

# Moving Beyond Screening:



## Effective Assessment and Intervention to Prevent Falls

**Saturday, September 29, 2018**

### LOCATION

McDowell Senior Center  
100 Spaulding Rd, Marion, NC 28752

### DATE REGISTRATION PROGRAM

**Saturday, September 29, 2018**  
8:00 am - 8:30 am (*refreshments provided*)  
8:30 am - 5:00 pm (*lunch provided*)

### Early registration fees through September 22, 2018

**FEE \$25.00**

**STUDENT \$10.00**

(*proof of enrollment required at check-in*)

## DESCRIPTION

Sept 22-29, 2018 is National Falls Prevention week. To address the serious and growing problem of falls among older adults, more healthcare providers need to understand how to screen, assess, and intervene to decrease falls risk. Evidence-based screening and assessment techniques that can be implemented by healthcare providers in multiple disciplines already exist, but have not been broadly incorporated into clinical practice. This falls prevention workshop will help healthcare providers understand how to screen, assess, and intervene to decrease falls among older adults. The workshop will emphasize use of the CDC's STEADI toolkit and the USA Otago Exercise Program.

## AUDIENCE

PT, PTA, OT, OTA, RN, LPN, NP, Health Care Managers, who work in multiple settings including acute care, outpatient, assisted living, skilled nursing facilities, etc.

## OBJECTIVES

At the conclusion of this workshop, participants will be able to:

- Summarize current trends observed at local, state, and national levels related to falls among older adults
- Recognize the importance of and advocate for early screening, assessment, and Intervention to prevent falls
- Implement falls risk screening and assessment as recommended by the Centers for Disease Control in the STEADI initiative
- Describe evidence-based interventions for preventing falls, including the USA Otago Exercise Program
- Given a written case description, determine the individual's level of falls risk and identify appropriate falls prevention interventions

## FACULTY

### Tiffany Shubert, PT, PhD

Clinical Architect  
Shubert Consulting

### Vicki Mercer, PT, PhD

Associate Professor, Division of Physical Therapy  
Director, Human Movement Science Curriculum  
UNC Chapel Hill

### Judy Melton, MSN, RN

Dean of Health Science  
McDowell Technical Community College

### Brooke Waycaster, BSN, RN

McDowell Technical Community College

### Martha Zimmerman, PT, MA

Project Manager  
McDowell Balance and Falls Prevention Coalition

## CREDITS

**OCCUPATIONAL THERAPISTS/ASSISTANTS:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **7.0 CCAs**

**PHYSICAL THERAPY:** MAHEC, as part of the NC AHEC system, is a NCBPYE-approved provider of continuing competence for activities directly related to physical therapy. **NCBPTE: 6.5 contact hours.**

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **0.7 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

**CONTACT HOURS:** MAHEC designates this continuing education activity as meeting the criteria for **7.0 Contact Hours**. Full attendance is required to receive credit.



*In collaboration with*

**McDowell Senior Center  
& McDowell Technical Community College**



*This project is/was supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #U1QHP28734-01-00, Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government.*

## AGENDA

- 8:30AM** Implementing the USA Model of the Otago Exercise Program to Reduce the Risk of Falls in Clinical, Community, PACE, ALF, and SNF Settings  
*Tiffany Shubert, PT, PhD*
- 10:30AM** USA Otago Exercise Program Discussion: Question and Answer
- 10:45AM** Break
- 11:00AM** Community Health and Mobility Partnership (CHAMP)  
*Vicki Mercer, PT, PhD*
- 11:30AM** Lunch
- 12:30PM** McDowell Technical Community College Nursing Program Screening Tools, Cognition, Depression, Fear of Falling, Activity, Orthostatic Hypotension, etc.  
*Judy Melton, RN | Brooke Waycaster, RN*
- 1:30PM** CDC STEADI Falls Prevention Tool Kit  
*Vicki Mercer, PT, PhD*
- 2:30PM** Break
- 2:45PM** Practice Session on Screens and Assessments  
*Judy Melton, RN | Brooke Waycaster, RN | Martha Zimmerman, PT, MA Ed*
- 3:30PM** Case Studies in Small Groups
- 4:30PM** Case Studies Discussion and Question and Answer Session
- 5:00PM** Adjourn

## REGISTRATION

### Early registration deadline: September 22, 2018

The registration fee is \$25.00 and \$10.00 for students (proof of enrollment required at check-in). These program fees include administrative costs, educational materials, refreshments, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

## LOCATION

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**100 Spaulding Rd, Marion, NC 28752**



MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

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Saturday, September 29, 2018

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_ \_\_\_\_ \_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

### Please provide a:

Vegetarian Option  Gluten-free Option  Vegan Option

FEE:  \$25.00  \$40.00 (after Sept 22nd)

STUDENT:  \$10.00  \$25.00 (after Sept 22nd)  
(proof of enrollment required at check-in)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed  Credit card information provided  
 Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Send completed registration form to: # 19ID011/56923

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803 Fax to: 828-257-4768

### HAVE A QUESTION?

#### Contact the Program Planner

Lisa Roy, MSW

[lisa.roy@mahec.net](mailto:lisa.roy@mahec.net) or 828-257-4491



Special Services  
828-257-4468

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: [www.mahec.net](http://www.mahec.net)

EMAIL: [registration@mahec.net](mailto:registration@mahec.net)

MAIL: MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803