## Community Health Needs Assessment Implementation Plan Progress Report

Advocate Good Samaritan Hospital (AGSAM)  
December 2015

<table>
<thead>
<tr>
<th>Priority Area:</th>
<th>Fall Prevention – Senior Population</th>
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</thead>
<tbody>
<tr>
<td>Target Population:</td>
<td>Seniors 65 years and older.</td>
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<tr>
<td><strong>Goal:</strong></td>
<td>Reduce falls among seniors 65 and older in the Advocate Good Samaritan Hospital primary service area.</td>
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</tbody>
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### Performance Measures

- 65% of the program participants attending Day 1 will complete a minimum of 5 of the 8 Matter of Balance (MOB) classes (10 of 16 hours).
- 50% of the program participants completing the class evaluation survey will feel more comfortable talking with others about his/her fear of falling.
- 50% of the program participants completing the class evaluation survey will agree that he/she plans to continue exercising after completion of the MOB class.
- 50% of the program participants completing the class evaluation survey will make changes to his/her environment. For example, removing throw rugs or applying double faced adhesive, using maximum wattage in light fixtures, etc.

### 2015 Implementation Plan Data and/or Updates

- 86% of the 2015 program participants that attended Day 1 completed a minimum of 5 of the 8 Matter of Balance (MOB) classes (10 of 16 hours).
- 76% of the 2015 program participants that completed the class evaluation survey felt more comfortable talking with others about his/her fear of falling.
- 79% of the 2015 program participants that completed the class evaluation survey agreed that he/she plans to continue exercising after completion of the MOB class.
- 71% of the 2015 program participants that completed the class evaluation survey made changes to his/her environment.

### 2015 Implementation Plan Accomplishments

- Advocate Good Samaritan Hospital compared its MOB pre- and post-session survey scores against that of a national database provided by Maine Health, the creator of the MOB program. As of December 2015, Advocate Good Samaritan Hospital's MOB pre- versus post-session scores indicate a 27.93% increase in session participants’ awareness of fall risk factors as compared to Maine Health's national benchmark score of 22.57%. These results are based on a matrix of four indicators including: 1) controlling environment, 2) stability, 3) exercise, and 4) fear of falling.
- Advocate Good Samaritan Hospital offered double the number of MOB classes in 2015 compared to 2014. The hospital was able to enroll more seniors in 2015 as a result of the increased number of MOB classes offered to the community.

### Next Steps

- Advocate Good Samaritan Hospital plans to implement 5 – 6 MOB classes in 2016. We are exploring the possibility of implementing 2 – 3 spring/summer classes in the community to increase access and expand our reach.

**Date of Data:** January 1, 2015 – December 7, 2015