Falls in older adults are a leading cause of injury deaths, hospitalizations, and emergency department (ED) visits in New York State (NYS). More than 132,000 fall related injuries requiring hospitalization was reported in 2011 by the NYS Department of Health. Nearly 60% of fall-related hospitalizations and 36% of fall-related ED visits resulted from a fall that took place at home.

**Background**

An Inter-Professional Education (IPE) Team from an Academic Medical Center in collaboration with community resources developed a Fall Prevention Program aimed to lower the incidence of falls among residents of an urban adult housing community.

Community resources involved:

- the local community college
- cooperative education services.
- a community member as a resident health advocate.

The fall prevention program focused on multiple risk factors:

- therapeutic exercise
- vitamin D supplementation
- respiratory function
- patient education
- medication management.

Baseline fall rates will be collected through ED visit data to evaluate the effectiveness of the program.

**Intervention**

**Inter-Professional Team**

As these interventions do not fall within the scope of practice of any one health profession, the need for an inter-professional collaborative effort was apparent.

The team consists of:

- physical therapists
- respiratory therapists
- nursing health professionals
- physicians

Baseline fall rates will be collected through ED visit data to evaluate the effectiveness of the program.

**Conclusion**

Using an IPE collaborative effort involving physical therapy, respiratory therapy, and nursing, a fall prevention program can be designed to address multiple risk factors indicative to falls. The goal is to demonstrate decreased fall risk among residents of an urban adult housing community, resulting in decreased ED visits for fall related injuries. This initiative stresses the importance of inter-professional collaboration to our students and future leaders to improve the health and well-being of the communities to which we serve.

**Key References**

