



# OPTIMIZING OCCUPATIONAL PERFORMANCE: A FALL PREVENTION AND INTERVENTION PROGRAM

Diana Kim, OTS; Patricia Bartolome, OTD; Jeff Steckler, OTD  
Department of Occupational Therapy, West Coast University

## CALIFORNIA REHABILITATION

- A collaborative team of Physical, Occupational, Speech Therapy
- Individualized service and collaborate treatment
- Services
  - Provides services to people of all ages
- Specialties
  - Manual therapy
  - Joint mobility
  - Hand therapy
  - Pelvic floor health
  - Sports injury recover

## NEEDS ASSESSMENT

- Home exercise program design for stroke recovery
- Additional educational resources related to fall prevention
- Resources on home safety with activities of daily living (ADLs)

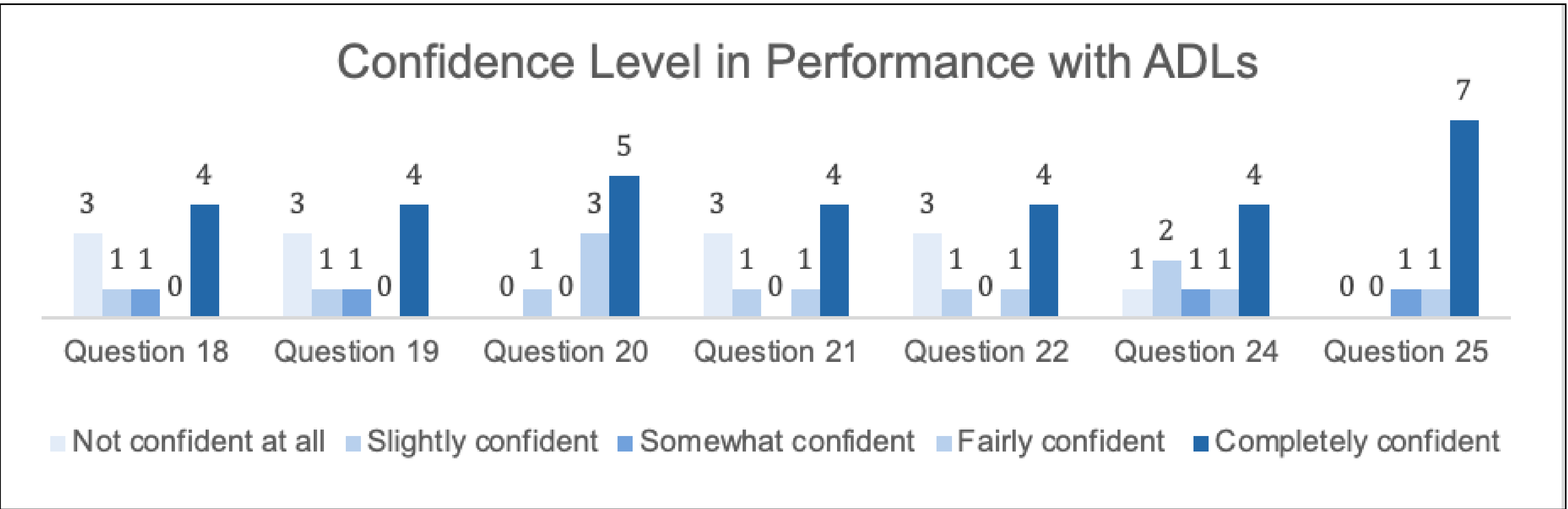
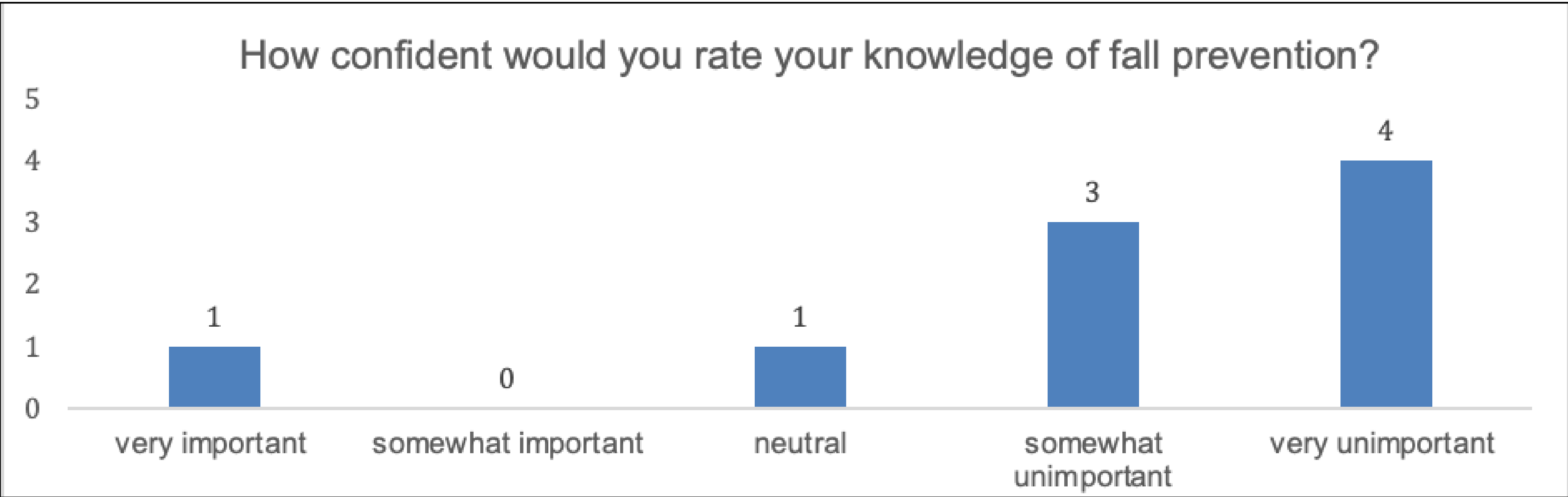
## PROJECT DESCRIPTION

