



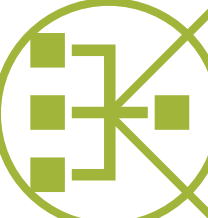

Coordinated Action Toward Community Health: RedUce Risk And Limit (CATCH RURAL) Falls: A Quality Improvement Initiative for Rural Health Clinics

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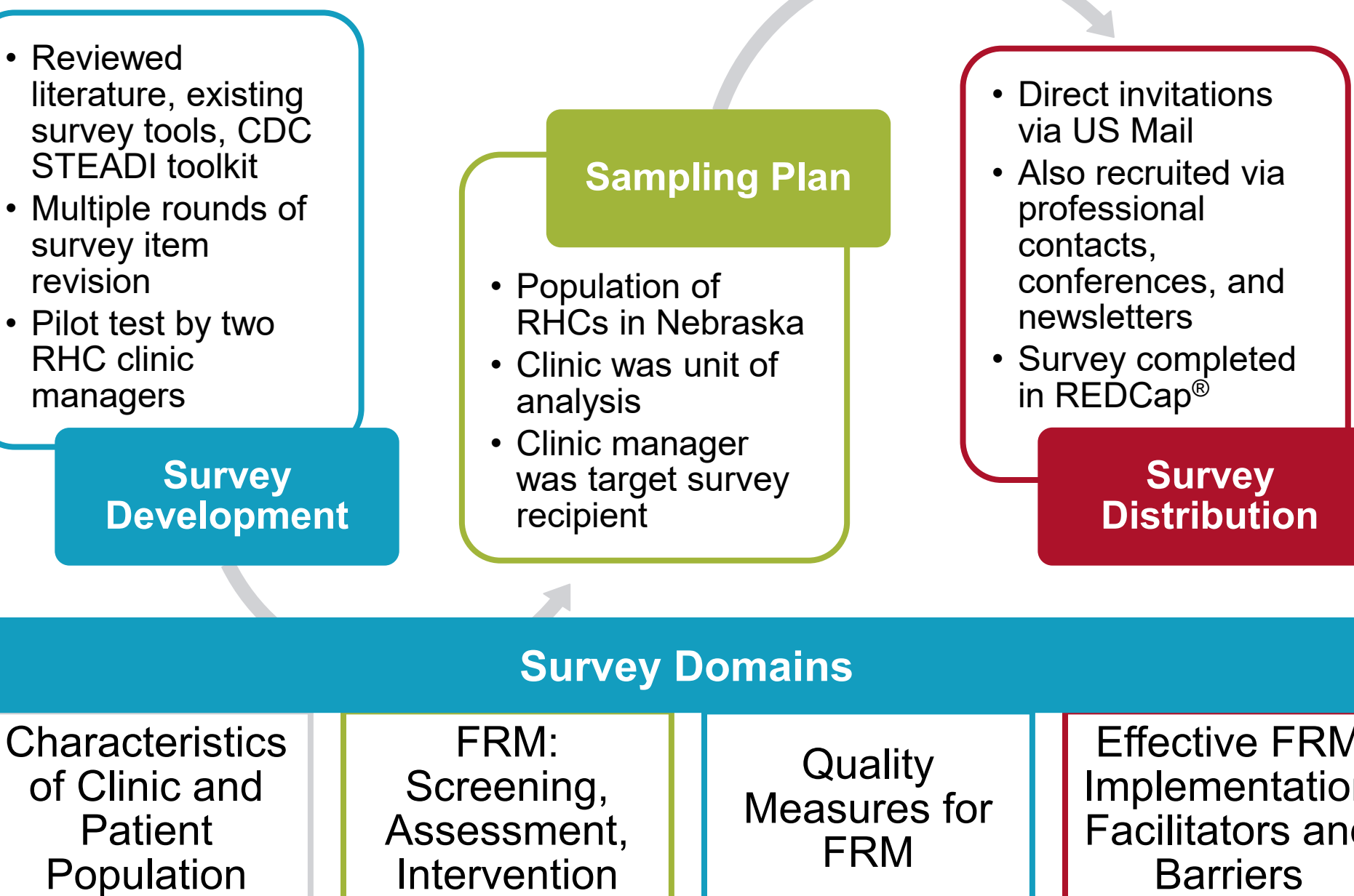
Background on Fall Risk Management

