



Carly Farner-Cordell, MSN, RNBC, TCRN
Coalition Co-Chair

SD Coalition Development

October 2019

- Conversations Started in the South Dakota

November 2019

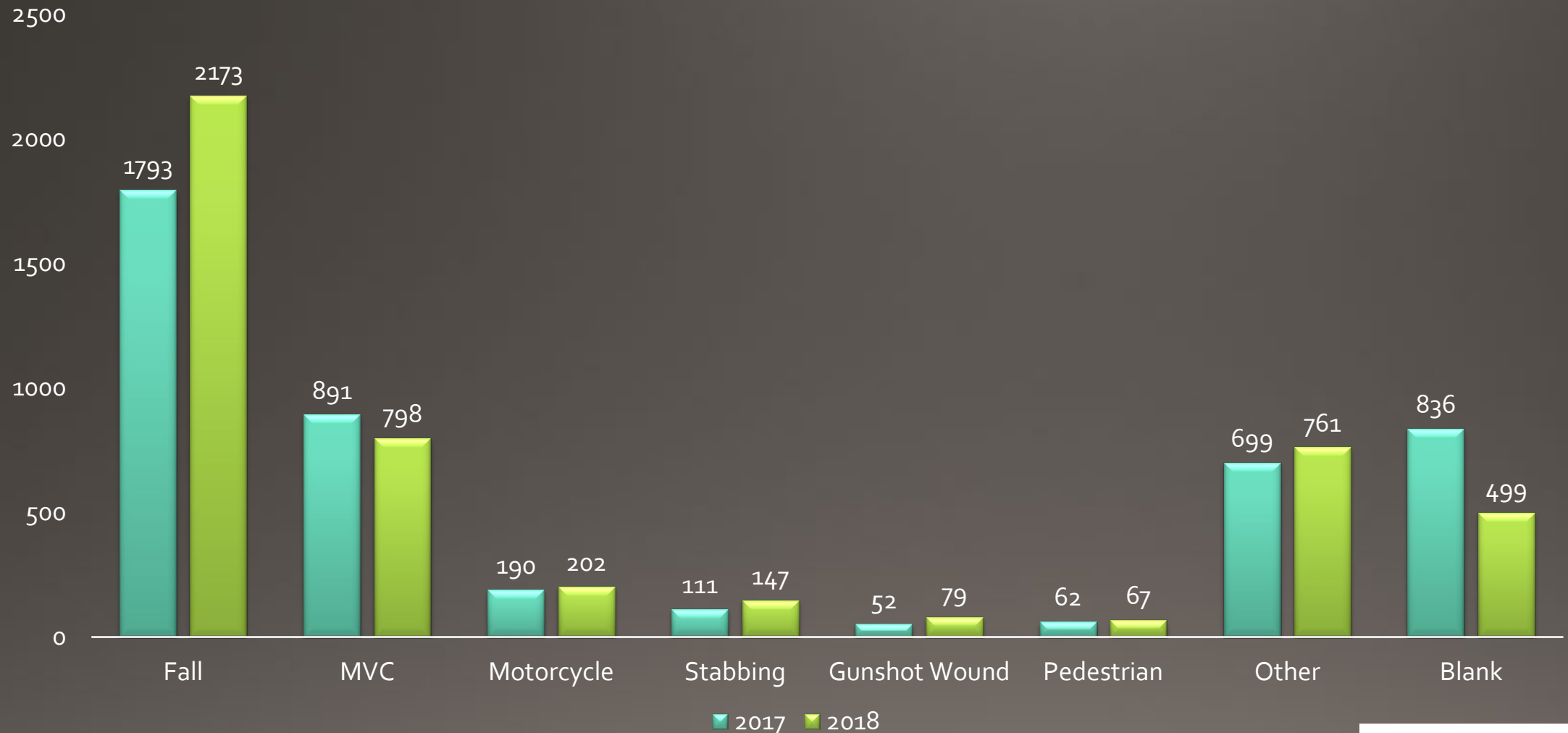
- NCOA = Inactive SD Coalition
- Planning Meeting
- Call for members
 - GOAL = Multidisciplinary Team

