



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Geriatric Rehab 116

Course Subtitles: Balance Problems and Fall Risks in the Elderly

Target Audience: OT/OTA's, PT/PTA's

Course Length: 1 hour

Description: Falls in the elderly are an increasing problem causing a high degree of morbidity, mortality, and use of health care services. Identification of risk factors through medical assessment supports the provision of appropriate interventions that reduce rates of falling. Evaluation and intervention strategies are generally challenging because of the complex and multifactorial nature of falls. The clinician should consider screening for falls an important part of the functional evaluation in older adults. Several potential interventions have proven helpful as preventive strategies. Optimal approaches involve interdisciplinary collaboration in assessment and interventions, particularly exercise, attention to coexisting medical conditions, and reduction of environmental hazards.

Course Authors: Multiple

Course Instructor: Joanne Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Discuss the demographics and scope of problem of falls
- Outline and describe 6 key conditions that should be included in a patient assessment when considering fall risk
- List 4 risk factors, including neurologic, cardiovascular and musculoskeletal disorders, that are associated with gait and balance disorders
- Describe the 8 components that are key factors in the physical examination when evaluating an older adult for risk of falling
- Outline and describe pharmacologic and nonpharmacologic strategies for the prevention and management of falls

Outline of Content:

Hour #1

- Introduction

- Demographics and Scope of the Problem
- Patient assessment
- Conditions
 - Gait and balance disorders
 - Cognitive impairment
 - Musculoskeletal conditions and pain
 - Vision
 - Medications
 - Sarcopenia
- Patient Evaluation
 - History
 - Physical examination
- Prevention and management strategies
- Nonpharmacologic
 - Exercise
 - Environmental assessments and modifications
- Pharmacologic
- Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes Audiovisual formatted course with downloadable course handout. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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