



**VIRTUSENSE™**

# TAKING A PROACTIVE APPROACH TO REDUCE FALLS WITH VIRTUSENSE

AT LARKSFIELD PLACE



## OVERVIEW

Larksfield Place Retirement Communities, Inc. is a not-for-profit, single-site Life Plan community in Wichita, Kansas. LFP's mission, for nearly 35 years, is to enrich the lives of discerning older adults, by providing distinctive lifestyle, health and wellness services including independent living, assisted living, memory support, rehabilitation and long-term care. Additionally, LFP offers home health and hospice, both ACHC Accredited.



To better serve their residents and keep them healthy and active longer, LFP enlisted the rehabilitation services of Select Rehab, and implemented the revolutionary artificial intelligence (AI) ecosystem developed by VirtuSense Technologies to proactively prevent falls in their community.

## IDENTIFYING RESIDENTS AT RISK

To manage LFP's population health and determine which residents are deemed a high fall risk, therapists from Select Rehab use **VSTBalance**, an automated fall-risk assessment tool that uses AI and machine vision to objectively identify deficits in balance, gait, and function—the three leading indicators of fall-risk. The system automatically generates reports after each assessment so therapists can use the data to create more effective care plans and route residents to personalized wellness, and/or therapy.

“VSTBalance made a night-and-day difference, capturing resident fall-risks and helping therapists prescribe the right therapy treatments. It was quickly assimilated into practice and provided instant and tangible evidence of the need for intervention.”



**Michael Hambley**  
LFP President & CEO



Loni Moyer, Select's Therapy Program Director at LP says, "We use **VSTBalance** for yearly fitness assessments and with incoming residents, so we are able to make recommendations to our outpatient PT/OT departments based on medium to low mobility indicators." She also notes that through these assessments they are able to capture gains and track improvements over time.

"The ability to stay in independent living longer by preventative measures is a happy consequence of **VSTBalance** screenings for our residents," Hambley notes. "This is a very discerning community, and they are gratified to know this proactive approach reduces falls in our building by over 70%. **VSTBalance** also demonstrated the need for prevention, as falls with injury oftentimes incur a decline in wellbeing that correlates to cognition and major organ failure."

## PREVENTING FALLS WITH ARTIFICIAL INTELLIGENCE

To protect residents who are identified as a high fall risk, LFP took measures to ensure extra precautions were in place with **VSTAlert**, an in-room monitoring platform that identifies a resident's intent to exit their bed or chair 30–65 seconds before they get up, notifying staff to prevent a fall. The AI sensor is 98% accurate, reducing false alarms by 95%.

LFP was able to reduce falls with injury by 80% in its short-term rehab unit in the first six months of implementation with **VSTAlert** monitoring 8 out of 38 beds. "It is installed in rooms of residents at the highest risk for falls, so when an alert is sent, the staff know that is the highest priority and they need to respond quickly," explains Karen Nelson, VP of Clinical Services at LFP. "It gives staff peace of mind knowing they have that extra layer of protection for the high fall risk residents."

She also notes that VSTAlert's remote monitoring capabilities improve efficiencies and assist caregivers during the night shifts when fewer staff are in the building.



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“Staff are able to rely on the system to alert them when there is movement that could lead to a fall, so they are able to attend to other resident’s needs without the constant worry that a high fall risk resident is going to wake up in between rounds without their knowledge.”



**Karen Nelson**  
VP of Clinical Services at LFP

## CONCLUSION

Select Rehab’s therapists, using **VSTBalance**, have helped Larksfield Place better manage its population health communitywide, ensuring the healthiest residents age in place gracefully in independent and assisted living, while also determining interventions for those with greater needs.

“The cost of prevention is of inestimable value to the residents, a savings to the healthcare system, and life-saver to those who benefit from pain avoidance and risk mitigation,” Hambley notes.

**Using VSTAlert and VSTBalance in tandem allows organizations to create an optimized and highly effective fall prevention plan.**

