

Self Assessment

1. What are 3 risk factors for falls in older adults?
 - A. Previous falls, age, smoking
 - B. Balance/gait instability, lower extremity weakness, previous falls
 - C. Taking aspirin, wearing appropriate footwear, absence of throw rugs in the home
 - D. Having grandchildren who live in another state, having a dog, wearing appropriate footwear.

2. Tai chi is often used today for improving balance but, it has not always been used as a method to improve balance. What is the origin of tai chi as we know it today?
 - A. Chinese dance
 - B. Japanese martial art
 - C. Japanese dance
 - D. Chinese martial art

3. For whom is tai chi an appropriate intervention/prevention technique?
 - A. Community-dwelling older adults
 - B. Residents of long-term care facilities
 - C. People with cognitive impairments or progressive diseases
 - D. All of the above

4. How can tai chi help someone with Parkinson's Disease?
 - A. Tai chi is an inappropriate intervention for someone with Parkinson's Disease
 - B. It helps them initiate stepping and maintain stability during ambulation
 - C. Parkinson's Disease is not a real diagnosis
 - D. Tai chi helps people Parkinson's Disease stand very straight

5. Mrs. Smith is a 68 year old female with multiple sclerosis. She experiences increased fatigue with activity and finds it difficult to complete daily tasks around her home. She also feels unsteady during ambulation at times. She wants to begin a group program in the community to meet other people and build up her endurance and increase her balance and is interested in tai chi but she is afraid she will not be able to keep up with the class. How would you suggest the instructor modify the treatment for Mrs. Smith?
 - A. Mrs. Smith should not participate in tai chi because there is no way to modify the class.
 - B. The instructor could provide a chair for Mrs. Smith to do the movements in sitting.
 - C. The instructor should incorporate breaks into the session.
 - D. Both B and C

6. Does evidence support tai chi as an effective intervention in falls prevention?
 - A. Yes, if a person participates in a tai chi class, they will not fall.
 - B. Yes, evidence shows tai chi helps improve balance which may lead to a reduction in falls.
 - C. No, tai chi only improves blood pressure.

- D. No, not enough randomized controlled trials have been conducted to make a conclusive statement.
7. Mr. Jones is a 72 year old male with mild cognitive decline. He has admitted to feeling “unsteady” on his feet and wishes to do something about it. Would he receive benefits from a group tai chi class held at the local senior center he visits often?
- A. Yes, it is reasonable to assume that if someone with cognitive impairments can learn the movements then he/she will receive benefits from tai chi.
 - B. Yes, tai chi may help slow cognitive decline.
 - C. No, if he cannot remember how to do the movements, he will not receive benefits.
 - D. Both A and B.
8. What is the focus of tai chi?
- A. Interaction of yin and yang.
 - B. Integration of physical surroundings and inner feelings.
 - C. Mind and body relationship.
 - D. How blue the sky is today and how it relates to physical well-being.
9. For which group is evidence supporting tai chi most abundant?
- A. Community dwelling older adults.
 - B. Residents of long term care facilities.
 - C. People with decreased cognitive abilities.
 - D. People with progressive diseases.
10. What is the **most** effective tai chi protocol intervention?
- A. 10 minutes of warm-up, 30 minutes of tai chi movements, 10 minutes of cool-down.
 - B. 15 minutes of warm-up, 40 minutes of tai chi movements, 5 minutes of cool-down.
 - C. 40 minutes of intervention with 5 minutes of cool down.
 - D. There is no research supporting a single **most** effective protocol.

Quality of Presentation

Please answer the following questions in reference to the quality of the presentation.

1 – Very false

2 – Somewhat false

3 – Neither true nor false

4 – Somewhat true

5 – Very true

1. The length of the module was appropriate for the given time frame.

1 2 3 4 5

2. The content was helpful for understanding the benefits of tai chi in falls prevention.

1 2 3 4 5

3. The format of this module was appropriate for the material

1 2 3 4 5

4. Please provide any additional constructive criticism for this module to improve it for future classes.