Fall Risk Reduction for the Elderly Adult: screen, intervene and redeem. An 8-module course for physical therapy students and new clinicians.

Pre/post viewing evaluation

1. The purpose of a fall risk screen is to identify only high fall risk elderly adults.
   1. True
   2. False
2. Elderly individuals may retain some strength but lose the ability to perform movements with adequate timing and speed. The decrease in function is reflective of a change in which system?
   1. Visual
   2. Vestibular
   3. Somatosensory
   4. Musculoskeletal
3. A fall risk assessment by a physical therapist should contain the following items ***except:***
   1. Medical history
   2. Hearing loss
   3. ROM
   4. Gait
4. Select the statement which is ***not true***. A physical therapist selects an outcome measure for the at-risk elderly adult in order to:
   1. Establish a baseline of function
   2. Determine a clinical measure of progress
   3. Predict the rate of falls
   4. Identify postural control impairments
5. Effective evidence-based/best-practice physical therapy intervention for fall reduction in the elderly includes:
   1. Multicomponent exercises
   2. Addressing non-modifiable risk factors
   3. Brisk community walking
   4. Non-progressive exercises