

# How Mount Carmel Entered the Fall Prevention World, External to the Institution

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# How the program grew

- Relied on data and evaluation
- Used helpers within the Mount Carmel system
- Grew the program with grant funding
- Used OIPP information and member assistance

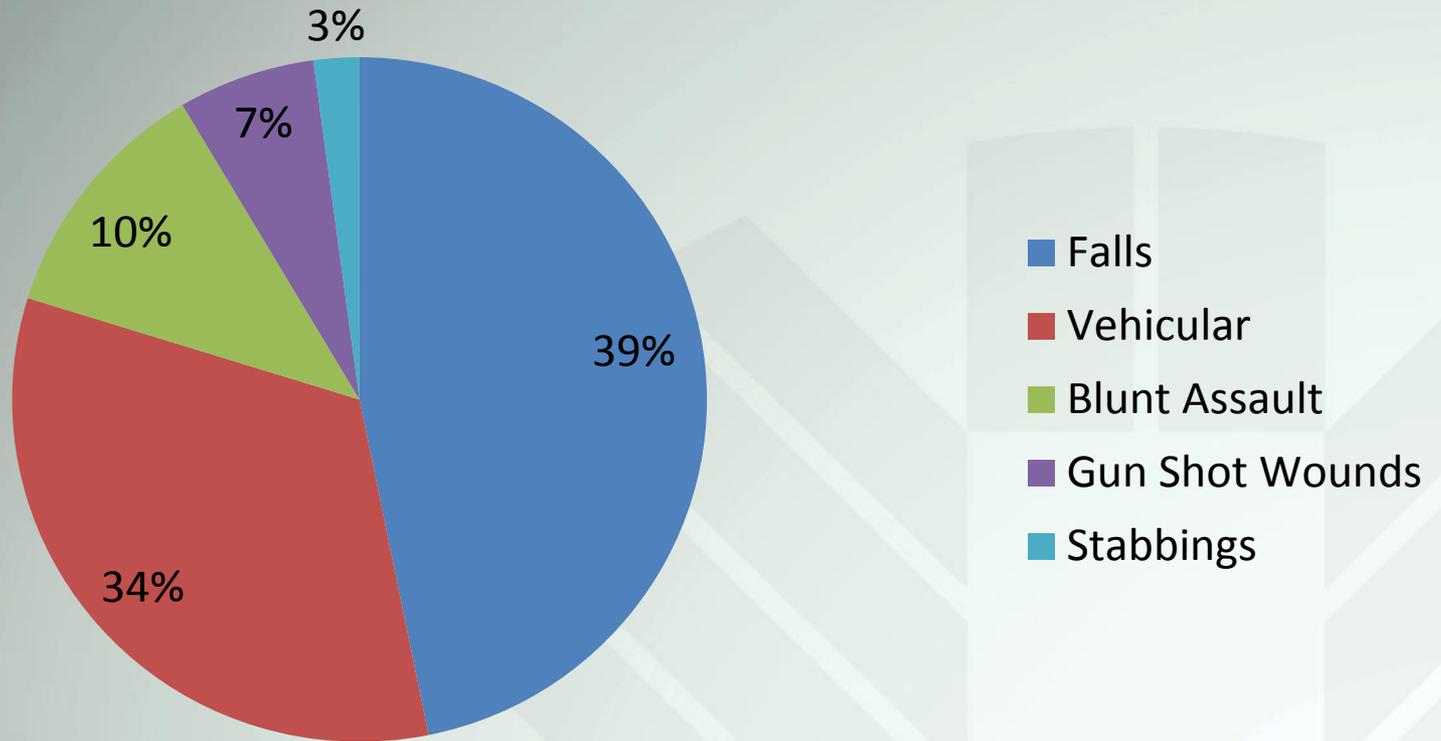
# The Mount Carmel Injury Prevention Program

- Tai Chi transitioned from a Community Exercise program
- Fall Prevention in PowerPoint
- Midwest Injury Prevention Alliance (MIPA)
- Tai Chi Train-the-Trainer
- Health Fairs
- Fearless Falling research project
- Falls and Balance Program



