

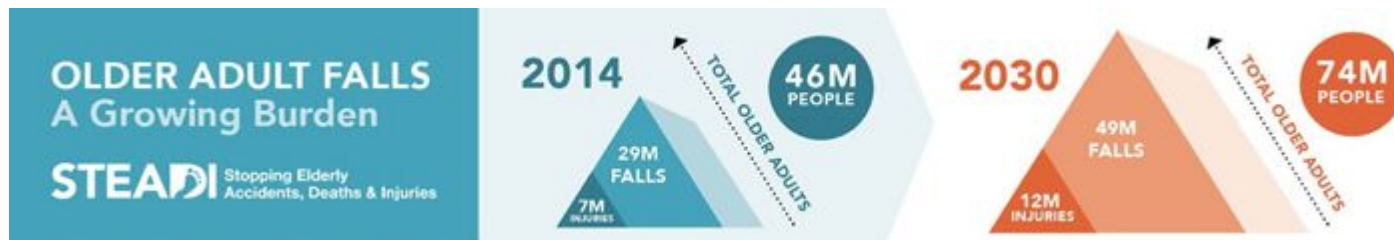
Clínica de Caídas y Fracturas

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Objetivos y Diseño

- Proyecto Piloto
- Espacio para supervisión y práctica **docente**.
- Resolver necesidades **sanitarias** y de rehabilitación para adultos mayores con alto riesgo de caídas y post-operados por fractura de cadera.
- **Investigación** clínica
- Promover integración transdisciplinaria:
 - Medicina, Kinesiología, Terapia Ocupacional, Enfermería.

Contextualización: Las Caídas son frecuentes y costosas



THE CHALLENGE: Older Adult Falls in the U.S.

- 1 in 3 Americans aged 65+ falls each year
- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Every 20 minutes, an older adult dies from a fall



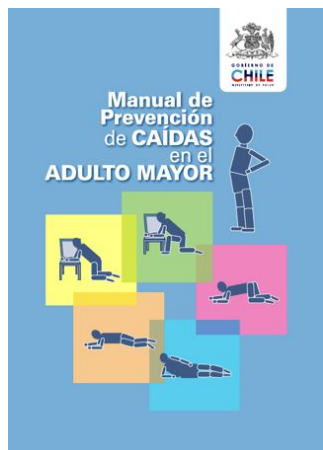
Falls Are Common

- In 2013, the total cost of fall injuries was **\$34 billion** (78% paid by Medicare)
- This total cost may reach **\$67.7 billion** by 2020
- Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation

Falls Are Costly

Falls in adults aged 65+ are the leading cause of head injuries and broken hips

Contextualización: Chile no escapa a esa realidad



Se estima que uno de cada tres Adultos Mayores que vive en la comunidad sufre una o más caídas al año. A nivel nacional, la encuesta SABE Chile de OPS (2001) arrojó una prevalencia de un 35,3% anual de caídas en adultos mayores viviendo en la comunidad.

¿Cuándo se detecta al Adulto Mayor con riesgo de caída?

En el Examen Anual de Medicina Preventiva del Adulto Mayor (EMPAM) se evalúa el riesgo de caída.

Contextualización: Chile no escapa a esa realidad

Seguimiento a 12 meses, Fractura de Cadera, Chile.

Condición Funcional a 12 meses.

APC (n = 57)		PUC (n = 42)
54,3 %	Autovalentes	59,5 %
34 %	Discapacidad	30,9 %
17,5 %	Muertos	9,5 %



- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation

Contextualización: Se puede disminuir el riesgo de caer



Cochrane Database of Systematic Reviews

Interventions for preventing falls in older people living in the community (Review)

Gillespie LD, Robertson MC, Gillespie WJ, Sherrington C, Gates S, Clemson LM, Lamb SE

Selection criteria

Randomised trials of interventions to reduce falls in community-dwelling older people.

Authors' conclusions

Group and home-based exercise programmes, and home safety interventions reduce rate of falls and risk of falling.

Multifactorial assessment and intervention programmes reduce rate of falls but not risk of falling; Tai Chi reduces risk of falling.

Overall, vitamin D supplementation does not appear to reduce falls but may be effective in people who have lower vitamin D levels before treatment.



