



CASE: FALL RISK SCREENING

Fall prevention

The Chaos Falls Clinic study of the UKK Institute showed that almost one in three falls and fall-related injuries and one in four fall-induced bone fractures could be prevented among older people. A fall risk assessment and an individual plan were made for high-risk people to reduce their risk of falling.

The programme included, among other things, exercise and nutrition advice, medication reviews, eye tests, and improvement of the safety of the home environment.

The results of this study are now put into practice in the KaatumisSeula project, which is coordinated and financed by RAY and organised in the cities of Kotka and Seinäjoki.

One pelvic fracture has been estimated to cost 22,000 euros on average. If a person who has previously been able to live at home needs institutional care after suffering a pelvic fracture, the first-year costs would amount to around 50,000 euros.

The following estimate indicates how much a fall prevention clinic would cost in a hypothetical city with a population of 50,000, with 20% of the population, i.e. 10,000 people, being above the age of 65. On average, 0.8% of people aged over 65 suffer a pelvic fracture each year. In this hypothetical city, this would result in 80 new cases of pelvic fractures, costing at least 1,760,000 euros per year.

Costs

Nurse + physiotherapist, required equipment and facilities: 110,000 euros per year in total.



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The One Life health project strives towards a healthier Finland. The Finnish Brain Association, the Finnish Diabetes Association, the Filha Finnish Lung Health Association, the Organisation for Respiratory Health, the Finnish Association for Mental Health, the Finnish Heart Association, and the Cancer Society of Finland have teamed up to promote people's health and welfare throughout their lives. Duodecim participates in the project as an expert organisation.

Savings

Decreasing the incidence of pelvic fractures to 0.7% among 65+-year-olds would save at least 220,000 euros per year. Decreasing the incidence to 0.6% would save at least 440,000 euros.

The investment would also help prevent other fall-induced bone fractures and injuries and improve the quality of life and functional ability among older people, which would allow them to live at home for longer.

Please note:

Only persons who were already in contact with health care services could be invited to take part in the programme. The participants' level of commitment to the programme could only be assessed at a general level. The number of participants was also too low to determine statistical significance. No cost estimates were made in connection with the trial, since it was not possible to assess the cost-effectiveness of the fall prevention programme.

Sources:

- Effectiveness of the Chaos Falls Clinic in preventing falls and injuries of home-dwelling older adults: a randomised controlled trial. *Injury* 2014; 45(1): 265-71.
- Interview with specialist researcher and project manager Saija Karinkanta, 03/06/2016. (statistics from THL SotkaNet information service)
- <http://www.ukkinstituutti.fi/kaatumisseula>



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