



Pyramid Lake Paiute Tribe

Injury Prevention Program

Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for the Pyramid Lake Paiute Tribe

PROGRAM GOALS

Decrease injuries from falls among the tribal elders in the Pyramid Lake Paiute Tribe

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make referrals for elders to have their medications reviewed (some medications can increase risk of falling)
4. Provide one-on-one and group education about fall prevention
5. Publish an elder fall prevention newsletter

Background

- **Tribal Enrollment:** 2,288 members with 1,300 living on the reservation
- **Location:** Northwestern Nevada

PROGRAM HIGHLIGHTS

September 2015-February 2020

101



Homes

checked for
fall hazards

1076



Changes

made in
elders' homes
to help
prevent falls,
like grab bars,
ramps, shower
chairs, etc.

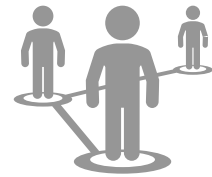
101



Reviews

completed
of elders'
medications

200



Elders

reached
through a
newsletter
focusing on
elder fall
prevention

Tribal Injury Prevention

August 2020



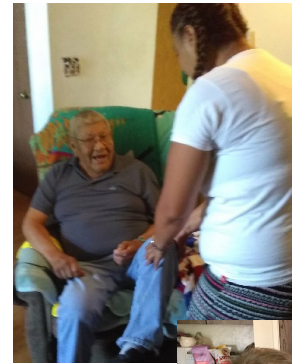
Pyramid Lake Paiute Tribe Injury Prevention Program

PROGRAM SNAPSHOT



Exercise Classes

The Injury Prevention Program (IPP) holds bi-monthly chair yoga classes for local elders to increase strength and balance.



Collaboration

The IPP coordinates with Clinic departments (including Maintenance, Pharmacy, and Community Health) as well as Tribal departments (including Social Services, Housing Tribal Administration's Elder Assistance Program, Tribal Newspaper, and the Numaga Senior Center).



Creative Communication

The monthly newsletter aims to provide injury prevention education to elders. Topics have included: "Wall Flexibility Exercise," "What To Do If You Fall," "Fall Exercises To Keep You Moving," "Floor Stretching Exercises," "Overcoming Barriers To Exercise," and "Arm Curl Exercises."



Tracking Progress

The IPP conducts pre- and post-questionnaires with home assessment recipients to measure the impact of education provided, and functional assessments before and after strength and balance exercise classes to track their effectiveness. From one class in 2018, **100%** of participants saw improvements in their Four Stage Balance Tests. Due to COVID-19, the program has faced challenges collecting post-tests from more recent classes.

One patient saw a 233% increase in her ability to do the Tandem Stand and saw an 8% increase in her ability to stand on one foot. These findings suggest an improvement in her balance and strength as a result of the class.

Tribal Injury Prevention

August 2020

Carla Molino

Injury Prevention Coordinator

O: 775-574-1018 x1215

E: Carla.Molino@ihs.gov