-  Fall risk management (FRM) is an important component of primary care for older adults
-  Rural populations are aging more rapidly than urban ones, increasing the importance of conducting FRM in Rural Health Clinics (RHCs)
-  Centers for Disease Control (CDC)'s Stopping Elderly Accidents, Deaths, and Injuries (STEADI) toolkit supports FRM implementation in primary care
-  Factors such as gaps in provider knowledge, time and financial constraints, and lack of patient engagement can limit FRM implementation

Project Goals

- 1 Understand the current state of fall risk management in Nebraska RHCs
- 2 Design a quality improvement program to support fall risk management in Nebraska RHCs

Improvement Survey Methods



Clinic Sample Characteristics



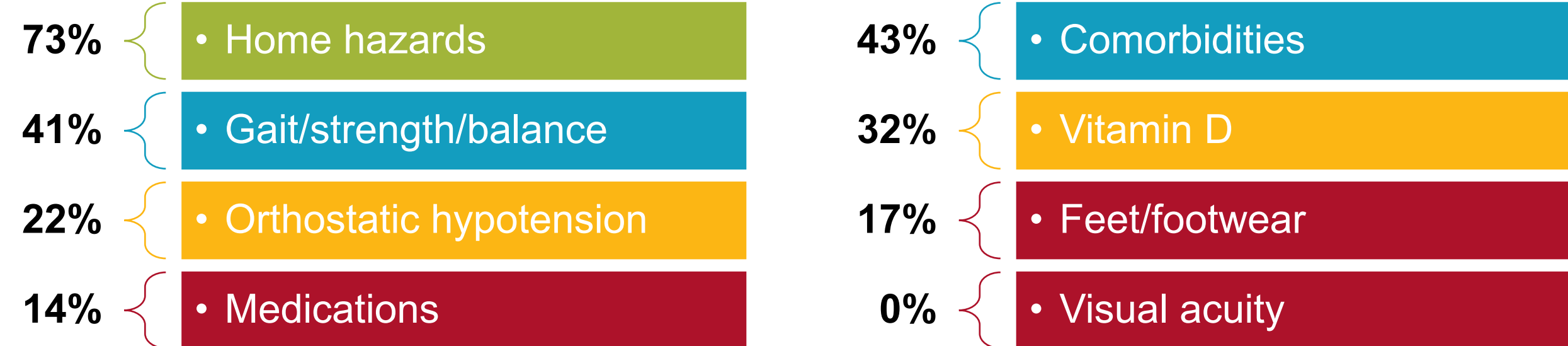
Current State of Fall Risk Management Practices

Fall Risk Screening

85% { % of RHCs which conducted fall risk screening for *at least* 50% of their older adult patients


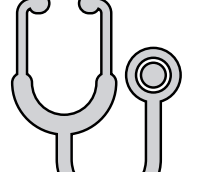

Fall Risk Assessment

% of RHCs which assessed risk factors for *at least* 50% of their patients at risk for falls



Fall Risk Interventions

Common interventions employed in RHCs within the top three fall risk assessment areas

-  ✓ Home safety education
- ✓ PT/OT referral for home safety eval
- ✓ Referral for durable medical equipment resources
-  ✓ Optimize treatment of comorbidities
-  ✓ Visual observation of gait, transfers
- ✓ Referral to PT for gait, strength, balance eval

Top Reported Facilitators and Barriers to Effective Implementation of Fall Risk Management