SD Coalition Development

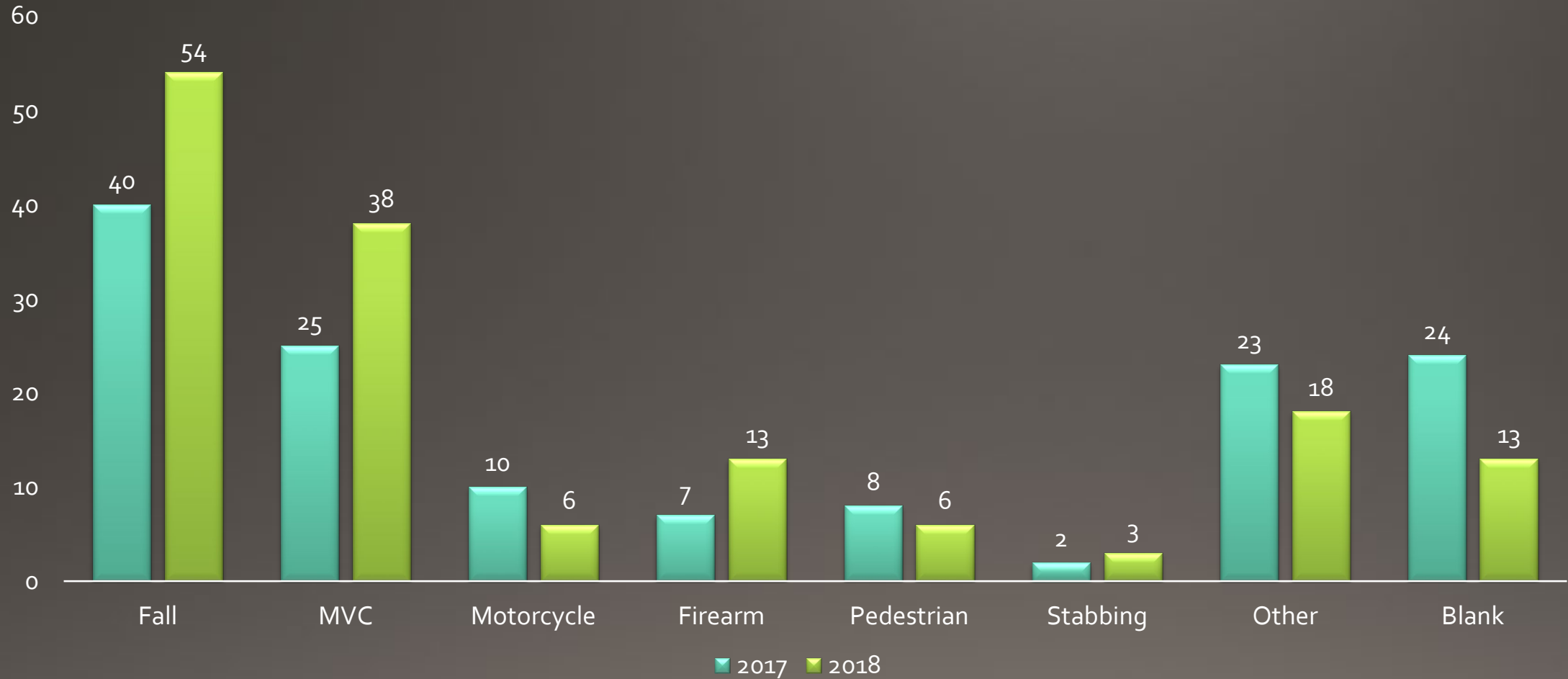
December 2019

- First Coalition Meeting
- Needs Assessment
 - State Data Sources
 - Trauma Registry
 - Injury Report
- Current Efforts
 - CDC STEADI – most familiar
 - Limited EB Fall Prevention Programs

SD Data: Primary Cause of Injury 2017-18



SD Data: Cause of Death 2017-18



SD Coalition Development

Jan – May 2020

- Mission, Vision, Values
- ByLaws
- Steering Committee
- Strategic Plan
- Membership Recruitment
 - 35 Organizations Represented
- Making a Case for SD

Strategic Plan

Vision

- Older South Dakotans will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

Mission

- “Cultivate collaboration to reduce falls by increasing knowledge and implementing evidence-based fall prevention solutions for older adults.”

Goals

- Reduce the number of fall related deaths by 5% by 2025 or 2026.
- Reduce the number of fall related hospitalizations by 10% by 2025 or 2026.

Online Resource

Website

- South Dakota Dept of Health Trauma System
- Fall Prevention Link

Toolkit Links

- At-Home exercise videos
- CDC STEADI website Testimonials and personal stories of people who have fallen
- AGS Beers Criteria
- National Council on Aging website

Fall Prevention Week

Falling is **NOT** a normal part of getting older!

- 1** Have you fallen in the past year?
- 2** Do you feel unsteady when standing or walking?
- 3** Do you worry about falling?

If you answered **“YES”** to any of these key screening questions, contact your primary health provider (nurse practitioner, physician assistant, doctor, chiropractor, etc.) to schedule a fall risk assessment.



For more information about preventing older adult falls, please visit the South Dakota State Trauma Register website at doh.sd.gov/providers/ruralhealth/trauma/.



TOOLKIT SUMMARY

This toolkit contains materials to increase knowledge among professionals and the public about falls, factors that contribute to increased risk, and strategies that can be used by both professionals and the public to reduce fall risk. These materials are free to be used by anyone. This toolkit is the result of the collaborations of many individuals and organizations in South Dakota. Thank you to everyone who helped to make this toolkit possible.

