



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education And Training  
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# Full Spectrum Falls Training for the Older Adult



**2022**

**Bel Air, MD  
July 30-31**

**Greenville, SC  
November 5-6**

## OBJECTIVES

Upon completion of this seminar, participants will be able to:

1. Describe four phases of a full spectrum falls training program
2. Implement evidence-based/evidence-informed fall risk assessment, screening, and intervention approaches for the older adult at risk for falls
3. Integrate knowledge of the ICF into assessment and treatment for the older adult at risk for falls
4. Execute use of the appropriate falls risk assessment tools based upon a client's clinical presentation
5. Evaluate the results of the assessment tool to guide individualized and effective falls reduction treatment plans
6. Select the most effective treatment approaches based upon results of the assessment, considering patient clinical presentation, and patient goals
7. Develop effective post fall progressions based upon presenting clinical symptoms of the older adult
8. Demonstrate safe and effective fall training techniques in each of the four falls phases based upon case scenarios

**Dr. Deborah Constantine, PT, DPT, GCS, GTCCS, CEEAA** is an Adjunct Professor in the Doctor of Physical Therapy program at Campbell University in Buies Creek, North Carolina where her focus is teaching geriatric-related content. Additionally, she treats older adults with neurologic and complex disorders at Wake Med Outpatient Rehabilitation. She graduated from University of Maryland with a B.S. in Physical Therapy, an MHS from University of Indianapolis and earned her DPT from University North Carolina at Chapel Hill. As a board certified Geriatric Clinical Specialist, Geriatric Trained and Certified Clinical Specialist, and a Certified Exercise Expert for Aging Adults, combined with over 30 years of clinical experience, Dr. Constantine is passionate about care and management of the older adult. She speaks extensively at community education programs, presents at state conferences, speaks at continuing education workshops, and is involved with community aging agencies. Professional involvement includes membership in the Academy of Geriatric Physical Therapy and Education Section of the APTA, serving in APTA Balance and Falls SIG and as Treasurer of Falls Prevention SIG APTA North Carolina. Her hobbies include reading, watching college football and basketball, and spending time with her family.

## COURSE DESCRIPTION

Falls in the older adult population continue as a medical, social, and economic crisis. In fact, fall rates over the past decade have been steadily increasing. This, despite our efforts to reduce fall rates using Clinical Practice Guidelines and directing funding toward fall prevention strategies. Patients report they remain fearful of falling. What can we as clinical practitioners do to mitigate this upward trend? Perhaps we can initiate full spectrum fall training efforts. Full spectrum fall training involves assessment and treatment of the older adult in 4 phases of falls: Pre-fall, near fall, fall landing and fall recovery. Are clinicians aware of the 4 phases of falls? Can patients feel confident about falling and recovering from a fall? Including all 4 phases of falls may be the missing piece to addressing falls in the older adult. This course is designed for clinicians working with older adults who are falling, at risk of falls or concerned about falling. In it, we will examine all 4 phases of falling and equip the clinician to assess and treat patients in each phase. This hands-on course allows plenty of practice time for new skills development and for refinement of old skills. We will provide feedback to ensure the clinician has confidence

### DAY 1

- 7:30 Registration and Continental Breakfast
- 8:00 Introduction; state of falls; phases of falls
- 8:30 Pre-Fall (balance strategies)
- 9:00 Fall risk algorithm
  - STEADI
    - Screening tools for falls prevention
    - 4-stage balance test
    - 30-second chair stand (Fall risk prediction)
    - Timed Up and Go (TUG)
- 9:30 ICF and the role in patient assessment. Consideration for addressing the whole patient
- 10:30 BREAK
- 10:45 Risk factors for falling
- 11:45 Multifactorial fall interventions based upon assessment findings (Labs)
- 12:30 Working Lunch (Bring your own). Determine assessment tool psychometrics
- 1:30 Near Fall (balance recovery) Tools for dynamic balance assessment (Labs)
  - MiniBestest
  - 4 Square step Test
  - Berg Balance Scale
- 3:00 Treatment strategies to optimize fall reactions and postural control responses (Labs)
- 4:15 BREAK
- 4:30 Breakout groups  
Select optimal intervention approaches based upon test parameters
- 5:30 Instruction and test parameter discussions
- 6:30 Adjourn

with the concepts prior to completing the course.

Threaded throughout will be analysis of evidence-based postural control tools which will allow the attendee to construct an individualized treatment program for effective management of their older adult client who may be at risk for falls. In addition, we will utilize patient scenarios

### DAY 2

- 7:30 Continental Breakfast
- 8:00 Fall Landing (safe landing) Basic principles
- 9:00 Functional components and progression of a fall (Labs)
- 10:30 BREAK
- 10:45 Completed Fall (post fall recovery) Getting up from the floor progressions (Labs)
- 11:15 Teaching fall recovery (Labs)
- 12:30 Working Lunch (Bring your own) Video review and assessment
- 1:30 Fall spectrum assessment and testing Lab time for skills refinement
- 3:00 Case scenarios for skills checks
  - 1) Pre-fall screen selection
  - 2) Near fall assessment and treatment strategies
  - 3) Principles/techniques of safe fall landing
  - 4) Demonstration of a fall recovery sequence
- 4:30 BREAK
- 4:45 Observation and analysis of select case scenario full spectrum fall approach
- 6:30 Adjourn



to promote clinical reasoning leading to best treatment practices using the 4 phases of falls. This emerging area of falls preparedness is an exciting compliment to current falls prevention approaches. Ultimately, the goal of the course is to equip the practitioner with tools which may help to reduce falls rates and injuries among the older adult population.

## LOCATIONS

Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.

**Host:** University of Maryland Upper Chesapeake Health  
**Location:** Brass Mill Conference Center  
 1369 Brass Mill Road, Suite M and N  
 Belcamp, MD 21017  
**July 30-31, 2022**

**Host:** Roger C. Peace Rehabilitation Hospital  
**Location:** Greenville Memorial Medical Campus  
 701 Grove Road  
 Greenville, SC 29605  
**November 5-6, 2022**

# REGISTRATION

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** \$545 - The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**Bel Air, MD - \$545. If postmarked before 7/20/22**  
**Greenville, SC - \$545. If postmarked before 10/26/22**

**LATE REGISTRATION:** Postmarked after the above date requires an additional \$25 late fee.

**EARLY BIRD:** \$495 - If completed registration and payment are received by:

**Bel Air, MD - June 29, 2022**  
**Greenville, SC - October 12, 2022**

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**CANCELLATION/REFUND POLICY:** Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. NO refunds will be made after this date.

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**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

**COVID POLICY:** We will follow social distancing guidelines and masks will be required as current circumstances dictate. We realize there is a lot of uncertainty around COVID-19 and traveling. If you are concerned about registering, please rest assured that if the event is cancelled or you are unable to attend due to COVID-19, we will promptly refund your registration fees.

## 5 Easy Ways to Register

**WEBSITE** Online Registration at:  
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**MAIL** your registration form with payment to  
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24 hours a day.

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## 2022 Registration - Full Spectrum Falls Training for the Older Adult

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Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

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# Full Spectrum Falls Training for the Older Adult



**Deborah Constantine**  
PT, DPT, GCS, GTCCS, CEEAA

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and add to your clinical toolbox with  
this hands-on course designed to equip  
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practical skills aimed to reduce falls  
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treatment strategies in all four phases  
of falls for older adults with positive fall  
risk factors.