Pikes Peak Ethics Committee Meeting

- First Friday of every month at noon.
- Email me if you would like to be added to our email list to receive the agenda and reminders about the meeting.
- https://zoom.us/j/97461641616?pwd=YPpJU1ZHMG3bTChSVxAcD9gb39qVaY.1

Falls

I've noticed a lot of concerns about falls over the last two months. I encourage facilities to have a written and formal fall program. This program should take a continuous quality improvement approach to falls. There are many ways to accomplish this, and I have provided some resources below. There are some interventions that probably should be used when a resident falls more than once and no root cause has been identified. I will be working on a new list of potential fall interventions to update the one linked below.

1. Post fall huddle (ASAP!)
   - ASAP, with the CNAs and nurses that identified the fall
   - Root cause analysis
2. Environment evaluation
   - Accidental fall?
     - Spill on floor, trip on oxygen tubing, slipped in transition, etc...
     - Interventions planned
     - Review interventions daily for 30 days to assess success of intervention
     - Document intervention and efficacy of intervention.
   - Change in condition?
     - New onset medical condition
     - Postural hypotension
     - Dizziness
     - confusion
     - new medication

- progression of dementia or other chronic disease state

3. Vital signs.

4. Orthostatic blood pressure and heart rate
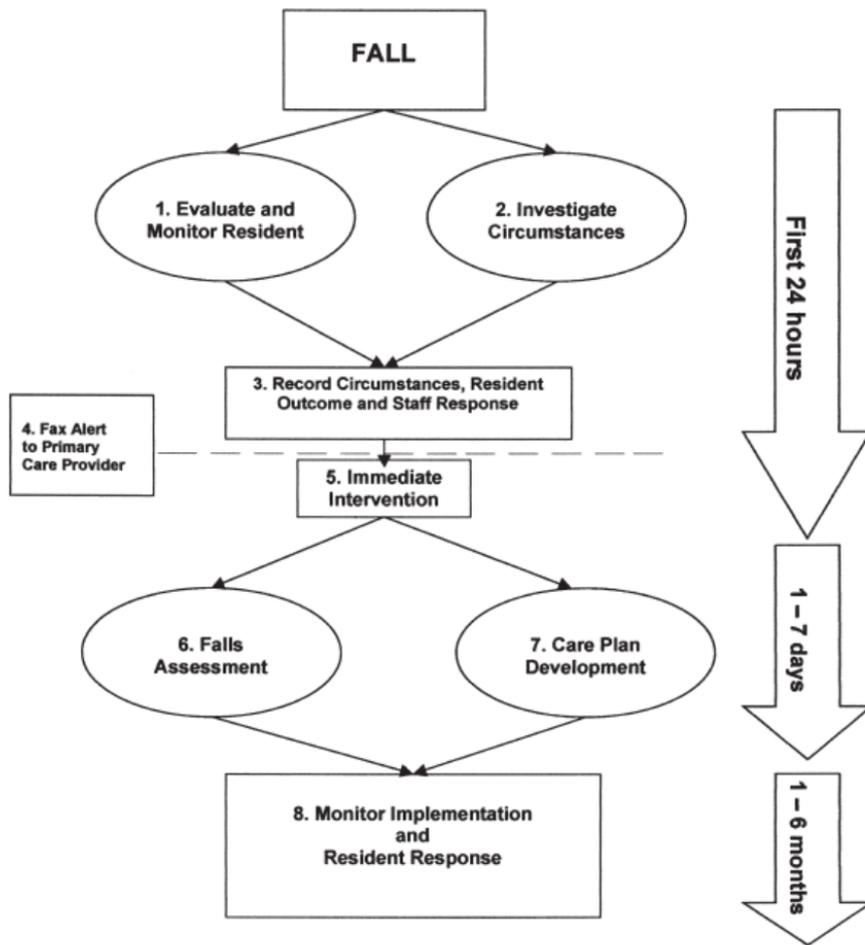
5. Check glucose

6. Alert physician

   - Collect the information above within 24 hours.

   - Once you have the above information collected, present the case to the patient's attending physician.

