




# Podcast Episode Fact Sheet

Podcast Series	<b>Reynolds Geriatric Series</b>
Episode Title	<b><i>Evaluation of Falls in the Elderly</i></b>
Personnel	 <p>&lt;&lt;Paul Casner, MD, Professor of Internal Medicine, El Paso Interviewed by Mike Ragain, MD, Braddock Chair of Family Medicine, Lubbock</p>
Episode Description	This episode outlines the clinical significance of falls in the elderly, the consequences of falls, risk factors for falls, and clinical approaches to the elderly patient who falls.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> <li>1. Describe the clinical significance of falls in the elderly</li> <li>2. List the consequences of falls in the elderly</li> <li>3. Screen patients for the risk factors for falls</li> <li>4. Develop an appropriate care plan for an elderly patient who falls</li> </ol>
Interview Questions	<ul style="list-style-type: none"> <li>• <b><i>Why are falls important to elderly patients?</i></b></li> <li>• <b><i>Are falls more of a problem for elderly in nursing homes?</i></b></li> <li>• <b><i>When an elderly person falls they could injure themselves. What else can happen when an elderly person falls?</i></b></li> <li>• <b><i>Is there any way we can identify the elderly that are at risk for falling?</i></b></li> <li>• <b><i>Are the reasons an older person falls mainly due to weakness or are there other causes</i></b></li> <li>• <b><i>What steps should be taken when a patient comes for an appointment and the physician learns that the patient has fallen?</i></b></li> <li>• <b><i>You mentioned environmental causes of falling. What exactly does that mean?</i></b></li> </ul>
References	<ul style="list-style-type: none"> <li>• Tinetti et al. Risk factors for falls among elderly persons in the community. N Engl J Med 1988; 39: 1701-1707.</li> <li>• Tinetti et al. Mechanical restraint use and fall-related injuries among residents of skilled nursing facilities. Annals Int Med 1992; 116: 369-374.</li> <li>• Sudarsky L. Gait disorders in the elderly. N Eng J Med 1990; 1441-1446.</li> <li>• Rubenstein Z et al. Falls in the nursing home. Ann Int Med 1994; 121: 442-451.</li> <li>• Tinetti ME, Speechley M. Prevention of falls among the elderly. N Engl J Med 1989; 320: 1055-1059.</li> <li>• Hindmark JJ, Estes EH. Falls in older persons. Arch Int Med 1989; 2217-2222.</li> <li>• Greenspan SL et al. Fall severity and bone mineral density as risk factors for hip fracture in ambulatory elderly. JAMA 1994; 271: 128-133.</li> <li>• Ray WA et al. Psychotropic drug use and the risk of hip fracture. N Engl J Med 1989; 316: 363-369.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Rubenstein LZ et al. Falls and instability in the elderly. J Am Ger Soc 1988; 36: 266-278.</li><li>• Masud T, Morris RO. Epidemiology of falls. Age and Ageing. 2001; 30-54: 3-7.</li><li>• Chang JT, Morton SC, Rubenstein LZ et al. Interventions for the prevention of falls in older adults. BMJ 2004; 328: 680-3.</li></ul> |
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