

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 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 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 ...

Faculty Bio

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 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; 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)
• MiniBetest
• 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

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

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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.

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

EARLY BIRD REGISTRATION: \$495

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