## On the Move Falls Prevention Clinic: An Innovative NP-Driven Model of Care

Geraldine Kanne, MSN, ANP-BC, GS-C<sup>1,2</sup>; Dana Pierson, PT, MSPT<sup>3</sup>; Misty Woods Corcoran, PT, DPT<sup>3</sup>; Heidi White, MD, MHS, MEd<sup>1,2</sup>
1Duke Population Health Management Office; 2Duke Center for Aging; 3Department of Physical Therapy, Duke Health

## Emergency Emergency Primary Care Medical Department Consultation for Fall(s) 8-week follow-up On the Move Clinic (NP, PT) Fall Prevention Recommendations **Primary Care** Patient Adjust high-risk medications Adjust modifiable risk factors Activate longitudinal Specialty Referrals engagement in community (Vision, Hearing, PT/OT) Patient Outcomes Improved strength,

**Greater Confidence** 

Fewer Falls &

Related-Injuries

**Eligible Patients** 

History of falls, or at high

Ambulatory, with/without

Living in the community

Cognitively able to follow

recommendations to

reduce falls risk

60 and above

falls risk per PCP

assistive device

## **Statistically Significant Improvements**

- 4-item Dynamic Gait Index (p=0.0004)
- → Timed Up and Go (p=0.0051)
- → Activities-Specific Balance Confidence Scale (p=0.0006)

balance, mobility,

body awareness & mindfulness