7. PT evaluation

8. Vision assessment – PT can do a functional visual assessment

9. Physician evaluation for falls

   - Physical exam and labs/imaging aimed at identifying causes of falling, weakness, dizziness, functional decline, or other potential change in medical status that could increase fall risk.

   - Physician note outlining recognition of falls, plan for workup, potential causes, interventions, lab/imaging results, and expectation for successful interventions.

[Fall Evaluation Tools – docShepherd](#)

[The Falls Management Program: A Quality Improvement Initiative for Nursing Facilities | Agency for Healthcare Research and Quality](#)

[Falls and Vision Impairment – docShepherd](#)

Influenza and COVID

460 COVID-19 Hospital Admissions Since 10/1/2025	475 Influenza Hospital Admissions Since 10/1/2025	53 RSV Hospital Admissions Since 10/1/2025

Viral Respiratory Diseases Data

Colorado monitors statewide influenza, COVID-19, and respiratory syncytial virus activity throughout the year. For influenza and RSV, Colorado conducts additional enhanced monitoring each viral respiratory season between October and May. Currently, all statewide COVID-19 surveillance activities are conducted year-round.
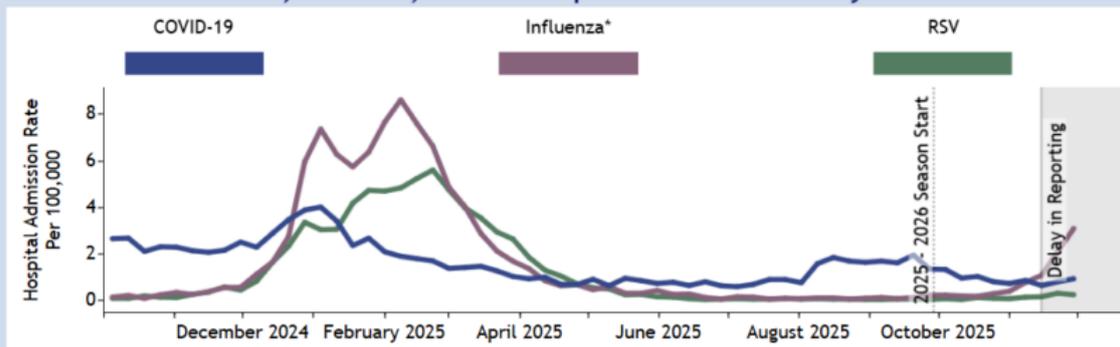
This Week's Overview

Overall respiratory illness activity in Colorado is **Low**

For more information, visit CDC's Respiratory Illness Data Channel

Hospital Admission Rates | Syndromic Data

Colorado COVID-19, Influenza, and RSV Hospital Admission Rates by Week of Admission

COVID-19   Influenza*   RSV

Key Metric Changes This Week Compared to Last Week

Pathogen	ED Visits Diagnosed	Weekly Sentinel Positivity Rate
COVID-19	0.49% (▲0.12)	3.39% (▲0.25)
Influenza*	2.46% (▲0.67)	16.36% (▲3.55)
RSV	0.03% (▼0.01)	0.98% (▲0.3)

*A(H3N2) is the predominant circulating virus.

Wastewater Surveillance Data

SARS-CoV-2	Influenza	RSV
Increasing SARS-CoV-2 trends in **5** out of 20 monitored utilities.	Influenza detected in **11** out of 20 monitored utilities.	Respiratory Syncytial Virus (RSV) detected in **1** out of 20 monitored utilities.

Tai Chi: Alternative Treatment Option for Chronic Insomnia?

- Possible alternative treatment for insomnia that might also help with depression and anxiety

- Tai Chi: Alternative Treatment Option for Chronic Insomnia?

- Tai chi or cognitive behavioural therapy for treating insomnia in middle aged and older adults: randomised non-inferiority trial | The BMJ

[CASE-LTC, a new antimicrobial stewardship community of practice for Colorado nursing homes that is hosted by CDPHE – docShepherd](#)

[CASE LTC recruitment flyer 2025](#)[Download](#)

Unnecessary medications, psychotropic medications and medication regimen review critical element pathway

[CMS crit element path unecessary meds 2025](#)[Download](#)