

FALL PREVENTION IN OLDER ADULTS



Falls are a leading cause of injury and death related to injury. Falls are caused by multi-factorial conditions including both intrinsic and extrinsic factors that need to be addressed in order to develop fall prevention strategies. Falling causes a significant decline in function among the elderly population and can cause a decline in health. It is important to understand how falls occur, how to manage a patient following a fall, and fall prevention strategies in order to decrease risk of falls. Both physical and occupational therapists, as well as all healthcare providers, play a role in fall prevention. There are several balance tests that can help to determine a person's risk of falling and multiple-intervention strategies that can help decrease a risk of falling.

Upon completion of this course, you will be able to:

- Discuss prevalence of falls.
- Discuss epidemiology regarding falls.
- Identify causes and risk factors of falls.
- Discuss evaluating a patient post-fall.
- Identify examination techniques used to evaluate a patient post-fall.
- Have the tools to implement a balance and fall prevention program.
- Describe fall prevention strategies in acute care.
- Discuss perceptions related to falls and fall prevention among hospitalized adults.
- Describe ways to prevent falls in the geriatric population.
- Discuss single and multi-factorial fall prevention strategies.
- Describe how to perform a risk-assessment and be able to implement fall prevention strategies associated with each risk.
- Understand how to perform and score the Berg Balance Assessment.
- Understand how to perform the Timed Up and Go test.
- Describe the association between vitamin D and fall prevention in women.
- Describe the effectiveness of physical therapist administered group-based exercise on fall prevention.
- Describe physical therapy for improving balance and reducing fall risk for patients with osteoarthritis of the knee.
- Describe the association of flexibility, balance and lumbar strength with balance ability.
- Understand how single-task vs. dual-task training affects balance performance in older adults.
- Describe the occupational therapy perspective on fall prevention.
- Describe safety versus independence as it relates to fall prevention.
- Understand the need for support for caregivers of patients with a history of falls.
- Describe vestibular conditions and how they can relate to falls.

Author: Lisa Augustyn, PT, DPT, Dianna Lunsford OTD M.Ed. OTR/L CHT

Contact Hours: 5 Hours / 5 PDR (AOTA CEUs—0.5) | Educational Level: Intermediate Prerequisites: None

AOTA Classification Codes: Category 2—Occupational Therapy Process

Target Audience: OTs, OTAs, PTs, PTAs and Other Healthcare Professionals

Cost: \$30 / Participant

Instructional Methods: Online Independent Self-Study (Training + Post-Test). A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

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