

Falls and Frailty Maintaining Transfers and Mobility

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Outline

- ▶ Ageing and Frailty
- ▶ Falls prevention
- ▶ Transfer techniques
- ▶ Practical - transfers and simple exercises, backward chaining

Ageing Facts and Stats

- ▶ By 2050 the numbers of people >65y will be greater than people <15y Worldwide

In Ireland

2012: over 60s: 17.1% of the population

2050: over 60s: **28.7%** of the population



Influences on ageing

- Eat
- Move
- Think
- Connect
- Live Well

“Healthy ageing is the process of optimising opportunities for physical, social and mental health to enable older people to take an active part in society without discrimination and to enjoy an independent and good quality of life”



Frailty

“Frailty is a common clinical syndrome in older adults that carries an increased risk for poor health outcomes including falls, incident disability, hospitalization, and mortality”

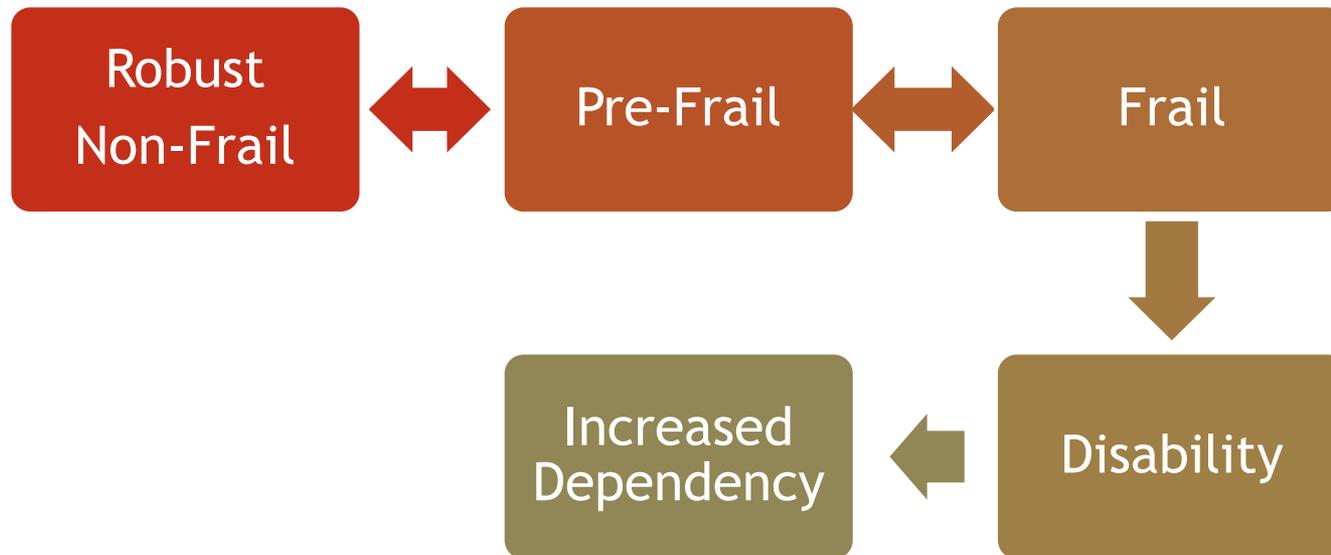
Dynamic process that can
be changed or reversed

Signs of Frailty

- ▶ Unintentional weight loss
- ▶ Exhaustion
- ▶ Muscle weakness
- ▶ Slowness while walking
- ▶ Low levels of activity



