Preventing Secondary Injury in the Elderly



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Objectives

- Primary vs Secondary
- Identifying Risk Factors
- Strategies of Preventing Secondary Injury



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Primary changes with aging

- Osteoporosis (loss of bone density)
- Strength and muscle mass decline
- Balance and flexibility
- Mental acuity



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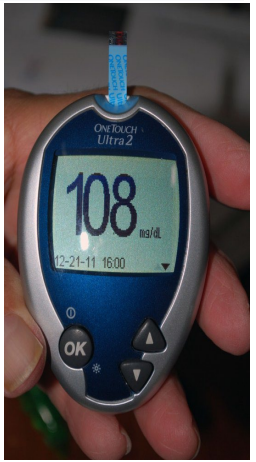
Primary medical conditions

- Diabetes (nervous system, vision)
- Heart disease and stroke
- Mental Health (depression, cognitive decline)
- Addiction (alcohol, drugs)



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Primary medical conditions

- Vision
- Hearing
- Medication errors, interactions







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Primary environmental risks

- Snow, ice, wet or slippery floors
- Ladders, roofs, work sites
- Toys (MNT bikes, skis, skates)



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Falls

- Leading cause of injury in the elderly
- Males have more severe and fatal falls
- Risk takers, ladders, employment
- Females more falls and easier to fracture



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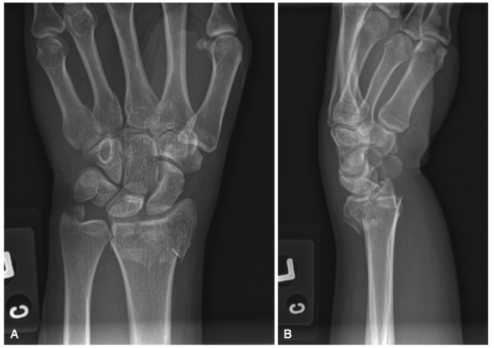
Secondary Injury



- Sprains (ankle, wrist)
- Muscle strains and tears (Rotator Cuff, Quadricep tendon)
- Fractures (hip, wrist, tibial plateau)
- Head injury (Subdural hematoma)

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Prevention

- Be on top of primary risk factors
- Glasses, hearing aids
- Regularly visit your GP
- Vaccines



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Prevention

- Footwear (slippers or shoes, not socks)
- Boots
- Gripers
- Hiking poles or cane



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Behavioral Prevention

- You bounce when you're 20, you break when you're 60
- Slow down
- Share the load



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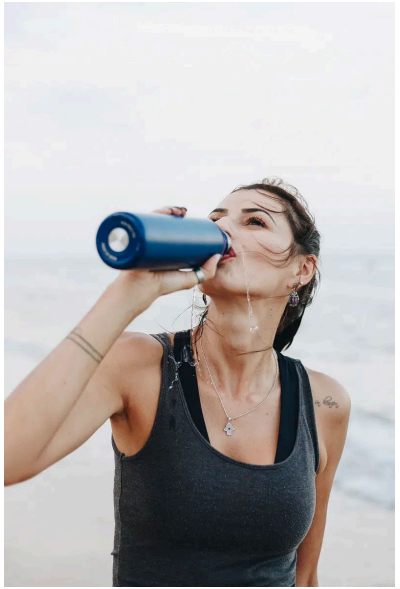
Prevention

- Sleep
- Hydration
- Recognising fatigue
- Pace



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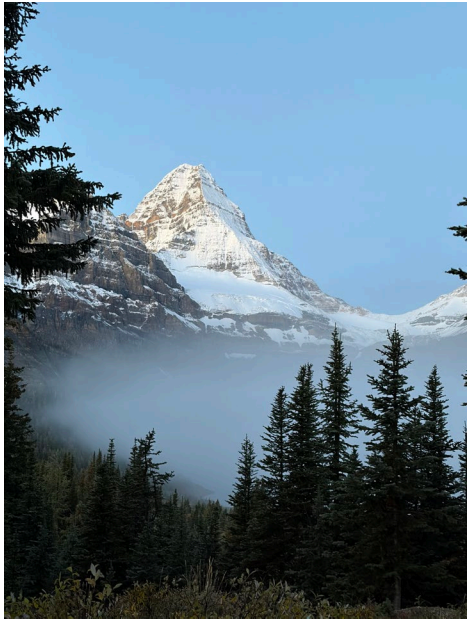
Prevention

- Strength
- Balance
- Flexibility
- Endurance



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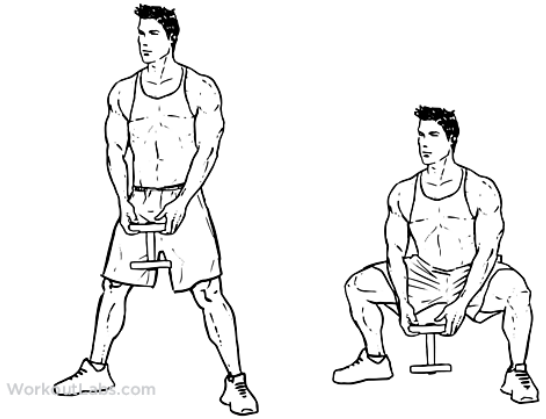
Strength

- Strength Training
- Intensity counts
- Sit - stand drill
- Classes or personal trainer
- Core, core, core work



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Balance

- Single leg stance (floor, pillow, Bosu)
- Lunges
- Skiing (glide, one leg alpine)
- Biking



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Flexibility

- Flexible people love to stretch, stiff people don’t
- Learn good habits
- Classes



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Endurance



- Do walk, swim, run, ski, bike
- Dose is everything
- Ultra anything is hard on your health
- Sitting on the couch with your device is worse

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Socialization and injury prevention

- Fitness class, hiking or ski group
- Choir, band, art , book club
- Socialization gets you out of the house and stimulates your mind
- I guess I’m preaching to the choir



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Thank you





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