

5th International Congress on

Geriatrics and Gerontology

March 10-11, 2025 | Webinar

Effectiveness of Multidisciplinary Falls Prevention Programs in Reducing Fall Risk Among Nursing Home Residents

Helen Wright

Royal Infirmary of Edinburgh, UK

Falls are a leading cause of morbidity in elderly institutionalized populations. This prospective cohort study evaluated a multidisciplinary falls prevention program involving physical therapy, environmental modifications, and medication review in 150 nursing home residents over 12 months. The intervention group experienced a 40% reduction in falls compared to baseline and significant improvements in balance and mobility tests. Staff compliance and resident

satisfaction were high. Multidisciplinary approaches are effective and should be standard in nursing home care.

Biography

Helen Wright has extensive experience in geriatric care and falls prevention research. She advocates for integrated healthcare models to enhance safety and functional outcomes in older adults.