

Would you like to take a fabulous course to enhance your clinical skills?
Full Spectrum Falls Training for the Older Adult
Speaker: Dr. Deborah Constantine, PT, DPT, GTCCS, GCS, CEEAA

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 falling, 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 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 to promote clinical reasoning leading to best treatment practices using the 4 phases of falls. This emerging area of falls preparedness is an exciting complement 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.

Faculty Bio

Dr. Deborah Constantine, PT, DPT, GCS, GTCCS, CEEAA is an adjunct faculty member with Rehab Essentials in the Doctor of Physical Therapy program and a teaching faculty member with Great Seminars and Books. She is a former Clinical Assistant Professor in the Doctor of Physical Therapy program at Campbell University in Buies Creek, North Carolina. Her geriatric-related instruction focuses upon providing optimal aging strategies and utilizing effective rehabilitation approaches. In the clinic, she utilizes evidence-informed assessments and interventions with older adults at WakeMed Health and Hospitals outpatient clinics.

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 of North Carolina at Chapel Hill. As a Board-Certified Clinical Specialist in Geriatric Physical Therapy, Geriatric Trained and Certified Clinical Specialist and a Certified Exercise Expert for Aging Adults combined with over 40 years of clinical experience, Dr. Constantine is skilled, knowledgeable, and passionate about care and management of the older adult. Additional training includes certification as an APTA-Geriatrics Credentialed Balance and Falls Professional.

In her spare time, she speaks extensively at community education programs, conducts continuing education courses, and is involved

with local and national aging agencies. Professional involvement includes membership in the APTA, APTA North Carolina, and APTA Geriatrics Section member. Currently, she serves as the Knowledge Translation Liaison on the Executive Committee of the APTA Geriatrics Balance and Falls SIG. Her publications are included in GeriNotes and in the [Journal of Back and Musculoskeletal Rehabilitation](#). Her hobbies include reading, volunteering, watching college football and college basketball, and spending time with her family and friends.

Course 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.

Program Agenda

DAY 1

- 7:30 Registration and Continental Breakfast
- 8:00 Introduction; state of falls; impact of falls; statewide falls data
- 8:30 Professional response to falls risk in the older adult
 - APTA Geriatrics toolkit
 - NCOA toolkit and resources
 - CDC and STEADI Screening tools for falls prevention
- 9:00 ICF and the role in patient assessment. Consideration for addressing the whole patient
- Pre-Fall (balance strategies)**
- 10:30 BREAK**
- 10:45 Assessment and treatment of gait, strength, balance using TUG subtasks
- 11:15 **Pre-fall lab:** Multifactorial fall interventions based upon assessment findings in subtask # 1
- 12:30 Working Lunch** (Bring your own). Determine assessment tool psychometrics
- 1:30 **Near Fall (balance recovery)**
Tools for dynamic balance assessment
 - Push and Release Test
 - BESTest
 - MiniBestest

- 2:30 Perturbation-based balance training
 3:30 **Near-fall lab:** Treatment strategies to optimize fall reactions and postural control responses
4:15 BREAK
 4:30 Breakout groups
 Select optimal near-fall intervention approaches based upon patient level of function
 5:30 Discussion of patient-centered interventions
 6:30 Adjourn

Day Two

- 8:00 Completed Fall (post fall recovery)**
 Basic facts and data
 9:00 Interventions designed for getting off the floor
 9:30 **Completed fall lab:** Teaching fall recovery
10:30 BREAK
 10:45 **Fall Landing (safe landing)**
 Impact of falls on the MSK system
 Safe landing approaches
 11:45 **Fall landing labs:** safe landing activities
12:30 Working Lunch (Bring your own) Video review and assessment
 1:30 **Full spectrum: Integrating assessment and intervention**
 Patient scenarios (low, medium, high levels)
4:30 BREAK
 4:45 Systems involved in balance responses
 6:30 Adjourn

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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.

REGISTRATION FEE: \$595. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

EARLY BIRD REGISTRATION: \$545 (Please see website for Earlybird Dates)

COURSE INFORMATION LINK:

<https://www.greatseminarsandbooks.com/full-spectrum-falls-training-for-the-older-adult/>

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Fort Lauderdale, FL – Sept. 21-22, 2024

Broward Health Medical Center
 1600 S. Andrews Avenue
 Fort Lauderdale, FL 33316

Cedar Rapids, IA – October 19-20, 2024

Mercy Medical Center
 Hallagan Education Center
 701 10th Street SE
 Cedar Rapids, Iowa 52403