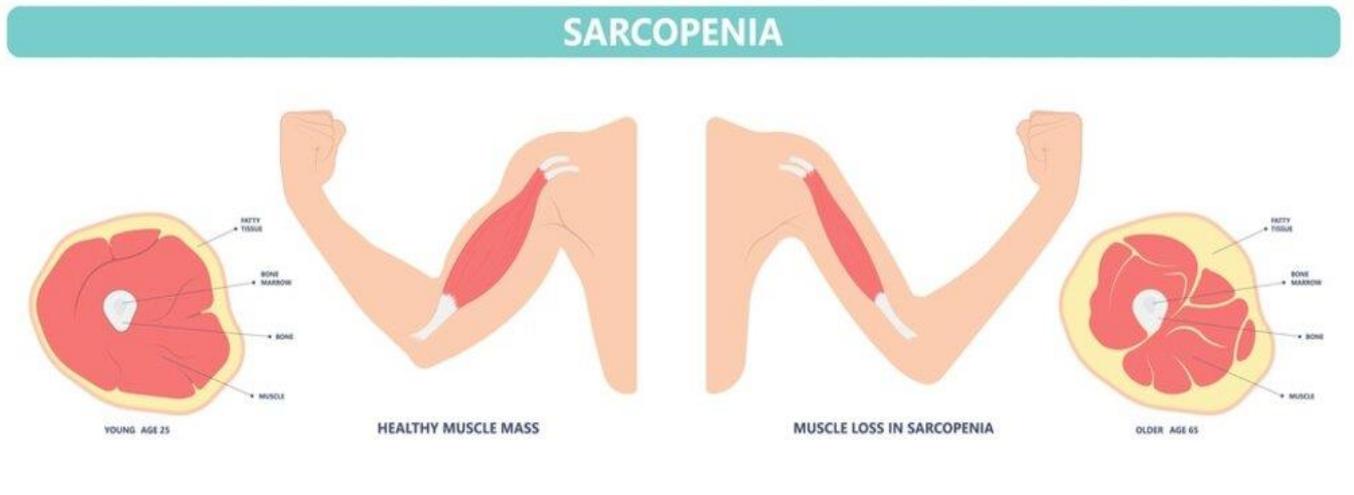
Frailty process



Hospitalised for a short period?

“Disuse atrophy” is a major threat to health

- ▶ Even a brief period of bed rest can pose a threat to muscle tissue and functional capacity 10% loss is equivalent to a ‘decade of muscle’
- ▶ A week in bed can lead to 10% of muscle loss



Falls facts

- ▶ Falls are a common but often an overlooked source of injury and, in many cases, death.
- ▶ In Ireland approximately 250 older people die each year from falls. Three quarters of falls related deaths occur among those aged over 65.



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Falls Prevention



The image shows the cover of a booklet titled "Falls Prevention Booklet" with the subtitle "STAND UP TO FALLS". The cover features the logo for "THE WATERFALL CLINIC" (neurological physiotherapy & rehabilitation) and the logo for "Homecare Solutions". A photograph of an elderly woman and man sitting on a blue mat and clapping their hands is also present. The cover is decorated with blue and green geometric shapes.

THE WATERFALL CLINIC
neurological physiotherapy & rehabilitation

Falls Prevention Booklet
STAND UP TO FALLS

In association with:

Homecare Solutions

Transfers

“A transfer is a method of moving a patient from one surface to another, where the patient is capable of helping with the transfer and is able to bear weight on at least one of his or her legs”

NOT A LIFT



Common places transfers occur

Types of transfers

- ▶ Onto/ off toilet
- ▶ Into/ out of bed
- ▶ Into/ out of wheelchair
- ▶ Into/ out of chair
- ▶ Into/ out of bathtub/ shower
- ▶ Into/ out of car
- ▶ Stand Pivot
- ▶ Stand Step
- ▶ Sliding
- ▶ Assisted
- ▶ Dependent
- ▶ Mechanical Lift

Common causes of injury:

- ▶ Sudden changes in patient alertness
- ▶ Lack of preparation before transfer
- ▶ Using improper body mechanics, such as twisting of the trunk
- ▶ Environmental complications (ie. slick floors, inappropriate shoes)
- ▶ Patient's fear of falling
- ▶ Not asking for help when it's needed
- ▶ Being in a hurry

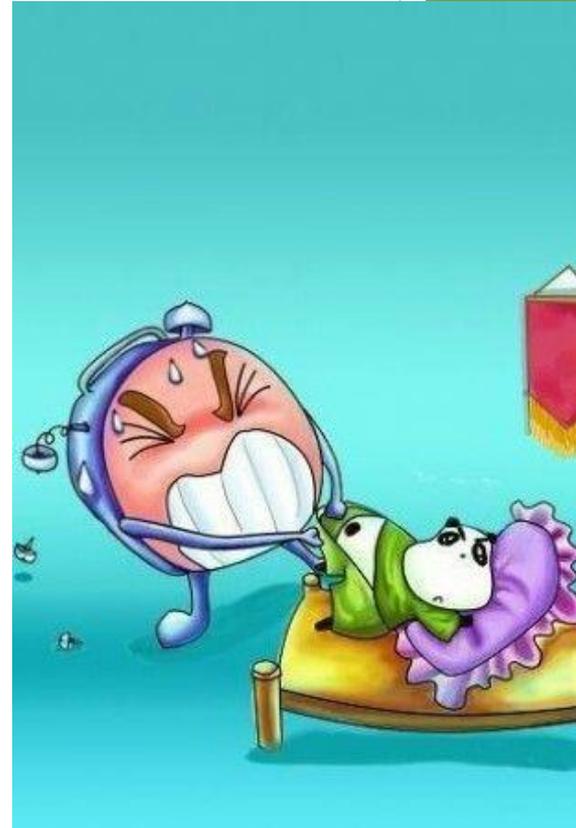
Helpful equipment for transfers

- ▶ Sliding boards
- ▶ Walkers
- ▶ Grab bars
- ▶ Trapeze bar
- ▶ Various types of hoists



