

BII WELLNESS RECOMMENDATIONS

FALL PREVENTION:

1. DISCUSS YOUR MEDICATIONS WITH YOUR PHYSICIAN/SEEK LOWEST DOSE IF POSSIBLE:
 - a. MEDICATIONS THAT AFFECT THE BRAIN
 - i. PSYCHOACTIVES THAT TEND TO CAUSE SEDATION OR DROWSINESS
 - ii. BENZODIAZEPINES: ex. ATIVAN, VALIUM, RESORIL, XANAX
 - iii. NON-BENZODIAZEPINE: ex. AMBIEN, SONATA, LUNESTA
 - iv. ANTIPSYCHOTICS: ex. ABILIFY, RISPERDAL, SEROQUEL, ZYPREXA
 - v. ANTICONVULSANTS: ex. DEPAKOTE, NEURONTIN/GABAPENTIN
 - vi. ANTIDEPRESSANTS: ex. ZOLOFT, CELEXA, LEXAPRO, PAXIL, PROZAC, EFFEXOR, WELLBUTRIN, ELEVIL, TRAZADONE,
 - vii. OPIOID/NARCOTICS: ex. CODIENE, HYDROCODONE, OXYCODONE, FENTANYL, METHADONE, MORPHINE
 - viii. ANTICHOLINERGICS: ex. BENADRYL, MECLIZINE, PROMETHAZINE, ANTIVERT, NYQUIL, TYLENOL PM, FLEXERIL, TRICYCLIC/SSRI
 - b. MEDICATIONS THAT AFFECT BLOOD PRESSURE
 - i. A SUDDEN DROP IN BP CAN INCREASE A RISK FOR FALLS
 1. ALPHA BLOCKERS: FLOMAX, CARDURA, HYTRIN, MINIPRESS
 2. DIURETICS
 - c. MEDICATIONS THAT LOWER BLOOD SUGAR
 - i. HYPOGLYCEMIA CAN INCREASE RISK FOR FALLS IN PT WITH DIABETES
 1. METFORMIN
2. KNOW WHY YOU ARE TAKING EACH MEDICATION AND THE PROPER DOSAGE
3. BE AWARE OF MEDICATION SIDE EFFECTS, ESPECIALLY IF YOU TAKE MORE THAN 4 MEDICINES
4. TAKE YOUR MEDICINE AS PRESCRIBED AND FOLLOW ALL DIRECTIONS ON THE LABELS
5. BRING ALL YOUR MEDICATIONS INCLUDING PRESCRIPTION, OTC, DRUGS, VITAMINS AND HERBAL REMEDIES TO YOUR MD OR PHARMACIST TO BE REVIEWED
6. USE THE SAME PHARMACY FOR ALL PRESCRIPTIONS-IT MAKES IT EASIER TO CHECK FOR PROBLEMS
7. AVOID DRINKING ALCOHOL WHEN TAKING MEDICATIONS, IT CAN AFFECT HOW THE WORK, WORSEN SIDE EFFECTS AND CAUSE BALANCE ISSUES
8. REVIEW HOME SAFETY HAZARDS THAT CAN INCREASE YOUR RISK FOR FALLS (SEE ATTACHED CHECKLIST)
9. HAVE YOUR VISION ASSESSED
10. USE NIGHT LIGHTS/ FLASH LIGHTS/TURN ON LIGHTS IN THE DARK

IF YOU FALL, WRITE DOWN IMMEDIATELY WHERE AND WHEN YOU FELL, HOW YOU FELL AND WHAT YOU WERE DOING AND FEELING AT THE TIME YOU FELL-CALL YOUR MD ASAP

VITAMIN D SUPPLEMENTATION

IF YOU HAVE FALLEN > 2X THIS YEAR PLEASE DISCUSS YOUR VIT D LEVELS WITH YOUR PHYSICIAN. RECOMMENDED DAILY ALLOWANCES FOR VIT D (600 IU IF 19-70 YEARS OLD AND 800 IU IF > 70)

DIABETIC FOOT CARE

1. INSPECT YOUR FEET DAILY FOR CUTS, BLISTERS OR SWELLING AND KEEP TOENAILS GROOMED
2. NEVER GO BAREFOOT
3. KEEP YOU FEET WARM AND DRY WITH WELL FITTED SHOES
4. STOP SMOKING-THIS AFFECTS THE CIRCULATION TO THE FEET, INCREASE RISK OR ULCERS
5. KEEP GOOD GLYCEMIC CONTROL
6. DRY YOUR FEET AFTER SHOWER/BATH ESPECIALLY BETWEEN YOUR TOES
7. KEEP SKIN MOISTURIZED BUT NOT IN BETWEEN TOES
8. WASH YOUR FEET WITH WARM WATER EVERY DAY
9. WEAR CLEAN SOFT SOCKS THAT FIT YOU CORRECTLY
10. CONSULT WITH YOUR PHYSICIAN/PODIATRIST EVERY 6 MONTHS FOR ASSESMENT
11. TWO COMMON MECHANISMS BY WHICH FOOT DEEFORMITY AND NEUROPATHY MAY INDUCE SKIN BREAKDOWN IN PERSONS WITH DIABETES. THE FIRST MECHANISM IS DUE TO PROLONGED LOW PRESSURE OVER A BONY AREA DUE TO TIGHT OR ILL FITTING SHOES. OTHER MECHANISMS OF ULCERATION INVOLVE PROLONGED REPETITIVE MODERATE STRESS.