# Mount Carmel Traumatic Injury 2010

## Totals



# Began with exercise program; for fifty plus

- Exercise physiologists
- Church partnerships
- Columbus Foundation



## ACTIVE AND INDEPENDENT: TO KEEP YOU FROM LOSING YOUR BALANCE

Fall-related injuries can have serious consequences for seniors. Thankfully muscle-strengthening activities can make many of them preventable. That's why Mount Carmel Trauma Services is offering Active and Independent, a FREE exercise program for seniors designed to help strengthen muscles and improve balance. This research program includes an assessment of strength, balance and gait by experienced Mount Carmel exercise physiologists, as well as information and exercises that can help keep seniors on their feet.

### When

You have a choice of two classes; one at 1:30 p.m. and the other at 2:45 p.m. Each begins on April 4 and will be held each week on Wednesday for 12 weeks.

### Where

Dorian Hilltop Senior Center  
500 Overbrook Way  
Columbus OH 43228

For more information or to register, call Steve Grant at 234-4078 or email [sgant@mcchs.com](mailto:sgant@mcchs.com). Space is limited. Please register early.

Brought to you by:  
Mount Carmel Trauma Services; The L. Dale Davis & M. Elisabeth Davis and  
the Theodore J. & Thelma G. Tobbe Funds of the Columbus Foundation



# A more appealing flier for exercise



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### When

You have a choice of three courses; one at 12:30 p.m., one at 1:40 p.m. and the another at 2:50 p.m. Courses begin on Tuesday, July 10th and will continue for 12 sessions: 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/22, 8/29, 9/4, 9/11, 9/18, 9/25.

### Where

Immanuel Baptist Church  
2417 Palmetto Street  
Columbus, OH 43204

To register and for questions, call Becky Rickard at 274-2657. Hilltop Senior Village may contact Belinda Waiters at 276-3017. Space is limited. Please register early.

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# Listened to OIPP and continued with Tai Chi



## TAI CHI FOR BALANCE

Fall related injuries can have serious consequences for people over age 50. Thankfully muscle strengthening activities can help make them preventable. That's why Mount Carmel Trauma Services is offering Tai Chi for Balance, a free exercise program for persons over 50 to help strengthen muscles and improve balance. This form of Tai Chi has proven to improve balance, thus reducing the risk of falls. Mr. Howard Tibbs, Certified Tai Chi Instructor, will be leading the classes. This research program includes assessments the first day of class as well as the last.

### When

**Saturday, March 8** at ten a.m. lasting one hour. The course will continue for a total of 12 sessions; March 15, March 22, March 29, April 5, April 12, April 19, April 26, May 3, May 10, May 17, and May 24, 2014.