Transfer techniques

- ▶ Everyone needs individualized transfer training to preserve function and avoid injury
- ▶ Your transfer technique may need to be readjusted at times
- ▶ Clear instructions are key to success



Basic principles include

- ▶ Increase stability by keeping feet apart with one foot in front of the other
- ▶ Keep your knees bent
- ▶ Move in the same direction that you're moving the person
- ▶ Keep your centre of gravity close to theirs
- ▶ Avoid twisting or stooping
- ▶ Try to maintain the natural curved shape of the spine
- ▶ Minimize risk by thinking through the movement before starting

Transfer Technique Tips for the Caregiver

- Avoid body twisting motions
- Bend and lift from your knees not the waist.
- Maintain stable footing with a slight bend at the knees
- Consider your body alignment
- Assist the patient, don't lift
- Use the transfer equipment/ tools if needed.
- Receive training if unsure how to use the transfer equipment.
- Remember when transferring patients, your own health and safety is as paramount as the patient.

Consider the following before doing the transfer

- ▶ Patient's medical precautions
- ▶ Number of people needed for a safe transfer
- ▶ Time needed for a safe transfer
- ▶ Client's ability to understand you and your directions
- ▶ Environmental barriers or opportunities (remove all clutter, and leave enough room for the two of you to move freely)

Types of transfers

Transfer Type

- ▶ Sit to stand - step/pivot
- ▶ Stand to sit - step/pivot

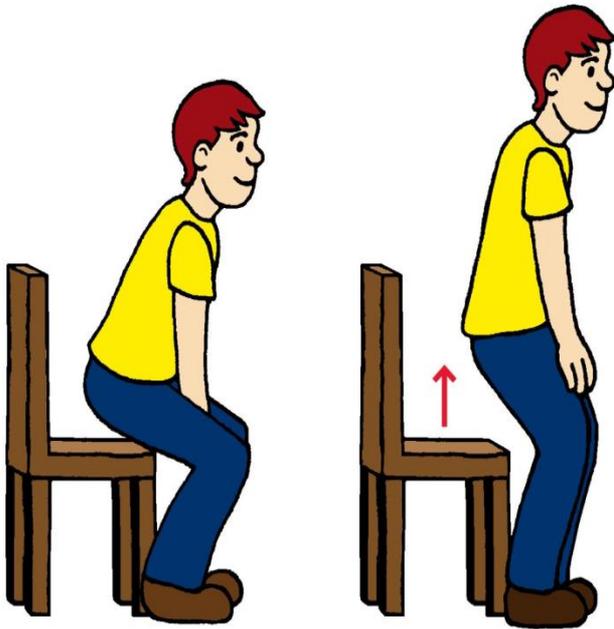
- ▶ Lie to sit
- ▶ Sit to lie

Situation

- ▶ Chair
- ▶ Toilet
- ▶ Car

- ▶ Bed
- ▶ Floor

Sit to Stand



Perform 5-10 repetitions, 3x/day.

- ▶ Move to edge
- ▶ Feet apart and firmly on the floor
- ▶ Hands on arms of chair
- ▶ Knees over toes
- ▶ Lean forwards (nose over toes)
- ▶ Push up firmly
- ▶ Straighten knees and gain balance

Lie to sit/ sit to lie



Practical session

- ▶ Sit to Stand
 - Independent
 - Assist of 1
 - ▶ Pivot transfer
 - Step
 - ▶ Lie to sit
 - ▶ Sit to Lie
- ▶ Your position
 - ▶ Patient Position
 - ▶ Environment
 - ▶ Instructions

Backward chaining

- ▶ Don't panic take your time
- ▶ Bend both your knees
- ▶ Roll onto one side(towards something that will help you up)
- ▶ Push up onto one elbow
- ▶ Move into a kneeling position on your hands and knees
- ▶ Move towards the chair or bed and bend one knee and slide or pull yourself up onto it.
- ▶ Sit comfortably and rest

Sum up of the Session

- ▶ Encourage Independence in transfers and mobility
- ▶ Engage in meaningful tasks
- ▶ Ensure safe mobility
- ▶ Identify hazards within the home
- ▶ Simple exercises
- ▶ Assist to achieve



Thank you

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect. The rest of the slide is a plain white background.