TOOLKIT ELEMENTS

GOVERNOR'S PROCLAMATION

- > [2019 PDF file](#)
- > [2020 PDF file](#)

SOUTH DAKOTA FALLS PREVENTION COALITION GOALS

- > [PDF file](#)

SDSU EXTENSION FALLS PREVENTION YOUTUBE VIDEOS PLAYLIST

- > Five at-home exercise to reduce fall risk videos series highlights simple exercises that can be done at home to help strengthen their body. Research shows that body weakness is a leading cause of falls.
 - > [Standing Marches video](#)
 - > [Sit to Stand Balance video](#)
 - > [Head Rotations video](#)
 - > [Single Leg Balance video](#)
 - > [Foot Tap video](#)
- > Falls are not a "normal" part of getting older. Yet, falls are the leading cause of avoidable injury in South Dakota among adults age 85 and older. There are ways to reduce the risk of a fall in your family. This video will provide an overview about the impact of falls in South Dakota and ways to prevent a fall from happening to you. Visit the [SDSU Extension YouTube channel](#) to view, "What can you do to stop falls?"

STEADI HANDOUTS DEVELOPED BY THE CENTERS FOR DISEASE CONTROL

- > [Stay Independent: Prevent Falls brochure](#)
- > [What YOU Can Do To Prevent Falls brochure](#)
- > [Check For Safety brochure](#)

1

SOUTH DAKOTA FALL PREVENTION COALITION TOOLKIT

PERSONAL STORIES AND TESTIMONIALS

Experiencing a fall is a life-changing event. The Great Plains Quality Improvement website is home to personal stories of people who have fallen.

- > [A Fall From Distraction | Word Document](#) (Joanne Flack)
- > [Staircase in the Dark | Word Document | Image](#) (Kathy Otten)
- > [Early Morning Wake-Up Call | Word Document | Image](#) (Lynn Fjellanger)

MARKETING/AWARENESS MATERIALS

1. Article/blog that can be placed in local papers, organizational newsletters, email lists, etc. | [Word Document](#)
2. Social media campaign materials | [Word Document](#)
3. Flyers that can be shared at church or distribute through meal delivery programs. [PDF Document](#)
4. Signage that medical providers can post in their clinic that encourages anyone who has fallen to report their fall to their doctor. [PDF Document](#)

ADDITIONAL RESOURCES

- > The AGS Beers Criteria* includes lists of certain medications worth discussing with health professionals because they may not be the safest or most appropriate options for older adults. To learn more, please visit the [Geriatrics Healthcare Professionals website](#).
- > Deprescribing is a website to share and exchange information about approaches to reduce the number of medications older adults are prescribe. To learn more, please visit the [Deprescribing website](#).
- > Stopping Elderly Accidents, Deaths and Injuries (STEADI) is an initiative created by the Centers for Disease Control for healthcare providers who treat older adults who are at risk of falling, or may have fallen in the past. To learn more, please visit the [STEADI website](#).
- > The National Council on Aging has a Falls Prevention Awareness Week toolkit available on their website. To learn more, please visit the [National Council on Aging website](#).
- > Good & Healthy South Dakota, your one-stop overview of all the ways the office of Chronic Disease Prevention and Health Promotion is working to meet the needs of all South Dakotans at home, school, work, healthcare facilities, and in communities and reservations. To learn more, please visit [Good and Healthy South Dakota](#).

LIST OF ORGANIZATIONS AFFILIATED WITH THE SOUTH DAKOTA FALLS PREVENTION WEBSITE

1. [AARP South Dakota](#)
2. [American Physical Therapy Association - South Dakota Chapter](#)
3. [Avera McKennan Hospital](#)
4. [Faulkton Area Medical Center](#)
5. [For Life Physical Therapy](#)
6. [FYZICAL Therapy & Balance Centers](#)
7. [Good Samaritan Society](#)
8. [Goodcare At-Home Rehab](#)

2

SOUTH DAKOTA FALL PREVENTION COALITION TOOLKIT



Online Resource

<https://doh.sd.gov/providers/ruralhealth/trauma/FallsPrevention.aspx>

The screenshot displays the website for the South Dakota Department of Health, specifically the Falls Prevention Coalition toolkit page. The page features a navigation menu with categories like A-Z TOPICS, NEWS, LOCAL OFFICES, LICENSING BOARDS, EVENT CALENDAR, RESOURCES & PUBLICATIONS, and FAQs. The main content area is titled "SOUTH DAKOTA Fall Prevention COALITION" with the hashtag #PreventFallsSD. It includes a "TOOLKIT SUMMARY" section with a paragraph describing the toolkit's purpose and a "Download the Toolkit (PDF)" link. Below this is a "TOOLKIT ELEMENTS" section listing "Governor's Proclamation - 2019 | 2020", "South Dakota Falls Prevention Coalition Goals", "South Dakota Falls Prevention Coalition By-Laws", and "SDSU Extension Falls Prevention YouTube Videos playlist". A sidebar on the left lists "HEALTHCARE PROVIDERS" with expandable sections for Health Facility Licensure, Rural Health, Careers, Simulation in Motion (SIM-SD), Public Health Preparedness and Response, State Public Health Laboratory, and Medical Order for Scope of Treatment (MOST).

Continuing to Build

Membership is always open

- Get involved in the Coalition
 - Email PreventFallsSD@gmail.com
 - Name
 - Email Address
 - Affiliation/Profession
- Fall Prevention Awareness Week
 - Push out information to contacts related to ToolKit and Coalition information
 - Distribute Posters on SDFPC



Thank you for inviting me to
present at this meeting.

Questions?