

#### ATTENTION PROVIDERS:

Our facility is participating in a statewide initiative to reduce our fall rate by at least 5%. Studies have recently shown that Vitamin D supplementation may decrease adults' risk of falling, even if they do not have a Vitamin D deficiency. Our medical director at Annandale Care Center is recommending 2000 units PO daily for prophylaxis for high risk residents. Toxicity for this drug is greater than 10,000 units per day. Please read the following information and consider ordering Vitamin D supplementation for the resident/patient listed:

#### **Vitamin D Supplementation**

Studies have shown that Vitamin D supplementation may decrease adults' risk of falling, including those adults who do not suffer from Vitamin D deficiency. A meta-analysis by Bischoff-Ferrari and colleagues found that Vitamin D supplementation reduced the risk of falls by 22% (compared to patients receiving placebo or calcium supplement) among older patients. Broe and colleagues found that higher dose (800 international units) Vitamin D supplementation decreased nursing home residents' risk of falling by more than 70%. Lower doses of Vitamin D supplementation did not have as large of an impact. Typically an 8oz glass of milk provides 100 IU of Vitamin D.

This information suggests that Vitamin D supplementation may be an efficacious component in fall prevention. Supplementation should occur in the context of a multifactorial risk factor reduction strategy.

#### Research

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[View flow chart \(pdf\)](#)
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Minnesota Falls Prevention

Stay Right  
Side Up!

## Have you taken a tumble or slipped in the past year? Are you afraid of falling?

You are not alone. Falls can happen to anyone. Don't let the fear of falling keep you from activities you enjoy. Stay right side up by following these simple suggestions.

**Be Safe at Home.** Most falls occur at home. Stay safe and independent in your home by moving things you can trip over and watching out for pets in your path. Put away those throw and scatter rugs, which make it easier to trip, slip, and fall.

**Enjoy the Outdoors.** Being outside in the fresh air can help you to feel good. When you step outside, give your eyes time to adjust to the outdoor light. Wear sunglasses to reduce glare and see well. Stay safe by using your cane or walking aid.

**Don't Be Swept Off Your Feet.** Your feet get you where you need to go. If your feet hurt, you will be less active, which could increase your risk of a fall. Keep your feet healthy and stay right side up.

**Move Your Body.** Moving your body every day can help you feel better and enjoy life more. Thirty minutes a day of exercise is recommended but break it into 10-15 minutes blocks if that is easier — it's the daily total that matters.

**Know Your Medications.** Medications are used to help us feel better and can be any prescription medicine, vitamins, herbal supplements, or over-the-counter remedies you buy at the drugstore. Some medicines or combinations of medicines have side effects that may cause you to lose your balance or feel unsteady on your feet. Talk with your pharmacist or doctor about all of your medications and side effects.

**Eye Can See Clearly Now.** Everyone's vision changes with age. These changes can happen gradually and you might not always notice them. Have your eyes checked at least once a year by an eye doctor. Schedule the appointment around your birthday to help you remember.

Learn more at the Minnesota Falls Prevention website, [www.mnfallsprevention.org](http://www.mnfallsprevention.org), or call the Senior LinkAge Line® at 1-800-333-2433.



### **Risk Factor – Falling and Getting Hurt**

- More than 1/3 of Americans 65 and older fall each year and 10% of those falls result in serious injury. Falls are the leading cause of death by accidental injury for people age 65 years and older.
- Over 50% of falls occur around the home and are the major reason older Americans lose their ability to live independently.
- Minnesota has the 3<sup>rd</sup> highest death rate from unexpected falls in the country. Falls are the leading cause of all emergency room visits in Minnesota hospitals.
- Vitamin D deficiency is common among older Minnesotans and can lead to falls.
- Falls can be caused by: an on-going health issue, weak muscles, medication use, low blood pressure, poor eyesight, hazards around home, using a cane or walker the wrong way, and poor footwear especially for walking on ice or wet surfaces.
- Falls **are not** a normal part of getting older.

**KEY TIP: You can reduce your chances of falling.**

### **Other Tips**