A Matter of Balance

8-session workshop to reduce fear of falling and increase activity among older adults in the community

- 97% of participants feel more comfortable talking about their fear of falling
- 99% of participants plan to continue exercising
- \$938 savings in unplanned medical costs per Medicare beneficiary



Otago Exercise Program

Individual program of muscle strengthening and balance exercises prescribed by a physical therapist for frail older adults living at home (aged 80+)

- 35% reduction in falls rate
- \$429 net benefit per participant*
- 127% ROI**



Stepping On

7-week program that offers older adults living in the community proven strategies to reduce falls and increase self-confidence

- 30% reduction in falls rate
- \$134 net benefit per participant
- 64% ROI



Tai Chi: Moving for Better Balance***

Balance and gait training program of controlled movements for older adults and people with balance disorders

- 55% reduction in falls rate
- \$530 net benefit per participant
- 509% ROI



Falls Free®

National Council on Aging

Contextualización: Se requiere de un enfoque multi[fx]

NICE National Institute for
Health and Care Excellence

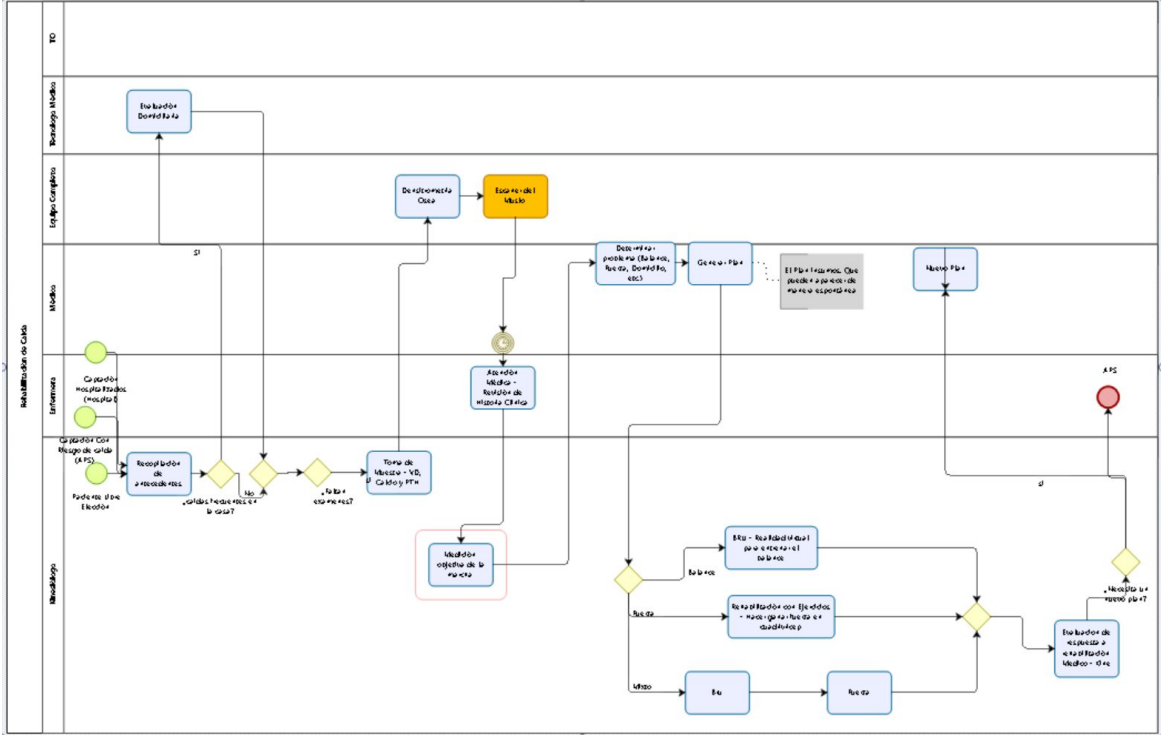
Quality statements

Statement 1 Older people are asked about falls when they have routine assessments and reviews with health and social care practitioners, and if they present at hospital. [new 2017]