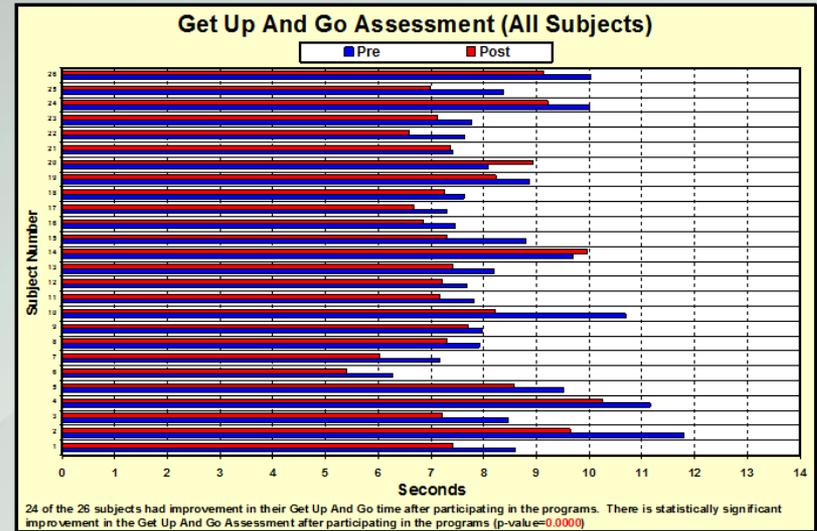
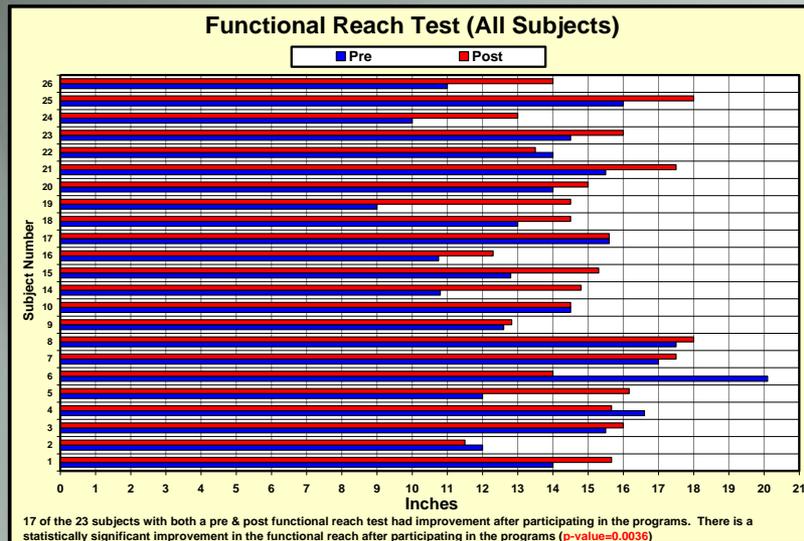
### Where

Community Health Resource Center  
Mount Carmel West Hospital  
777 West State Street, Medical Offices 2, 1<sup>st</sup> Floor, Rm. 126  
Columbus, OH 43222

To register call HealthCALL at 614-234-LIFE(5433). For questions, call Judy Hirschfeld or Dan Abbey (Trauma Services) at 614-234-1417. This class is for new participants only; former students do not qualify. Space is limited so register early!



# Compared Results of Exercise vs Tai Chi



**Test Results:** With 83 persons involved, 26 completed the pre- and post-assessments as well as an average of ten of the twelve classes. Results below are based on these 26 participants, thirteen in each study. Data used for this summary were through March 2013.

1. In the combined Traditional Exercise and the Tai Chi groups 17 of the 23 subjects showed improvement when the pre Functional Reach Test was compared to the post test. (p-value=0.0036) Overall 24 of the 26 subjects had improvement in their Get Up and Go scores. (p-value < 0.0001) See Table 1 and 2.
2. In the Traditional group, 6 out of 10 had improvement in Functional Reach. This number is not statistically significant. (p-value=0.2539) In the Tai Chi group, 11 of the 13 had improvement in Functional Reach. This is statistically significant. (p-value=0.0032)
3. The improvement in the Functional Reach test for the Tai Chi class is statistically significantly higher than the improvement in the Traditional class (p-value = 0.0116).
4. All participants in the Traditional group showed improvement in the Get Up and Go test, which is statistically significant. (p-value=0.0001) Eleven of the thirteen in the Tai Chi Group showed improvement in the Get Up and Go. (p-value=0.0112) This is also statistically significant.

# Awarded funding from Mount Carmel Foundation

- Three years of funding, four twelve-session classes per year



# Tai Chi Train the Trainer

- Funding from Ohio Injury Prevention Partnership.



