Fall Risk within the PACE Program

Capstone Project Description
To create a High Fall Risk Assessment for the Rocky Mountain Program for All Inclusive Care (PACE) population, mostly independent, frail elderly (55+ years old). Although there are many fall risk assessments for similar populations, there is not one specific to this population.

Organizational Context
The PACE Model of Care was developed in 1997 by the Centers for Medicaid and Medicare as a community-based service to reduce cost of nursing home care.

Rocky Mountain PACE serves about 725 participants in all settings: Assisted Living, Home, and Nursing Home.
- About 5% of falls included a major injury, such as a broken bone or brain bleed.

Professional Background
I researched different peer reviewed assessments and articles related to fall risk and other factors. I utilized parts of assessments that directly affected participants based on the Interdisciplinary Team at PACE.

To create a PACE Falls Risk Assessment, I utilized 4 published assessments:
- “Timed Up and Go” test
- Short Physical Performance Battery
- Fall Risk Inducing Drugs Assessment
- Post Fall Index

Methods of Study
I studied many professional articles to create the PACE Falls Risk assessment, and due to the limited time of this Capstone, created a survey to administer to eight subject matter experts.

Findings
On all questions, the experts believed that the assessment was appropriate, useful, and all were willing to complete the assessment for participants.

Suggestions for improvement:
- Listing all diagnosis could be challenging, so consider only listing diagnosis that are applicable to the situation.
- Listing time of previous falls.
- Adding previous scores for participants, if applicable, to determine functional decline.

Takeaways
- Conduct this assessment annually, in conjunction with the care plan, to determine functional decline.
- Rocky Mountain PACE will utilize this assessment for every new enrollee in June, July, and August 2020 to determine a baseline and a threshold for what is considered a “high fall risk”.
- Each test will be given the exact same way by the same person to ensure reliability and validity.

Presented by
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