

## Background

- Falling and mobility impairment is common in older adults
- Fall-related injuries are the third leading cause of death among adults over the age of 65 years.
- Fall risk is multi-factorial
- Fall risk mitigation involves entire healthcare team

## Purpose

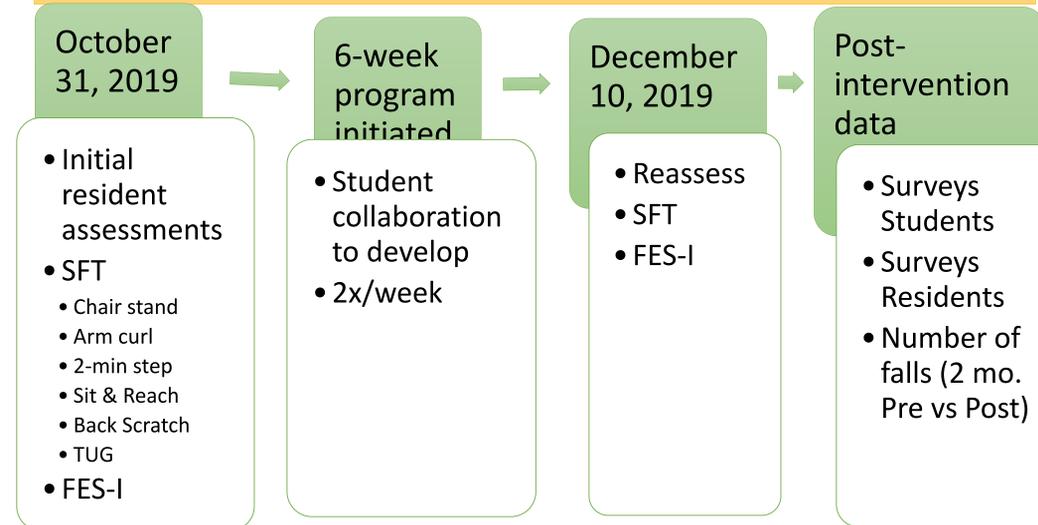
- Interprofessional collaboration between students in TWO different Colleges at one large, urban University
- Student collaboration to develop a personalized wellness program focusing on **mobility, activity/leisure preferences, hydration habits**
- gather students' and residents' perceptions of working with older adults
- investigate the effectiveness of a PT/RT interprofessional collaborative wellness program

## Educational Objectives

- *facilitate interprofessional collaboration between Physical therapy (PT) and Therapeutic recreation (TR) students/faculty to increase each other's knowledge of their respective professions*
- *emphasis on the 4M's in resident care plans*
- *gather student perceptions about working with older adults in residential facilities.*
- *Gather resident perceptions about program participation*

## Methodology

- ❖ 30 undergraduate Therapeutic Recreation (TR) students College of Education and 41 graduate Physical therapy (PT) students College of Health Sciences participated
- ❖ 30 residents signed up; 23 residents completed program
- ❖ Students' initial meeting – 2 minute “Elevator speech”
- ❖ Trained on Senior Wellness Assessment, Rikli Senior Fit Test (SFT), and Falls Efficacy Scale International Short Form (FES-I)



## Results

- ✓ 70 students completed the post program surveys per course requirements; 21 resident completed the post program surveys (4-point ordinal scale – SA, A, D, SD)
- ✓ 90% students responded Strongly Agree or Agree
- ✓ 86-100% of residents responded Strongly Agree or Agree with
- ✓ Fall data: Prior= 51; Post = 75 (entire facility; not just participants)

FES-I	Chair Stand	Arm Curl	2 Min Step	Sit Reach	Back Scratch	TUG
.328	.135	.251	.763	.332	.312	.353



## Conclusions

- **BENEFITS:** Important to what Matters to the residents; improved resident participation in activities; improved confidence
- **LIMITATIONS:**
  - Assisted living vs skilled nursing residents
  - Choice of performance measure; specificity of intervention
  - Affect on falls? Decreased function due to maturation?
- **SUGGESTIONS:**
  - Better orientation for TR students to IPEC principles
  - Students need more in-class time to collaborate
  - Use more than one assisted living/skilled facility