



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Geriatrics 241

Course Subtitles: Falls in the Geriatric Patient

Course Description: Falls in older adults are multifaceted, and are caused by biologic, behavioral, environmental, and socioeconomic risk factors. An estimated 25% of older adults fall each year. With 10,000 people turning 65 each day, it is essential that those at highest risk receive intervention to decrease the risk and rate of falls. In addition, those older adults at lower risk still need to understand the risk of falls and be educated about maintaining healthy lifestyles. Fall risk assessment and referral to individualized or group-based programming can reduce fall risks and falls.

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

Course Length: 1 hour

Course Source: Clinics in Geriatric Medicine. February 2019

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

Course Format: Audiovisual presentation with PDF handout

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:

- Outline and describe the 4 categories for fall risk factors defined by the World Health Organization, including; biologic, behavioral, environmental, and socioeconomic
- Identify the 3 questions that should be asked of patient about fall history
- Outline 3 fall prevention interventions or areas of assessment
- Compare and contrast 4 evidence-based, community-based programs: A Matter of Balance, Otega Exercise Program, Stepping On and Tai Chi
- Describe important behavioral aspects of fall prevention

Outline of Content:

Hour #1

- Introduction
- Epidemiology
- Fall risk factors
- Fall risk assessment
- Fall prevention interventions

- Medications
- Vision
- Vitamin D
- Exercise Programs for Active Older Adults
- Exercise Programs for At-Risk Older Adults
- Multiple Interventions and Multifactorial Programs
- Home and Community Safety
- Behavioral Aspects of Fall Prevention

- 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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