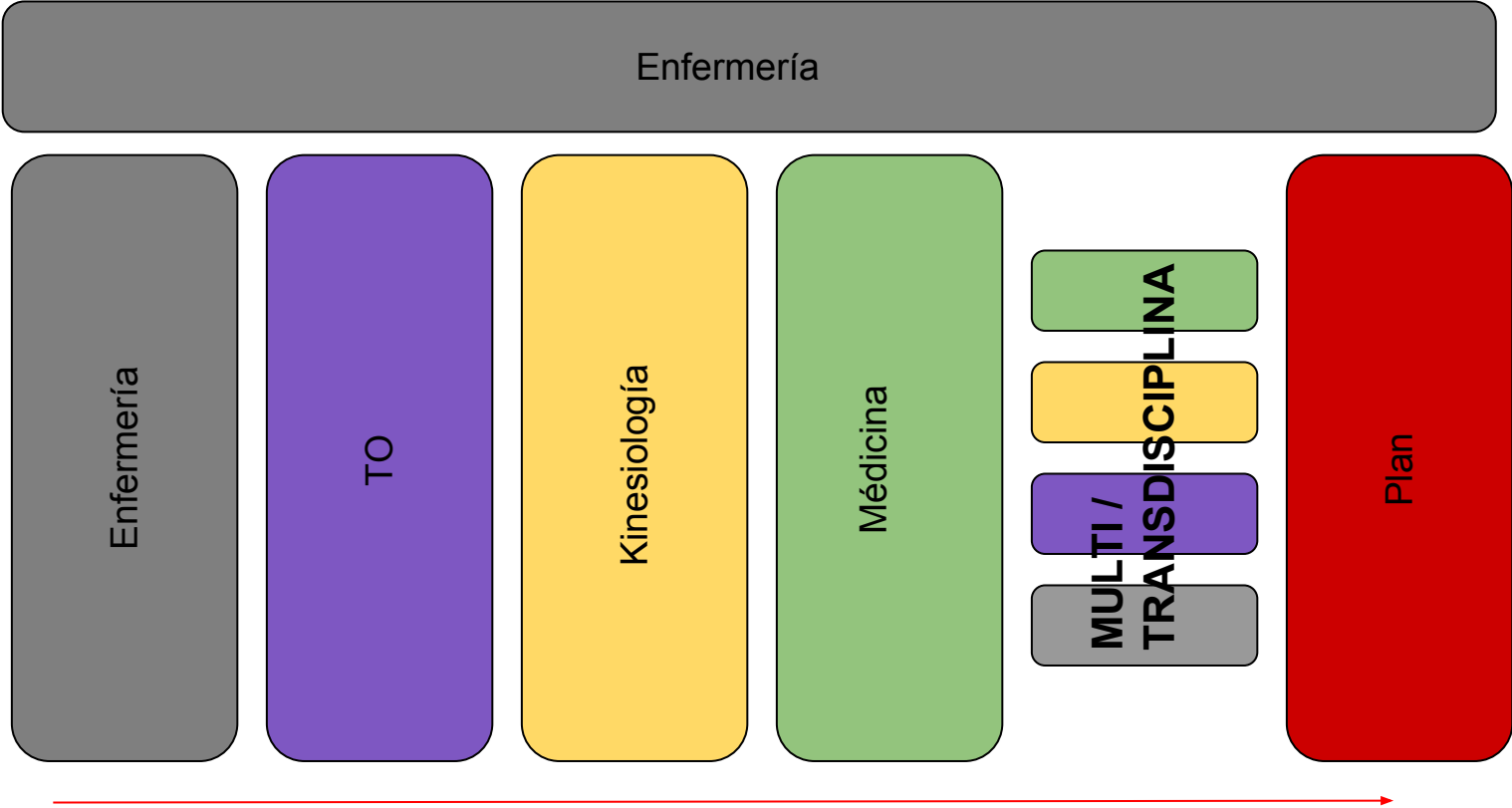
Statement 2 Older people at risk of falling are offered a multifactorial falls risk assessment. [new 2017]

Statement 3 Older people assessed as being at increased risk of falling have an individualised multifactorial intervention. [new 2017]

Proceso de Atención



Proceso de Atención



Proceso de Atención



Otago Exercise
Program



A Matter of
Balance

Existen protocolos:
“es paquetizable”



