

CATCH RURAL Falls

***Coordinated Action Toward
Community Health:
RedUce Risk And Limit Falls***

**Fall Risk Management with
Motivational Interviewing**

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Educational Objectives

Explore motivational interviewing as a communication strategy with patients/clients:

- Identify four foundational principles of Motivational Interviewing
- Describe key communication strategies (OARS) to engage patients who have fall risk



STEADI Algorithm for Fall Risk Screening, Assessment, and Intervention among Community-Dwelling Adults 65 years and older

START HERE

1 SCREEN for fall risk yearly, or any time patient presents with an acute fall.

Available Fall Risk Screening Tools:

- Stay Independent: a 12-question tool [at risk if score ≥ 4]
- Important: If score < 4 , ask if patient fell in the past year (if YES \rightarrow patient is at risk)

- Three key questions for patients [at risk if YES to any question]
- Feels unsteady when standing or walking?
- Worries about falling?
- Has fallen in past year?
- » If YES ask, "How many times?" "Were you injured?"

SCREENED NOT AT RISK

PREVENT future risk by recommending effective prevention strategies.

- Educate patient on fall prevention
- Assess vitamin D intake
 - If deficient, recommend daily vitamin D supplement
- Refer to community exercise or fall prevention program
- Reassess yearly, or any time patient presents with an acute fall

SCREENED AT RISK

2 ASSESS patient's modifiable risk factors and fall history.

Common ways to assess fall risk factors are listed below:

Evaluate gait, strength, & balance

Common assessments:

- Timed Up & Go
- 4-Stage
- 30-Second Chair Stand
- Balance Test

Identify medications that increase fall risk (e.g., Beers Criteria)

Ask about potential home hazards (e.g., throw rugs, slippery tub floor)

Measure orthostatic blood pressure (Lying and standing positions)

Check visual acuity

Common assessment tool:

- Snellen eye test

Assess feet/footwear

Assess vitamin D intake

Identify comorbidities

(e.g., depression, osteoporosis)

3 INTERVENE to reduce identified risk factors using effective strategies.

Reduce identified fall risk

- Discuss patient and provider health goals
 - Develop an individualized patient care plan (see below)
- Below are common interventions used to reduce fall risk:

Poor gait, strength, & balance observed

- Refer for physical therapy
- Refer to evidence-based exercise or fall prevention program (e.g., Tai Chi)

Medication(s) likely to increase fall risk

- Optimize medications by stopping, switching, or reducing dosage of medications that increase fall risk

Home hazards likely

- Refer to occupational therapist to evaluate home safety

Orthostatic hypotension observed

- Stop, switch, or reduce the dose of medications that increase fall risk
- Establish appropriate blood pressure goal
- Encourage adequate hydration
- Educate about importance of exercises (e.g., foot pumps)
- Consider compression stockings

Visual impairment observed

- Refer to ophthalmologist/optometrist
- Consider benefits of cataract surgery
- Stop, switch, or reduce the dose of medication affecting vision (e.g., anticholinergics)
- Provide education on depth perception and single vs. multifocal lenses

Feet/footwear issues identified

- Provide education on shoe fit, traction, insoles, and heel height
- Refer to podiatrist

Vitamin D deficiency observed or likely

- Recommend daily vitamin D supplement

Comorbidities documented

- Optimize treatment of conditions identified
- Be mindful of medications that increase fall risk

FOLLOW UP with patient in 30-90 days.

Discuss ways to improve patient receptiveness to the care plan and address barrier(s)



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Four processes as the basis for the motivational interviewing approach:

