



A Clinicians Guide to Reducing Falls: Evidence-Based Strategies

Date: March 3, 2018
Location: Thatcher Brook Rehabilitation
1795 S Chelemes Way
Clearfield, UT
Time: 8:00 am – 2:30 pm
CEU(s): 6
Cost: \$50.00
Snacks/Beverages Provided

Why Attend?

One third of all people over 65 living in the community fall each year. This number increases to 50% in in-patient settings and skilled nursing facilities. Fall-related injuries leading to death, hospitalization, or treatment exceeds \$111 billion annually. Can clinicians provide treatment and education to clients to reduce to the risk of falls in the home, community, and clinical settings? What research supports the role of therapy in fall reduction and what is their scope? How is the rise in genomic hypovitaminosis, depression, fear, medication dosage, and upper extremity weakness correlated to increased fall rates? What are the latest hands-on and evidence based techniques and assessments that lead to fall reduction? Are there fall reduction “programs” that are verified by research and if so what are they? This intensive lab-based course will answer these questions and discuss the most advanced and reviewed strategies. Demonstrations and labs will occur to ensure application of the material and immediate carry-over to the clinical setting. This course will also discuss documentation techniques and examples to strongly justify the need for skilled services with this population in hospital, in-patient, acute, home health, and outpatient settings.

Objectives:

1. **Identify the major contributors to falls and the most common environments where falls occur for the adult and geriatric population.**
2. **Identify the role of clinicians in fall prevention in various rehab settings, the home, and the community at large.**
3. **Identify the common principles in a fall reduction program leading to evidenced outcomes**
4. **Develop a practical understanding of learned exercises, activities, and a assessments during labs to ensure immediate carry-over into all clinical settings**
5. **Apply documentation strategies and language based on information provided in this course to justify skilled clinical services and reimbursement to all payer sources**



The Presenter:

Trent Brown, MOT, OTR/L, BCG graduated from the University of Utah in 2005 with a master’s degree in occupational therapy. Trent is one of 24 OT’s in the U.S. with an advanced board certification in gerontology from the AOTA. Currently, he is employed by the Department of Health to develop, implement, and operate healthcare quality improvement programs for the state of Utah. Mr. Brown has over 13 years of clinical experience in skilled nursing, transitional care, acute, and home health. Mr. Brown is an adjunct faculty member at the University of Utah and presents on multiple topics including documentation and ethics. Trent has lectured all over the country for thousands of clinicians on a myriad of topics including documentation, core and balance training, legislation, joint replacement, and the aging process. Most recently, he presented at the Rehab Summit in Washington D.C. and will return as a guest speaker this year in Las Vegas for the Summit.

Registration details inside

CEU Accreditation from UOTA
Pending Accreditation from UPTA

Instructional Methods

We will discuss the most current research explaining falls, those at risk for falls, and the power in fall prevention strategies. Demonstrations and labs will take place to ensure the attendees understand the techniques supported to assist with treating the adult and geriatric population. In addition, we will learn accepted language and documentation strategies accepted by payer sources and practice these documentation strategies with real-life examples and case studies.

- Exploration of current trends, demographics, and statistics with high, medium, and low risk fall clients
- Photographs, videos, demonstrations, and x-ray images will be used to increase participants' understanding of interventions
- Lab (completed by clinicians in small groups/partners)
- Documentation examples
- Case study review

Who Should Attend?

Physical Therapists/Physical Therapist Assistants
Occupational Therapists/Occupational Therapy Assistants

Registration

Please register by email: tkbrowno@hotmail.com

Or text/call: 801-455-5482

Include your name, number, email address, and discipline when registering. You will receive a confirmation email.

Payment: Please bring cash or check to the course or pay via PayPal to the email listed above.

Schedule

8:00-8:05	Introduction of Topic
8:05-8:10	Description of Objectives and Outline
8:10-9:10	Common themes, projections, fiscal impact, & research behind causes of falls and environments
9:10-9:15	Break
9:15-10:25	Clinical role in fall prevention including medication management, sleep, vision, transfer training, genomic effects, current evidence for home modifications, and AE. LAB
10:25-10:30	Break
11:00-11:45	Fall Reduction Program Principles (OTAGO Program)
11:45-12:00	Break
12:00-1:15	Specific Exercises for fall reduction (closed chain WB, CRAC Rowing, Gastroclock, single leg seated progression, QL, and multiple Fall Assessments) LAB
1:15-1:20	Break
1:20-2:10	Best Practice (exercise dose, static vs. dynamic, dual-task training, gait vs mobility, unstable vs stable surface training) LAB
2:10-2:30	Documentation, skilled terminology, and case study example(s)

References

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Stathokostas, L., McDonald, M.W., Little, R. & Paterson, D.H. (2013). Flexibility of Older Adults Aged 55-86 Years and the Influence of Physical Activity. *Journal of Aging Research*, Article ID 743843, 8 pages, 2013. doi:10.1155/2013/74384.