

To Fall or Not to Fall

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Why Do Old People Fall?

- Head to toe
 - Dizziness/vertigo; tumor, stroke, vestibular imbalance (BPV), heart disease, MEDICATIONS
 - Hearing impairment; oops the phone, car horn
 - Vision impairment; depth perception problems, cataracts, macular degeneration, bifocals, glare, poor lighting
 - Cardiac; Arrhythmia, bradycardia, chronic hypotension, orthostatic hypotension, MI, MEDICATIONS

Why Do Old People Fall ~ Continued

- Respiratory; hypoxia (92% or less) from lower respiratory infection or unstable COPD/CHF or advancing muscular wasting diseases affecting breathing
- Neurological; tremors, rigidity, numbness, weakness. Compression Fx, Parkinsonism, stroke, neuropathies, dementias, encephalopathy

Why Do Old People Fall ~ Continued

- Muscular/skeletal; arthritis (OA, RA), joint fracture, fibromyalgia, osteoporosis, weakness (poor muscle tone reserve), ageism, poor fine motor skills, PAIN
- GU/GI; incontinence, UTI, prostate disease
- Foot issues; pain, poor fitting shoes, slippery shoes/socks, neuropathy, PVD, wound, bunion

Why Do Old People Fall ~ Continued

- Metabolic instability; electrolyte, endocrine, hematological imbalances
- Mental Health; depression, low self esteem, ageism, delusions, hallucinations

Why Do Old People Fall ~ continued

- Environmental Causes
 - Floor surfaces (uneven, too slippery, too much friction)
 - Light, abrupt changes, glare, dim
 - Shoes or no shoes
 - Braces
 - Clutter
 - Good Furniture vs. bad
 - Throw rugs

Why Do Old People Fall ~ Continued

- MEDICATIONS

- Antihypertensives; Beta Blocker, Alpha Blocker, Ace Inhibitors, Diuretics, Calcium Channel Blockers
- Antiarrhythmias; Digoxin, Beta Blockers, Calcium Channel Blockers
- Antibiotics; any
- Antipsychotics; ALL

Why Do Old People Fall ~ Continued

- MEDICATIONS

- Prostate meds; Flomax (Alpha Blocker)
- Pain meds; Narcotics/opioids
- Medication interactions????????