- **Engaging**
- **Focusing**
- **Evoking**
- **Planning**

Motivational Interviewing

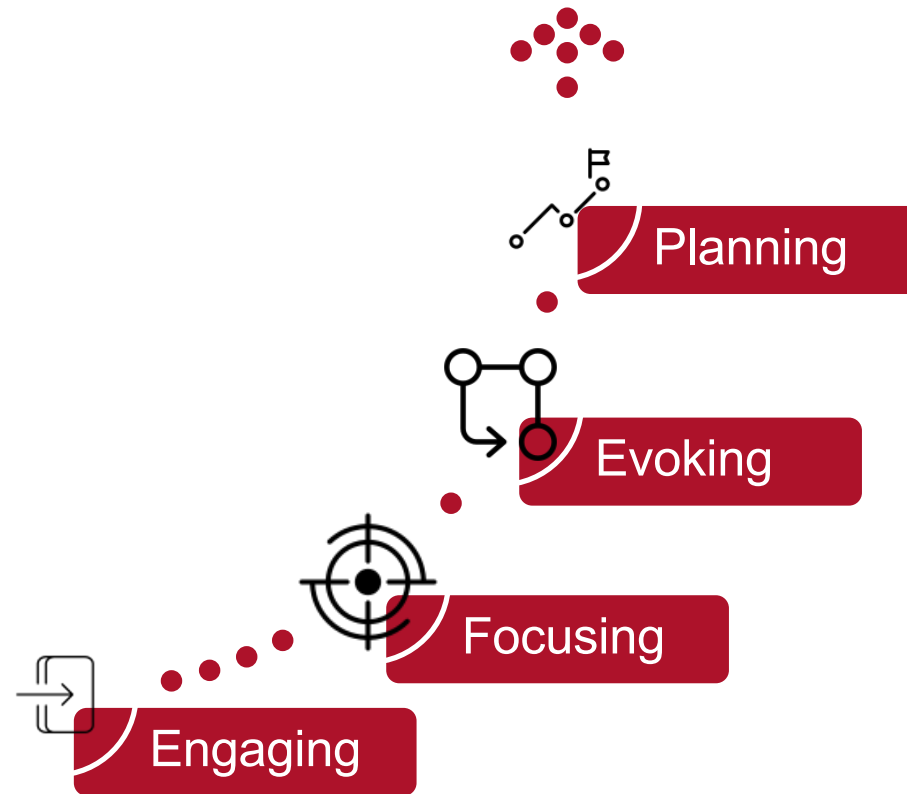


- **Open-ended questions**
- **Affirmations**
- **Reflective Listening**
- **Summarizing**

