

Outline

How to Prevent Falls Before They Occur

Who is likely to fall?
Which risk factors can we modify?
Precipitating causes - what to watch for
Institutional barriers - avoiding 1:1s
Important implications of co-morbidities
The benefits of vitamin D

Fall Risk Assessment

Current guidelines
Who should we screen?
Multi-factorial causes of falls
Recommended fall risk assessments

Fall Prevention Strategies

What works and what does not
Addressing alarm fatigue
Avoiding 1:1s
Effective evidence-based interventions
Education & assistive devices

Putting Together a Successful Fall Prevention Program

Patient specific interventions
Developing a multidisciplinary program: Roles & responsibilities
Fall rounds

Patient Evaluation

History
Physical exam
Evaluation tools (POMA tool, Get up and go test, Functional reach test, Berg balance test, Short physical performance battery)
Diagnostic tests
Review of Gait Disorders (video)

What to do When a Patient Falls: Hands-On Evaluation

Assess need for immediate medical care
Evaluate for acute illness/preceding factors
Communication with caregivers
Common injuries
Goals of care

Difficult Situations

Frequent fallers - when injury prevention is your goal!
Anticoagulation risks
Prolonged time on floor
What to do when fractures occur
Head trauma management

Preventing Risk and Limiting Liability

Home safety evaluations
Communication and documentation
Quality improvement opportunities
High-risk scenarios: Case studies
Addressing family concerns with falls
Managing poor outcomes

Fall Prevention Plan Development

Apply what we have learned
Solutions for your biggest challenges!



Objectives

1. Evaluate precipitating causes for falls so that preventative measures can be in place.
2. Formulate a comprehensive evaluation for high fall risk patients.
3. Analyze medications that are known to contribute in various ways to fall risks.
4. Assess the risk for adverse patient outcome and need for urgent intervention.
5. Determine the tools necessary for a multidisciplinary fall prevention program.
6. Select patient-specific fall prevention interventions for a successful fall prevention plan.
7. Evaluate the impact of common gait disorders on fall risk.



Seminar on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesihealthcare.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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FALL PREVENTION CHALLENGES

Real Solutions to Reduce Falls, Prevent Injuries and Limit Liability

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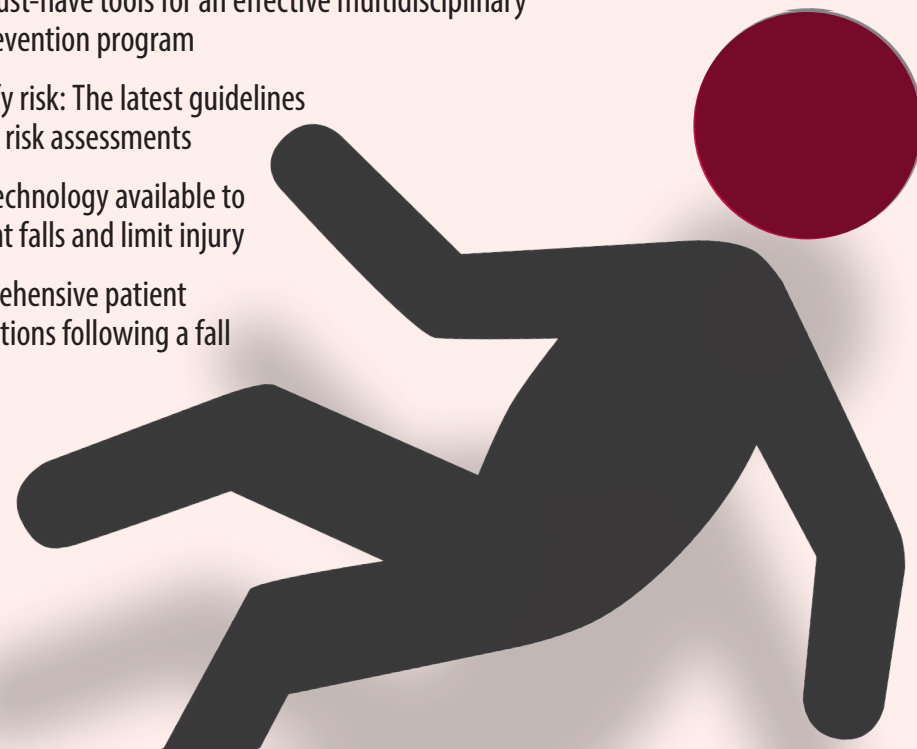
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FALL PREVENTION CHALLENGES

Real Solutions to Reduce Falls, Prevent Injuries and Limit Liability

- Which fall prevention interventions are effective - and which are not?
- Tips to effectively manage your high risk & challenging patients
- The must-have tools for an effective multidisciplinary fall prevention program
- Identify risk: The latest guidelines for fall risk assessments
- New technology available to prevent falls and limit injury
- Comprehensive patient evaluations following a fall



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Falls frequently result in significant adverse effects not only to patients but also to families and institutions.

