KaatumisSeula®
 Implementation of Evidence-Based Fall Prevention for Communities
Karinkanta Saija, Kulmaa Tanja, Kannus Pekka, Vasankari Tommi, Sievänen Harri | The UKK Institute for Health Promotion Research, Tampere, Finland

● Background
• Fall injuries are a growing health problem among older people.
• Every third fall is preventable¹.
• Effective preventive measures need to be based on knowledge of individual fall risk.
• In Finland, risk screening and preventive measures are not used systematically.
• Resources of the voluntary and non-profit organizations (NGOs) are underused.

● Objective
was to create local models for fall risk screening and implementing evidence-based preventive measures. The models were based on co-operation between public sector and NGOs.

● Actions
• Preliminary fall risk screening by healthcare professionals & NGOs.
• Informing preventive measures & offering exercise training possibilities: NGOs.
• Comprehensive assessment of individual fall risk and tailored implementation of prevention measures based on Chaos Falls Clinics²: Public healthcare, educated professionals.

● Conclusion
KaatumisSeula® is a feasible approach to screen the fall risk of older adults and implement preventive measures in community.

● Results
Two different local models were created
Activities were implemented both locally and nationally

2 municipalities and their neighboring areas
163 local information and education sessions with 4,983 participants

Project shown in 40 national events and over 17,000 visits in website

Proper tools and education were available
Self-rated fall risk assessment tool created as screening tool for NGOs
3 new educational materials produced

NGOs were active and keen in their role
5 national and 27 local NGOs involved

Over 57,000 flyers and other materials delivered
Thousands of self-rated fall risk assessment done

Falls Clinics helped those at high risk

2 falls clinics started
Multifactorial assessment done for 439 older people

37% found to be at high fall risk
Fall risk score lowered by 22% among those with one follow-up visit, and by 27% among those with two visits

Objective: Prevent functional decline and falls

Path I (mainly NGOs):
- Low fall risk
- Potentially at high fall risk

Path II (health care professionals):
- Low fall risk
- Chaos Falls Clinic

Promoting physical & social activity
- Offering exercise possibilities (e.g., groups)
- General fall prevention counseling (e.g., flyers)

Individually tailored fall prevention plan & implementation

Contact information
Saija Karinkanta PhD, PT
Senior Researcher
The UKK Institute for Health Promotion Research
PO Box 30
FIN-33501 Tampere
saija.karinkanta@uta.fi