Communication Strategies



Motivational Interviewing



Assessment
Trap

Expert
Trap

Premature
Focus Trap

Labelling
Trap



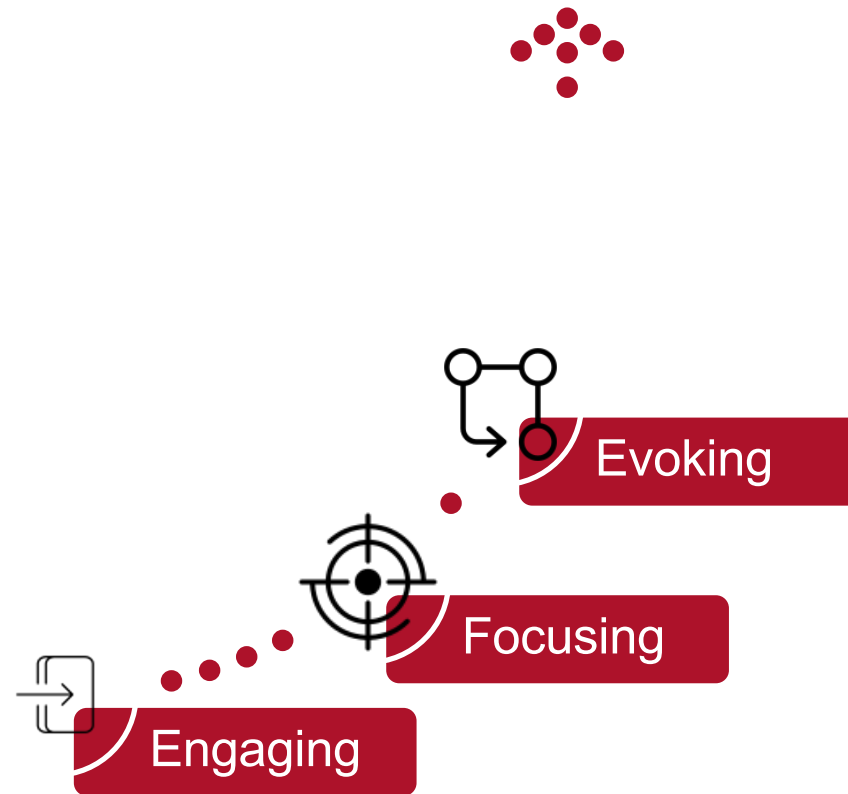
Motivational Interviewing



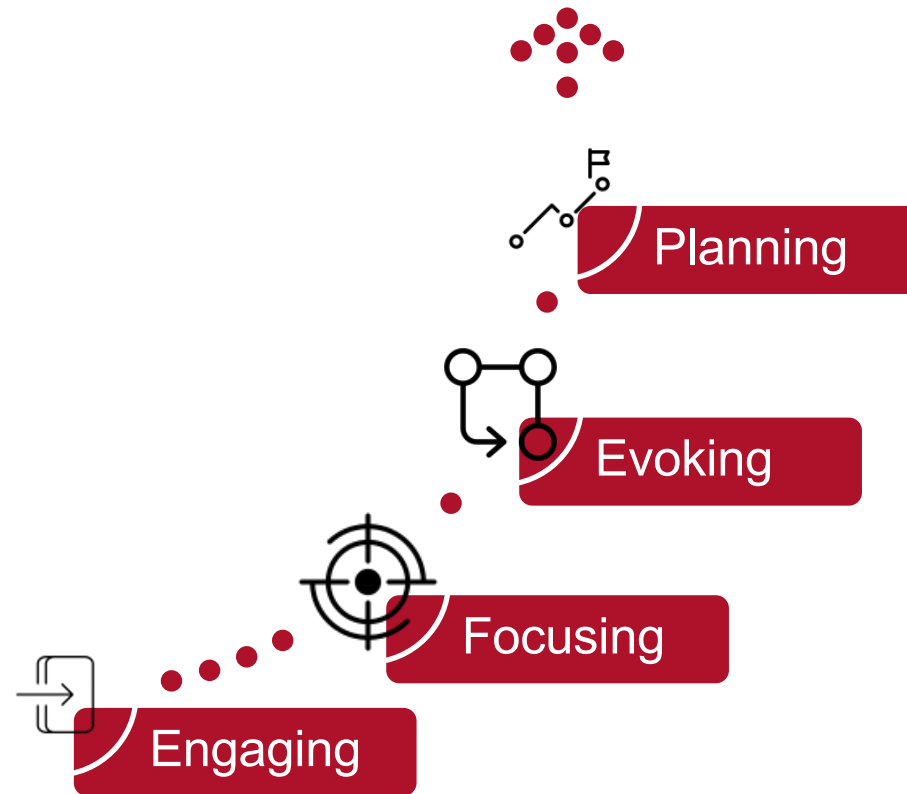
Motivational Interviewing



Motivational Interviewing



Motivational Interviewing



Communication Strategies (OARS)



