A Podiatrist's Critical Role in Preventing Falls

**Falls** are the leading cause of injury-related 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.**

- **30–40%** of adults 65 and older will fall.
- **50%** of adults 80 and older will fall.

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.

**Falls Prevention Awareness Week** is September 18–24!

Visit [https://ncoa.org/older-adults/health/prevention/falls-prevention](https://ncoa.org/older-adults/health/prevention/falls-prevention) for information to share with your patients.

**MIPS**

- **Falls - Plan of Care (#155)** is a quality measure for the Merit-based Incentive Payment System (MIPS).
- Performing this measure can help you deliver higher-quality care for patients and help your practice thrive in an evolving health-care system.

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

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/steadi](http://www.cdc.gov/steadi), or the American Podiatric Medical Association website at [www.apma.org/fallsprevention](http://www.apma.org/fallsprevention).