008;337:a2227.


Stevens PJ, Syddall HE, Patel HP, Martin HJ, Cooper C, Sayer AA. Is grip strength a good marker of physical performance among community-dwelling older people. *J Nutr Health Aging* 2012;16(9)769-774.

Tinetti ME, Wen Liang L, Claus EB. Predictors and prognosis of inability to get up after a fall among elderly persons. *JAMA* 1993;269:65-70.


I. CDC-Falls-Related Resources

http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html

II. Cochrane Reviews


III. Community-Based Programs with Floor Transfer Component

A. A Matter of Balance

The Feasibility and Effectiveness of Translating a Matter of Balance into a Volunteer Lay Leader Model
Tara C. Healy, Cheng Peng, Margaret S. Haynes, Elaine M. McMahon, Joel L. Botler and Laurence Gross
Journal of Applied Gerontology 2008; 27; 34
DOI: 10.1177/0733464807308620

B. Stepping On

http://www.steppingon.com/

IV. National Council on Aging-Evidence-Based Fall Prevention

http://www.ncoa.org/improve-health/center-for-healthy-aging/