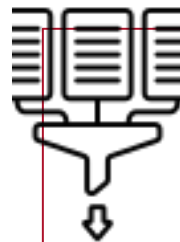
Open-ended
questions



Affirmations



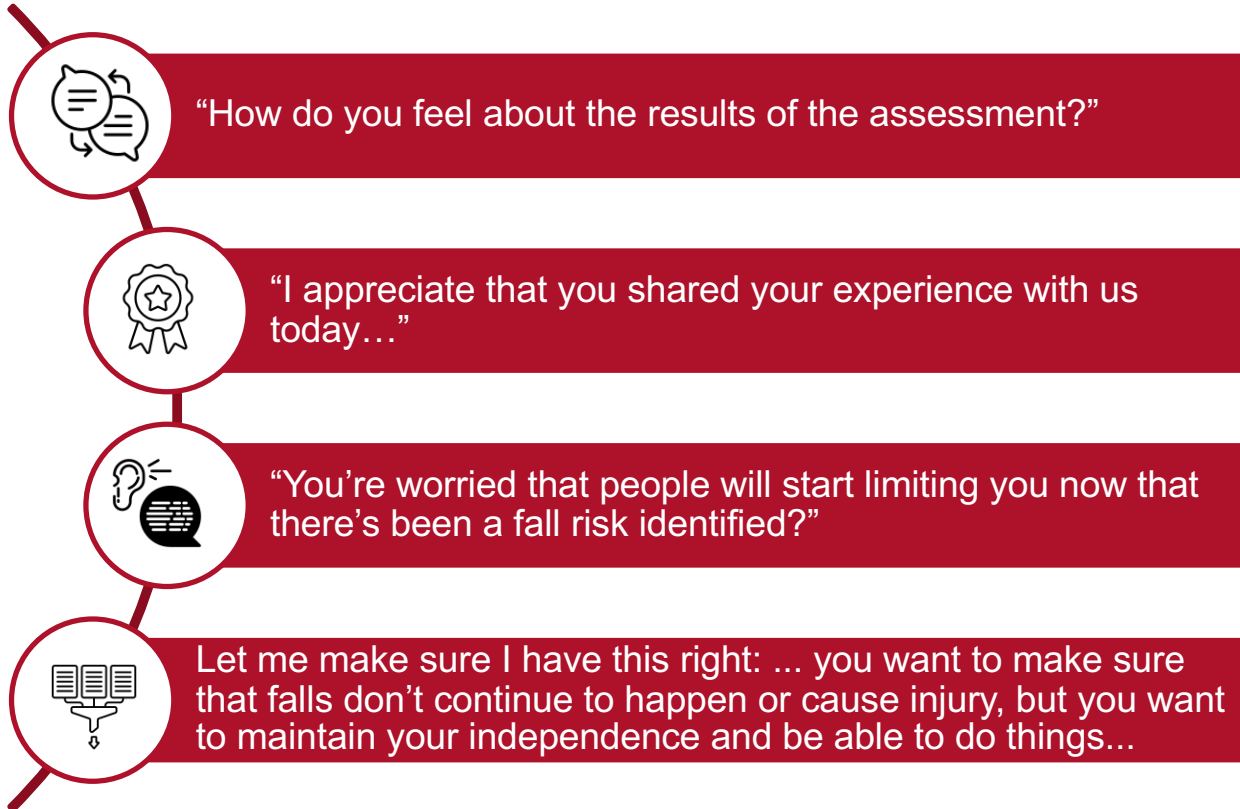
Reflective
Listening



Summarizing

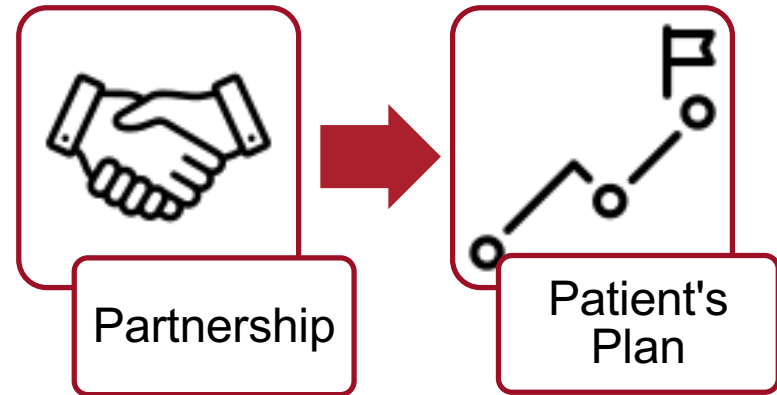


Sample OARS conversation

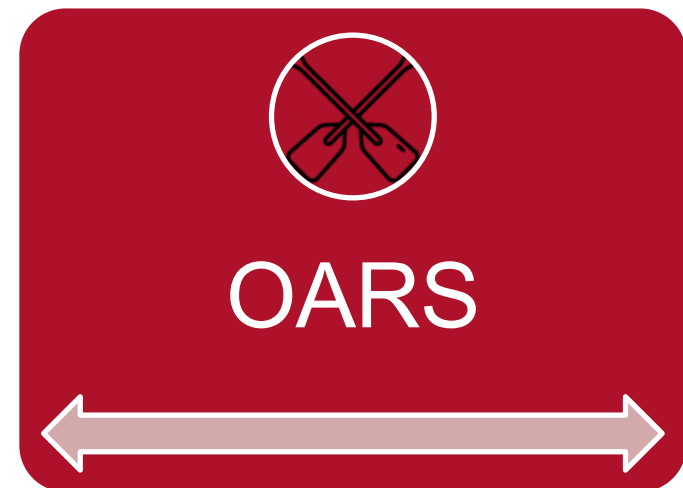


Summary: Review of Objectives

Foundational principles of motivational interviewing



Key communication strategies



References and Resources

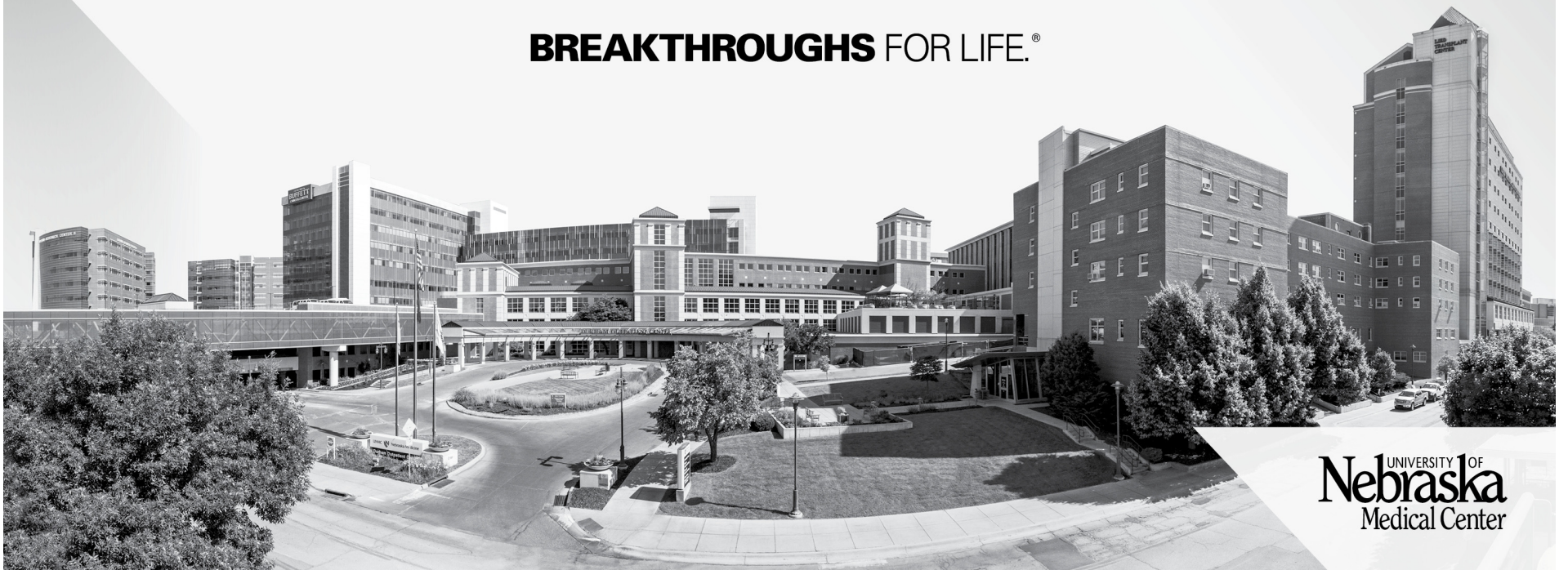
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- Miller, W. R., & Rollnick, S. (2002). Motivational interviewing: Preparing people for change (2nd ed.). New York, NY: Guilford Press.
- Enhancing Motivation for Change in Substance Use Disorder Treatment: Updated 2019 [Internet]. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2019. (Treatment Improvement Protocol (TIP) Series, No. 35.) **Chapter 3—Motivational Interviewing as a Counseling Style. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK571068/>**





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