The far-reaching effects of falls make fall prevention an important topic for all healthcare providers. Falls are associated with increased morbidity and mortality and are frequently a source of litigation and insurance claim denial. The impact of falls is extensive from psychologically to financially. The complex multifactorial causes of falls, such as cognitive disorders, gait impairment and environmental factors, make fall prevention a challenge; however, there are evidence-based interventions available to mitigate the risks for even the most challenging situations.

Healthcare professionals are increasingly aware of the importance of fall data, adverse effects from falls and limited staffing resources to provide 1:1 supervision to prevent falls. This seminar will provide realistic, efficient, and effective solutions to address falls. Learn best practice guidelines, evidenced-based interventions and prevention strategies, as well as how to apply this knowledge to your practice setting. This seminar will provide a hands-on, logical step-by-step approach to develop effective fall prevention plans to reduce falls, prevent injuries and limit liability. Join me for this comprehensive and dynamic seminar to explore your challenges and develop solutions for your struggles with falls.



Tina Baxter, APRN, GNP-BC, is an advanced practice registered nurse and a board certified gerontological nurse practitioner. She is employed at American Health Network as a nurse practitioner where she serves six different skilled care and assisted living facilities. Additionally, Tina is the owner of Baxter Professional Services, LLC, a consulting firm which provides legal nurse consulting services, wellness and chronic disease management coaching, and customized educational resources to healthcare organizations.

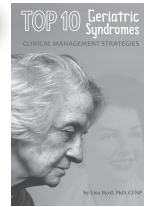
Tina earned a Master of Nursing in Nursing Education and a post-master's as a Gerontological Nurse Practitioner. She has taught on both the nursing undergraduate and graduate levels and continues to mentor nurse practitioner students during their clinical rotations. Her expertise has been sought on the national level to educate experienced professionals on a variety of topics, including fall prevention, challenging patient behaviors, and addiction.

Speaker Disclosure:
Financial: Tina M. Baxter receives a speaking honorarium from PESI, Inc.

Non-financial: Tina M. Baxter has no relevant non-financial relationships to disclose.

FALL PREVENTION CHALLENGES

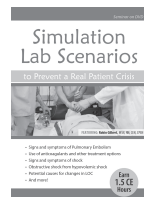
Real Solutions to Reduce Falls, Prevent Injuries and Limit Liability



TOP 10 Geriatric Syndromes - Clinical Management Strategies

By Lisa Byrd, Ph.D., FNP-BC, GNP-BC, Gerontologist

This book will present many of the expected changes caused by normal aging and the Top Ten Geriatric Syndromes elders experience. These syndromes are a cascade of problems in an elder's health and revolve around vision and hearing problems, elimination issues, dizziness, falls, and cognitive impairment, including delirium as well as dementia (such as Alzheimer's disease). This easy to utilize, handbook format of treatment strategies will assist healthcare providers to better identify as well as diagnose when body changes signal disease in older adults. (2011)



Simulation Lab Scenarios to Prevent a Real Patient Crisis

By Robin Gilbert, MSN, RN, CEN, CPEN

Robin Gilbert, MSN, RN, CEN, CPEN will use simulation scenarios to identify patients whose condition is deteriorating, the appropriate interventions, and desired outcomes. Simulation provides a non-threatening approach to high-risk scenarios that will ultimately improve patient safety. The realism of simulation can improve failure to rescue situations in actual patient care. During the scenarios, the mannequins will respond based on the interventions delivered for a variety of high risk situations.

- Pulmonary Embolism
- Shock
- Sepsis
- Respiratory Crisis
- Acute Change in LOC

Viewing this simulation will allow you to think through the action you might plan to take for the patient and further reflect on her best practice recommendations and rationale that follow. Virtual simulation is self-paced to allow for personal assessment of strengths and weaknesses. Learning through simulation scenarios provides immediate feedback, in a safe environment, which builds confidence and provides an excellent bridge to real-life patient care situations.

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Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cespi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

PENNSYLVANIA PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Pennsylvania State Board of Physical Therapy. Approval pending.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Live Seminar Schedule:

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

For locations and maps, go to www.pesihealthcare.com, find your event, and click on the seminar title.

Questions? Visit www.pesihealthcare.com/faqs, or call 800-844-8260

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Fall Prevention Challenges: Real Solutions to Reduce Falls, Prevent Injuries and Limit Liability

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesihealthcare.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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___ Seminar on CD* (audio) \$169.99 (RNA077095)

___ **TOP 10 Geriatric Syndromes - Clinical Management Strategies** book* \$24.95 (PUB073665)

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