- Facilitators (+)**
 - Staff knowledge, skill, commitment to screening
 - Screening integrated into clinic workflow
 - Adequate time for screening and assessment activities
 - Physical and occupational therapist availability in community
 - Structure of Medicare Wellness Check visits
- Barriers (-)**
 - Lack of a healthcare professional clinic champion for FRM
 - Lack of patient receptivity to assessment and interventions
 - Limited/no reimbursement for screening and assessment
 - Limited time for intervention delivery in clinic

Fall Risk Management Quality Indicators

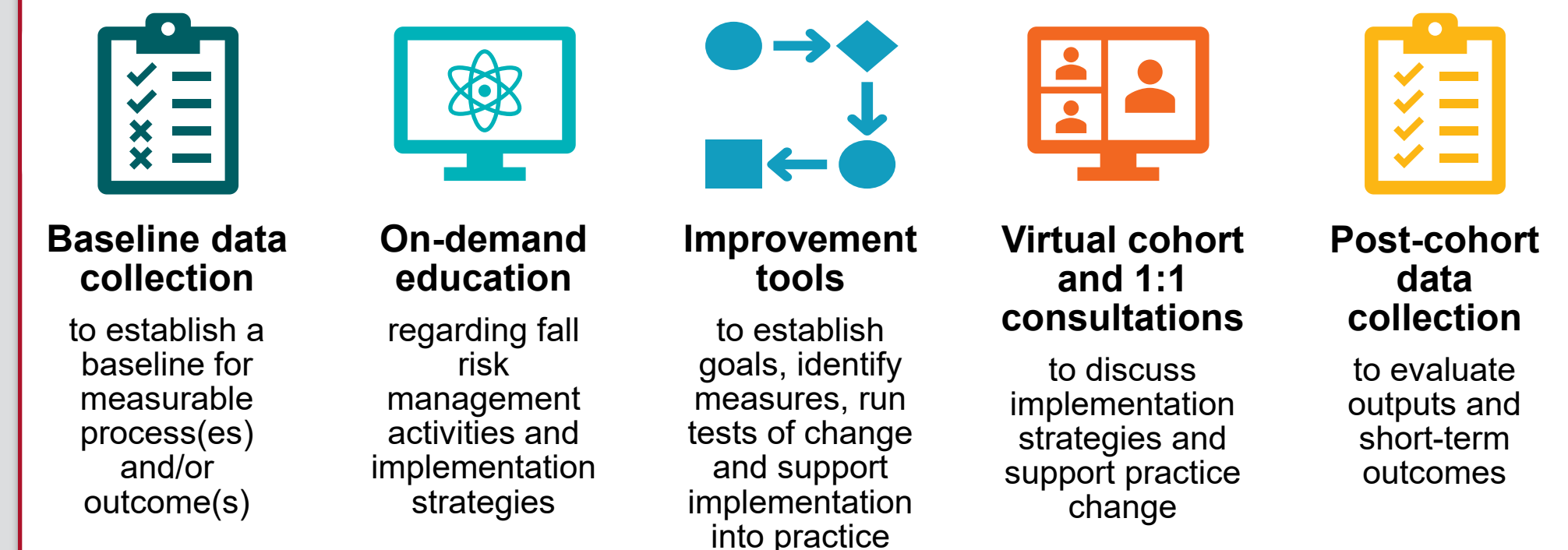
% of RHCs required to track and externally report the number or percent of older adult patients who:



Next Steps: Launching the CATCH RURAL Falls Initiative

Purpose of CATCH RURAL Falls

Provide education, resources, and improvement support for RHCs to adopt and implement an evidence-based fall risk management program to improve care for older adults in your community



- ✓ **Cohort-Based Approach** ~6-month long cohorts focused on a specific fall risk management topic (e.g., fall risk screening, gait/strength/balance, etc.)
- ✓ **Overarching Goal** to increase the percentage of older adult patients who receive a fall risk management component (e.g., fall risk screening, completion of specific assessments and/or interventions)

Interested in the CATCH RURAL Falls Initiative? Scan the QR code to receive more information about the program. Cohort 1 on Fall Risk Screening begins January 2025!



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