Stepping On



Tai Chi: Moving for
Better Balance***

Clínicas de caídas en Australia: un ejemplo

Clinical Interventions in Aging

Dovepress

open access to scientific and medical research

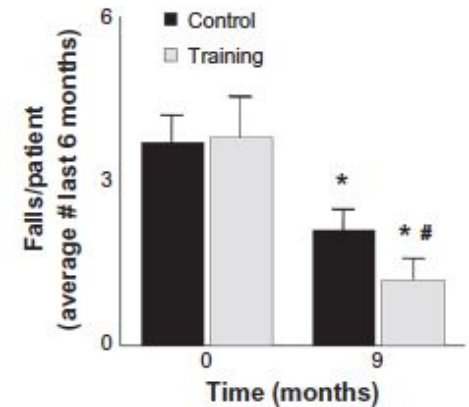
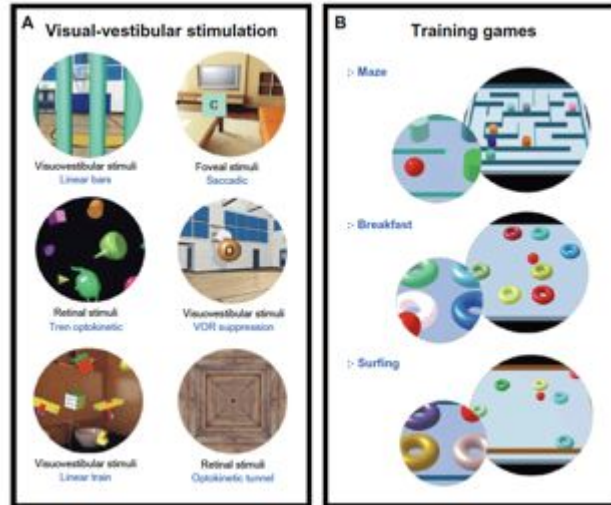
Open Access Full Text Article

ORIGINAL RESEARCH

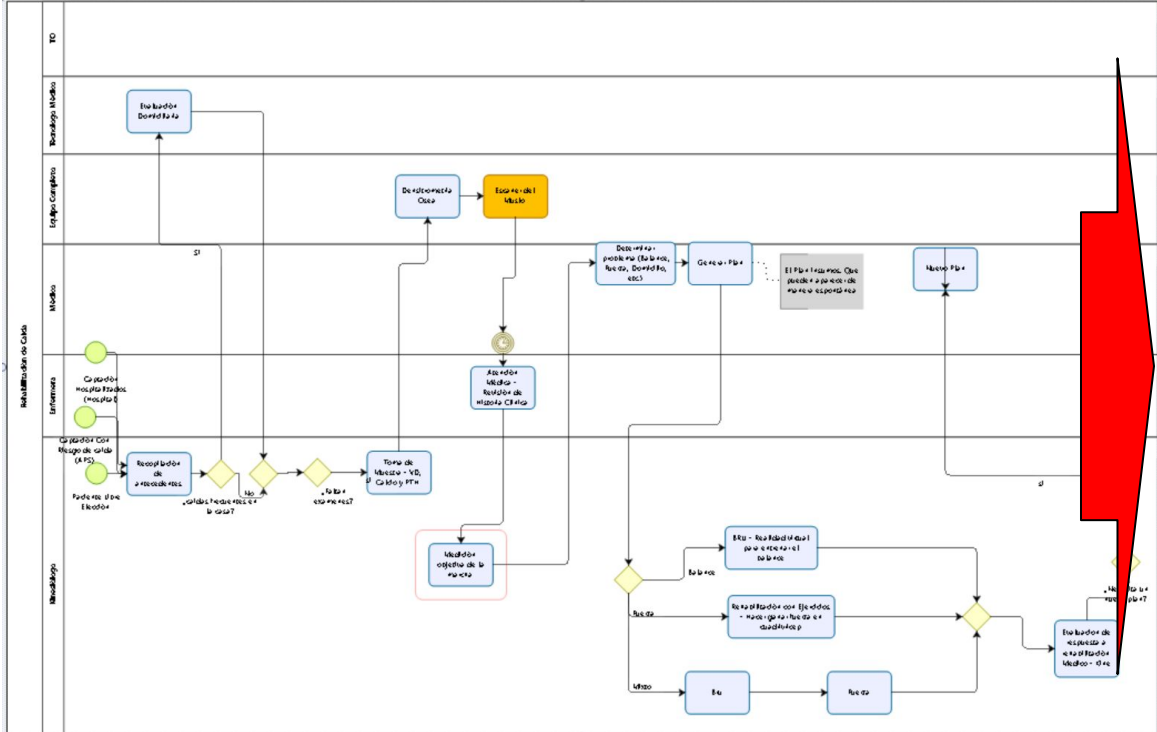
Effects of balance training using a virtual-reality system in older fallers

Falls prevention recommendations and interventions (usual care)

After their initial assessment, all participants were given general recommendations and an evidence-based care plan on falls prevention (usual care).²⁵ This usual care included an invitation to join an exercise program (following the **Otago** protocol),²⁶ medication review, home visit by an occupational therapist (if more than 60% of the falls occurred at home), hearing and visual assessment, nutritional supplements (when nutritional risk was identified by the MNA tool), vitamin D supplementation (1,000 IU/day independently of their serum levels), and education materials on falls prevention.



