



St Joseph's Hospital

A Service of St Vincents & Mater Health Sydney  
& A Unit of Sydney West Area Health Service

St Joseph's Hospital Ltd  
Normanby Road  
AUBURN NSW 2144  
ABN 61 053 439 848

# The challenges of falls prevention in people with Motor Neurone Disease

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# Falls and Motor Neurone Disease

- What is MND
- Incidence of falls
- Incidence of injurious falls
- Case study
- What can we do



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# What is MND?

- fatal, progressive neurodegenerative disease
- Life expectancy approx 2-3 years
- subtypes of MND
- Age of onset



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# MND service at St Joseph's Hospital

- 50 patients seen 2007-2009 (Outpatient Multidisc Clinic).

- Incidence of falls:

Nearly every patient had fallen at least once!

50% of patients had multiple falls





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# The rate of injurious falls

- 10% of patients had an injurious fall
- fractures: humerus, fibula, big toe, patella and pelvis.



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# Many causes of falls

- progressive LL weakness
- progressive upper limb weakness
- rapid change in functional performance
- fatigue
- generally no fear of falling



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# The consequences of falls

- medical input
- impact on mobility and activities of daily living
- increase in carer burden



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# Many challenges in falls prevention

- the diagnosis
- rapid change in functional performance
- acceptance of equipment
- prognosis





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# What can we do?

- Introduce aids early
- Educate about falls prevention/ awareness
- And..