

PODIATRIC SERVICES HELP PREVENT FALLS FOR THE ELDERLY AND AT-RISK POPULATIONS



NEW YORK STATE
PODIATRIC MEDICAL
ASSOCIATION

New York's Only Foot Specialists Since 1895

New York Medicaid prioritized fall prevention in the New York State Prevention Agenda. Additionally, New York is focusing on issues, such as fall prevention, to improve quality of life of New Yorkers¹.

Podiatrists play a critical role in fall prevention. Falls are the leading cause of injury-related deaths, hospitalizations, and emergency room visits among the elderly². Every day, two older New Yorkers die, 140 are hospitalized, and 223 are seen in emergency departments due to falls³. Among those 65 and older who are hospitalized due to falls, 60 percent end up in a nursing home or rehabilitation center, 11 percent suffer a traumatic brain injury and 27 percent experience a hip fracture.

Podiatrists help reduce the risk of falls by treating the foot, providing patient education, promoting health, and encouraging mobility⁴.

New York State Podiatric Medical Association contracted with Navigant Consulting to conduct a literature review of podiatric interventions. Our review focused on podiatric interventions treating diseases that improve the quality of life as well as reduce unnecessary health care costs. Results of this analysis demonstrate that routine assessment and management of foot issues help reduce the risk of falls, leading to improved health and decreased frailty among the aging⁴:



36 percent reduction of falls over a 12-month period for individuals with an increased risk of falls receiving podiatric interventions⁵



New York currently spends approximately \$1.7 billion in hospitalization charges and \$145.3 million in outpatient emergency department charges annually⁶

Inclusion of comprehensive podiatric services in value based payment arrangements may reduce the prevalence of falls among at risk New Yorkers.

Placeholder – Case Study

¹ https://www.health.ny.gov/health_care/medicaid/redesign/

² https://www.health.ny.gov/statistics/prevention/injury_prevention/falls.htm

³ https://www.health.ny.gov/prevention/injury_prevention/docs/falls_in_older_adults_nys.pdf

⁴ Muchna et. al: Foot problems in older adults. Journal of the American Podiatric Medical Association. 2016.

⁵ Spink MJ et al: Effectiveness of a multifaceted podiatry intervention to prevent falls in community dwelling older people with disabling foot pain: randomized controlled trial. BMJ 2011; 342:d3411

⁶ https://www.health.ny.gov/prevention/injury_prevention/falls_in_older_adults_nys.htm

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