Proceso de Atención



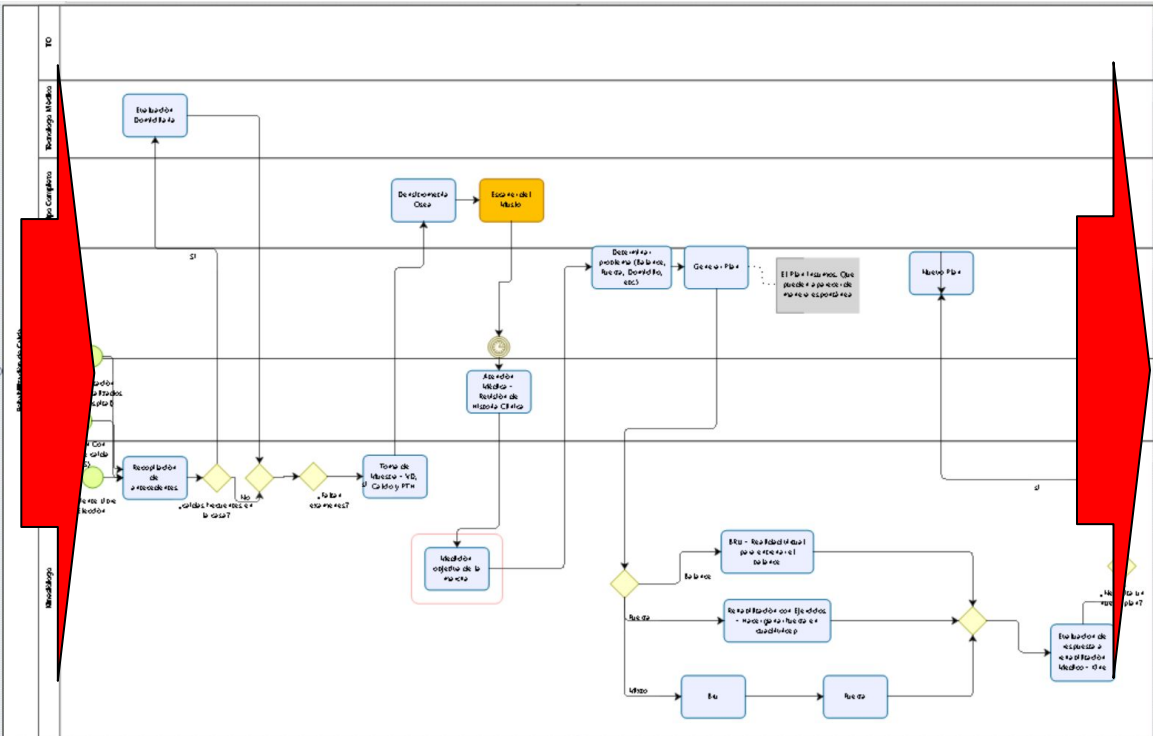
Regresa a su sistema

Proceso de Atención

Consultorio, EMPAM

Post Fx de Cadera

Libre Elección



Regresa a su sistema

Ofrecer al sistema soluciones sanitarias complejas, que permitan abrir espacios académicos, aprovechando capital existente, buscando interactuar con las redes existentes (no compitiendo, sino articulando)

Opciones de Financiamiento de la Operación

Evaluación Económica en Curso

- Convenios con Municipios:
 - Asegurar flujo estable de pacientes
 - Pago por paciente
- Convenios Servicio de Salud:
 - Servicio de Salud Metropolitano Norte
 - Pago por paciente transferido de fractura de cadera
- Aranceles FONASA
 - Definiciones de Canasta de Prestación
 - Inclusión de paquete para rehabilitación.

Diseño

“En la Cuadra de la Facultad”