NUTRITIONAL COUNSELING FOR WEIGHT CONTROL/DIABETES MANAGEMENT/WEIGHT LOSS

DIETICIAN RESOURCES:

COMMUNITY HEALTH NETWORK: 317-355-4680

THE WELLNESS PHILOSOPHY: STACI SMALL MA, RD 317-362-6528

FRUITFUL NUTRITION: RACHAEL BORDOGNA, RD CD 317-759-3589

ST FRANCIS HEALTH NETWORK: 317-529-8921

1. MOST WEIGHT LOSS OCCURS BECAUSE OF DECREASE CALORIC INTAKE ALONG WITH ENGAGING IN REGULAR PHYSICAL ACTIVITY
2. PHYSICAL ACTIVITY ASSISTS WITH MANAGING WEIGHT, REDUCING BLOOD PRESSURE, REDUCING RISK FOR TYPE 2 DIABETES, REDUCES ARTHRITIS PAIN, REDUCES OSTEOPOROSIS AND FALL RISK, REDUCES SYMPTOMS OF DEPRESSION AND ANXIETY
3. TO MAINTAIN YOUR WEIGHT WORK YOUR WAY UP TO 150 MINUTES OF MODERATE INTENSITY AEROBIC ACTIVITY
4. TO LOSE WEIGHT YOU WILL NEED A HIGH AMOUNT OF PHYSICAL ACTIVITY AND TO ADJUST YOUR DIET TO REDUCE YOUR CALORIES YOUR EATING AND DRINKING
5. MODERATE EXERCISES/CALORIC BURN EXAMPLES:
 - a. WALKING BRISKLY 15 MIN MILE/140-230 CALORIES
 - b. LIGHT YARD WORK/165 CALORIES
 - c. LIGHT SNOW SHOVELING/220 CALORIES
 - d. ACTIVELY PLAYING WITH CHILDREN/185 CALORIES
 - e. BIKING AT A CASUAL PACE/145 CALORIES
6. RESOURCE: WWW.CDC.GOV/HEALTHYWEIGHT/PHYSICAL_ACTIVITY

SMOKING CESSATION RESOURCES

American Cancer Society

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>

American Heart Association http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

American Lung Association – <http://www.lung.org/stop-smoking>

CDC State Tobacco Activities Tracking & Evaluation (STATE) System – www.cdc.gov/statesystem (an interactive application that displays current and historical state-level data on tobacco use prevention and control)

National Tobacco Control Program – http://www.cdc.gov/tobacco/tobacco_control_programs/ntcp/

Smoke Free – <http://www.smokefree.gov> (en Español <http://espanol.smokefree.gov>)

Smoke Free Quit Guide – <http://www.smokefree.gov/apps/>

FDA 101: Smoking Cessation Products

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

Pathways to Freedom: Winning the Fight Against Tobacco

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm

Smoking Quit and Information Lines · (800) LUNG-USA : helpline and education for those wishing to stop smoking · (800) QUIT-NOW : educational materials and coaches that can help you quit smoking or chewing tobacco · (877) 44U-QUIT: individualized counseling, printed information, and referrals to other sources

DEPRESSION RESOURCES

Community Hospital 317-355-2560

IU Health 317-274-5000

Franciscan Health Network 317-783-8383

St Vincent 317-388-4800

BALANCE INSTITUTE OF INDIANA

Home Safety Assessment

Lighting

- o Increase power of light bulbs to maximum allowable
- o Arrange lights so there is no glare or shadows
- o Accessible switches at room entrances
- o Night light in bedroom, bathrooms & on stairs
- o Timer lights in living space
- o Emergency lighting in case of power failure
(runs on battery that recharges by plugging into wall outlet)

Stairs

- o Lighting sufficient (bright)
- o Light switches at top & bottom of stairs
- o Railing on both sides, securely fastened
- o Top & bottom steps marked with bright contrasting tape
- o Steps in good repair
- o No objects stored on steps

Bathroom

- o Grab bars for shower (NOT towel rack)
- o Grab bars for toilet (NOT towel rack)
- o Non-skid rubber mat or decal in tub or shower
- o Shower chair with hand-held shower handle
- o Raised commode seat
- o Door locks removed
- o Portable phone

Footwear

- o Shoes with firm, non-skid, non-friction bottoms
- o Low heels
- o Avoid Stocking feet
- o Avoid loose slippers... wear slippers with non-skid bottoms

Floors

- o Nonskid backing for throw rugs OR remove the rugs
- o Carpet edges backed down
- o Shallow pile carpets only
- o Nonskid wax floors
- o Cords out of walking paths
- o Small objects (stools, low tables) out of walking paths

Kitchen

- o Items stored so bending over & reaching up not necessary
- o Firm, non-movable table
- o Secure step stool with handle
- o Non-skid floors

Yard and Entrances

- o Repair cracks in walkways
- o Repair holes in lawn
- o Remove all rocks, tools & other tripping hazards
- o Well-lit walkways (emergency lighting & night lighting)
- o Remove leaves, moss from walkways
- o Repair stairs & steps as above
- o Prepare for icy walkways (salt, kitty litter, cane, shoes)
- o Handrails

Pets

- o Pets out of walking path
- o Crate/pet carrier = available if needed
- o Feeding/watering containers & toys stored out of walking path

**Grab bars, shower chairs, raised commode seats, etc. may be located at local hardware stores like Lowe's, Menards or Home Depot. Walkers and canes may be found at convalescent/drug stores like CVS, Walgreens, and Osco.*