

# A Podiatrist's Critical Role in Preventing Falls



Percentage of adults 65 and older who fall:

**30–40%**

Percentage of adults 80 and older who fall:

**50%**



Falls are the fifth leading cause of death among those 65 and older. Falls lead to hospitalization, decline in functional status, and increased likelihood of nursing home placement. The estimated cost to the US health-care system:

**\$50 billion**



**As podiatrists, we are uniquely positioned to help patients avoid falls.**

Conduct a falls risk assessment on **patients 65 and older.**



Discuss falls and preventive measures with **patients with peripheral neuropathy.**

Address falls risk with **amputees, post-op patients, and patients in a cast.**



**Falls Prevention Awareness Day**  
is September 22!

Visit

[www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day](http://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day)  
for information to share with your patients.

For more information and resources on falls prevention, visit the National Council on Aging website at [www.ncoa.org](http://www.ncoa.org), the CDC STEADI website at [www.cdc.gov/steady](http://www.cdc.gov/steady), or the American Podiatric Medical Association website at [www.apma.org/fallsprevention](http://www.apma.org/fallsprevention).



# MIPS

**Falls - Risk Assessment (#154) and Falls - Plan of Care (#155)** are quality measures for the Merit-based Incentive Payment System (MIPS). Performing these measures can help you deliver higher-quality care for patients and help your practice thrive in an evolving health-care system.