

Step Up to Stop Falls: Professional Education

Online Training Series

Created by:

Learning Partners



Supported by a grant from the Health Foundation for Western and Central New York



Step Up to Stop Falls Professional Education: Online Training Series

These modules are made available to you through a Learning Management System supported by the Health Foundation of Western and Central New York. Visit hfwcny.org for non-CEU modules and learningpartners2.com for CEU modules

To access this System use the following steps:

Connect:

For non-CEU courses go to www.healthfoundationlms.com

For CEU credit courses go to www.learningpartners2.com

What You Will Need:

- A computer with speakers
 - Headphones if listening to the program in a public area
- Please Note:* The quality of the Internet connection can vary if not using a DSL or better Internet connection.

Registration:

Upon first entering the site all users must complete the "New User Registration" located below the login in box. Individuals must provide responses to all questions with a "*" next to them. Upon completion of this step, your user name and password will remain the same for future use, please keep track of this information.

Please Note: After opening the training window with your username & password and before selecting the module for study, please be advised **DO NOT CLOSE** any of the windows until you have completed your study session. If you close the training window, your progress will not be saved and issues can occur with the successful completion of your work.

Once you are logged into the site, you must select "My Courses" to view all available courses

Course Selection:

Each user may select from any of the five courses available. A user may view the course by selecting "Launch", located to the right of the course title. A user may also review the transcript of any course by selecting "Transcript" to the right of the "Launch" button. While viewing a course you may pause or advance the session at any time by selecting the buttons on the bottom center of the screen.

Attachments relevant to the course can be found by clicking on the "ATTACHMENTS" word on the top right hand side of the screen



Step Up to Stop Falls Education Series

http://www.fcslcms.com/login/40/Health_Foundation.aspx

Module Overview and Presenter information:

Module I: 1 hour

Title: Fall Prevention by Rehabilitation Therapists

Presenter: Theresa Vallone, EdD, MS, OTR

Speaker bio: Dr. Theresa Vallone is an Occupational Therapist with over 25 years of experience and is an Assistant Professor and Academic Fieldwork Coordinator in the Occupational Therapy Program at D'Youville College in Buffalo, NY. As a member of the Falls Coalition She has developed expertise in the area of fall prevention, particularly for therapists and the health care team.

Module Description: This first module of the Falls Prevention education series provides an overview of the problem of falling and the serious outcomes of falls, specific to community-dwelling older adults. It offers a comprehensive review of the research supporting specific assessments and strategies for identifying and reducing fall risk factors.

Module II: 1 hour

Title: Falls Prevention: Effective Assessment, Triage, and Intervention Program Design

Presenter: Raymond J. Hammel, PT, DPT, MS

Speaker Bio: Dr. Ray Hammel has over 13 years of clinical experience, developing an expertise in vestibular, balance and mobility, and fall prevention assessments and interventions. He has served as a consultant presenter/collaborator for the "Step Up to Stop Falls" program of the Community Health Foundation of Western and Central New York (CHFWCNY) and has presented regionally to both professionals and community members on the topic of fall prevention.

Module Description: This seminar provides evidence-based consideration of standardized testing and a multi-system approach to clinical decision making for fall prevention in older adults. The seminar includes an overview of various fall prevention assessments and interventions. Case-studies will assist the learner in identifying potential considerations in assessing, program planning, and strategizing for fall prevention in response to specific identified fall risk factors. This module will help to increase awareness of fall assessments and ways to interpret assessment findings.

Module III: 1.5 hours

Title: Tai Chi: An Evidence-Based Program for Fall Prevention

Presenter: Presenter: Joseph Baumgarden DPT, Cert MDT

Speaker Bio: Dr. Joseph Baumgarden has studied martial arts for over 20 years, including Tai Chi for the last 12. He has been involved in data collection for several clinical trials and has presented several seminars on Tai Chi and Health Benefits. Joe became a Certified Qi Gong Instructor in 2010.

Module Description: This seminar provides an overview of Tai Chi as a health and wellness application as well as an effective activity program for fall prevention and balance training. A short history, summary of evidence supporting the use of Tai Chi in fall prevention, video of simple tai chi routines, and a case-based example of teaching and supervising tai chi movements will be provided. This seminar provides tips for leading or performing various tai chi routines in sitting and standing. Various applications for use with various older adult groups will be included.

Module IV: 1 hour

Title: Medication Management: Understand medication issues to help guide, coach, and refer older adults

Presenter: Denise Dunford, DNS, FNP-BC, APRN

Speaker bio: Dr. Denise Dunford, Associate Professor of Nursing and Director of the Family Nurse Practitioner Program. Dr. Dunford was recently named the winner of the National Emergency Nurse Association (ENA) Award for Nursing Competence in Aging. Clinically, she maintains an active practice in the Department of Emergency Medicine at Buffalo General Hospital. Dr. Dunford has created nursing and interdisciplinary education for falls prevention in the elderly, directed research that targets falls prevention competencies in the healthcare team, and focused on original nursing inquiry into health literacy concerns.

Module Description: This fourth module of the Falls Prevention education series provides an overview of medication issues in many older adults, which contribute to the problem of falling. Older adults comprise nearly 13% of the US population. Yet, this group consumes 33% of all prescription drugs and at least 40% of over-the-counter medications. Frequently, this relationship contributes to falls, which are an under-recognized risk factor for greater morbidity and mortality.

Module V: .40 minutes

Title: Fall Prevention: Environmental Assessments and Interventions

Presenter: Michele Karnes, EdD., MS, OTR

Speaker Bio: Dr. Michele Karnes is an Occupational Therapist and a Clinical Associate Professor of Occupational Therapy at D'Youville College in Buffalo, NY. Michele successfully defended her doctoral dissertation entitled "Improving Fall Risk Factor Identification and Documentation of Risk Reduction Strategies by Rehabilitation Therapists through Continuing Education" and received her Doctorate in Health Education from D'Youville College in 2011.

Module Description: This fifth module of the Falls Prevention education series provides an update on environmental assessments and resources that can be used by members of the health care team as well as families and caregivers who are interested in helping to ensure an environment is designed to reduce fall risks. Includes tools and resources for professionals, families and caregivers, and older adults.