- A fall prevention and fall recovery program was developed based on gaps identified in the literature and through the needs of the organization.
- Identified Organizational Needs:
  - Need for additional **educational resources** related to fall prevention
  - **Home exercise programs** for stroke patients
  - **General guidelines regarding the safety** of activities of daily living (ADLs).
- The purpose of the capstone student’s fall prevention program is to provide patients with the knowledge and awareness needed to address the underlying risk factors of falls and improve the health and well-being of stroke patients.

## LEARNING OBJECTIVES

Learning Objectives #1	Learning Objectives #2	Learning Objectives #3
The capstone student developed and implemented a Fall Prevention program that promotes quality of life, and occupational performance for stroke survivors in the inpatient hospital setting.	The capstone student developed educational resources for patients and staff corresponding to the Fall Prevention Protocol.	The capstone student conducted an evaluation of the fall prevention program for stroke patients to determine its effectiveness and its ability to meet the organizational needs.

## QUANTITATIVE DATA



## QUALITATIVE DATA

Themes	Codes	Quotations
Perception towards Occupation therapy services provided	More movement, less fearful	"I'm doing better. I'm getting more stamina" "I have seen improvements. I don't feel fearful about falling like how I used to".
Actions taken in response to falls	Balance exercise, Videos, education resources	"I really enjoyed the exercises" "I like the exercise handouts. I found them helpful".
Perceptions of Fall prevention resources	Helpful, convenience, good outcomes	"I have more movement in my hands. I'm happy about that". "The videos were easy to understand". "Seeing all the different types of videos are helpful".