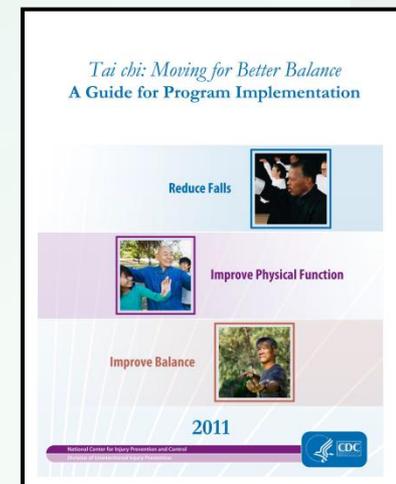
# First Session: October 2014 session in Columbus; donations received:

- Mini-grant funding from OIPP
- DVD from Audio Visual Department
- Program space; discounted price—paid by Mount Carmel Trauma Services
- Registration of participants; HealthCALL



# Assistance continued:

- Flier developed by Marketing
- Evaluation using SurveyMonkey
- CDC booklet printed without charge for Trauma Services
- Snack donated by HealthCare Alliance
- Free parking



# April Train the Trainer Workshop

- David Garcia, Premier Health, Miami Valley Hospital



Dr. Fred Weaver,  
Tao Academy of Kansas City

# Health Fairs -- making them more meaningful

- Night lights and grabbers—OIPP
- Poster paid by Trauma Services
- Booklets and Flier Handouts
- Bertec Balance Plate – Necip Berme, Bertec



# Audiology was writing a grant for the Falls and Balance Program

- Requested a balance plate be added
- Use at health fairs, Silver Sneakers program



# Falls and Balance Program

- Balance involves inner ear, eyes, muscles, joints and brain.
  - VNG test
  - Rotary Chair
  - Video Head Impulse Test
  - Computerized Dynamic Posturography



# Presentation on Fall Prevention

- Various community groups
- Last Tai Chi class



# Midwest Injury Prevention Alliance (MIPA)

- Poster presentations



# Fearless Falling

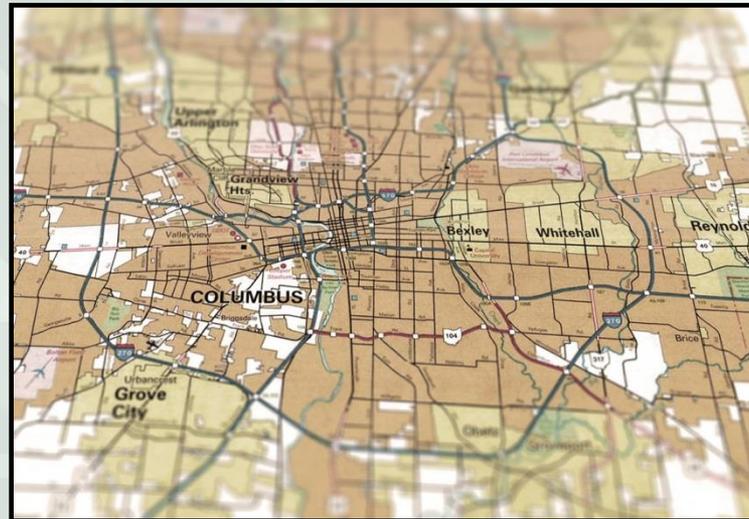
- Martial arts training for seniors to reduce the severity of injury from a fall
- Funded by the **Mount Carmel Foundation** and **Venzke Foundation**
- Statistician for project; help from Dr. Mbabazi Kariisa and Anne Goodman

# Getting grant awards

- Start small if you must; gain experience
- Look within your organization
- Look within your community
- Meet the deadlines, do what they want done, tell them what they want to hear
- May need to get approval from an Institutional Review Board (IRB)

# Other factor impacting injury prevention; a funding justification

- Health assessments done to fulfill a requirement of the federal Patient Protection and Affordable Care Act.
- Injury Prevention: number eight on the Franklin County Community Health Needs Assessment.



# Franklin County Community Health Needs Assessment

1. Access to care
2. Chronic disease
3. Infectious disease
4. Behavioral health
5. High risk of cancer
6. Interpersonal violence
7. High risk pregnancy
8. Unintentional injuries

# Summary

- What our program is as of today
- How data and evaluation enhanced the program
- How the OIPP members have helped
- How staff at Mount Carmel enhanced the program

# Thank for listening!

- I hope this presentation has given you an idea or two you can apply to your programs.