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

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Activate longitudinal engagement in community balance/exercise class

Primary Care
- Emergency Medical Services
- Emergency Department

Consultation for Fall(s)

On the Move Clinic (NP, PT)

Fall Prevention Recommendations

Primary Care
- Adjust high-risk medications
- Specialty Referrals (Vision, Hearing, PT/OT)

Patient
- Adjust modifiable risk factors
- Activate longitudinal engagement in community balance/exercise class

Patient Outcomes
- Fewer Falls & Related Injuries
- Greater Confidence
- Improved strength, balance, mobility, body awareness & mindfulness

Eligible Patients
- 60 and above
- History of falls, or at high falls risk per PCP
- Ambulatory, with/without assistive device
- Living in the community
- Cognitively able to follow recommendations to reduce falls risk

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)