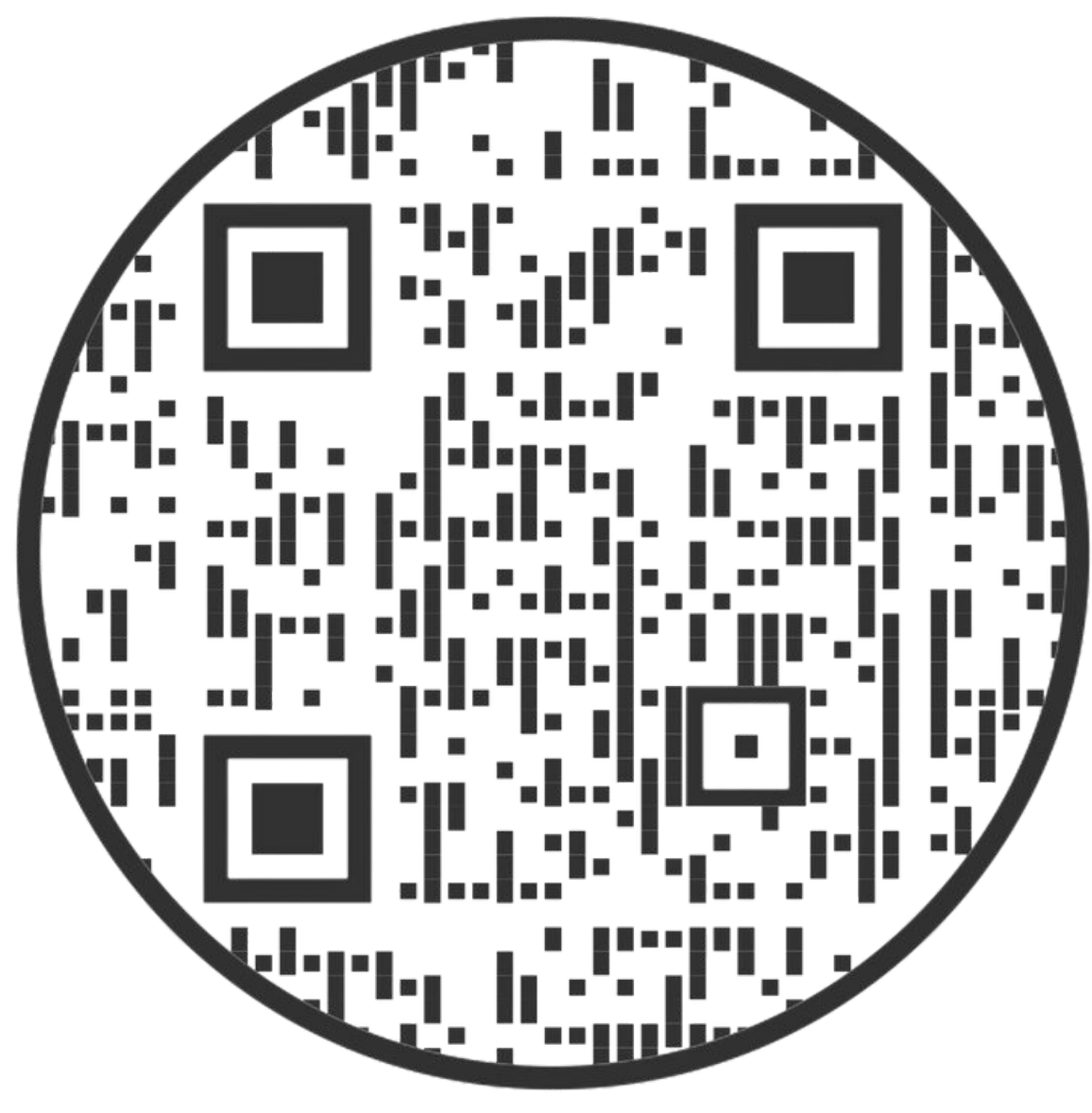
## LITERATURE REVIEW

- **Key themes from the literature**
  - Exercise Interventions to improve physical function
    - **Task orientated training**
    - **Mental practice**
    - **Strengthening exercise**
  - The need for educational resources and information
    - **Education** on the risk factors associated with falling
    - **Patient education** for stroke terminology
  - Types of rehabilitation exercises to improve ADLs
    - **Resistance exercise**
    - **Repetitive practice**
    - **Tai Chi, Qigong**

## CONCLUSION

- A growing body of evidence suggests that implementing a fall prevention and intervention program can significantly improve occupational performance among stroke survivors, thereby improving their quality of life
- Future research should further delve into evaluating the effects of a fall prevention program on stroke survivors in both inpatient and outpatient settings. This may result in improved patient safety towards occupational performance as well as reducing the risk of falling.

## REREFERENCES



## SCHOLAR DELIVERABLES

