

# Fall Risk and Assessment Evaluation

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Q1 Which provider(s) below should screen their patients for fall risk

- ☐ Physical Therapist
- ☐ Nurse
- ☐ Primary Care Providers
- ☒ All of the above

Q2 A patient's resting blood pressure was determined to be 131/85. Then, she was tested for orthostatic hypotension. Which of the following results would indicate a positive orthostatic hypotension test?

- ☐ 120/80
- ☒ 109/78
- ☐ 125/77
- ☐ 135/80

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Q3 What are the three core principles of STEADI?

- ☒ Screen, Assess, Intervene
  - ☐ Screen, Physical Performance Test, Patient Report Measures
  - ☐ Take Blood Pressure, Medication Review, Follow-Up
  - ☐ Risk Factors, Further Assessment, Physical Therapy
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Q4 True or False: Falls are the leading cause of fatal and non-fatal injuries in older adults

☒ True

☐ False

Q5 Which of the following does NOT increase the risk of falling?

☐ Taking 6 medications

☐ Decreased strength

☒ Wearing glasses

☐ Having a fear of falling

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Q6 Which of the following is NOT a common risk factor for falls?

☐ Decreased Strength

☐ Improper Footwear

☐ Depression

☒ Living in a one-story home

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Q7 Which of the following would contraindicate Otago usage?

☐ Deconditioning

☐ Score of 3 seconds on Single Leg Balance

☒ Someone experiencing moderate dementia without caregiver supervision

☐ Use of Assistive Device to ambulate independently

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Q8 Which of the following is NOT a part of the Otago Program?

- ☐ Walking Program
  - ☐ Progressive Strengthening Exercises
  - ☐ Balance Exercises
  - ☒ Tai Chi
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Q9

**CASE 1**

Mr. D 82 y/o male

Beginning stages of Dementia

lives alone in first level apartment

Medications:

Galantamine

Lipitor

Lisinopril

Norvasc

Donepezil

Metamorphil

Weight: 203 Height: 5'11

Resting BP: 140/90 Orthostatic Hypotension? No

Falls in the last year? Yes: 3

ABC score: 63% MMSE: 20 GDS: 12 RAPA score 1: 3 RAPA score 2: 1

Do you limit activity due to your fear of falling? Yes

Physical Performance Measures: 4 stage: rhomberg 6 seconds, semi tandem 3 seconds, tandem and SLS Unable to complete TUG: use of cane, very unsteady, CGA Chair Stands: 0 with no hands

Would Mr. D be appropriate for CHAMP?

- ☐ Yes
  - ☒ No
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Q10 What would be the best recommendation for intervention for Mr. D?

- ☐ Otago Home Exercise Program
  - ☒ Physical Therapy referral for Strength and Balance
  - ☐ Tai Chi for increased balance and flexibility
  - ☐ Silver Sneakers for increased aerobic exercise
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Q11 What interventions would NOT be indicated for Mr. D?

- ☐ Home Safety Assessment
  - ☒ Otago
  - ☐ Assistive Device assessment/recommendation
  - ☐ Medication Review
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Q12

**Case 2**

Mrs. B is a 66-year-old female who presents to CHAMP. She takes one medication for her blood pressure and is negative for orthostatic hypotension. She scores 10 on TUG, maintains SLS for 10 seconds, and has not had a fall in the last year. However, she does limit her activity because she is afraid she might fall. She has stopped attending her bowling league and does not walk to the grocery store anymore.

Would Mrs. B be appropriate for CHAMP?

☒ Yes

☐ No

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Q13 What would be the best additional intervention recommendation for this participant?

☐ Assistive Device Use

☒ Participation in Matter of Balance

☐ Medication Review

☐ Tai Chi

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Q14

**Case 3**

Mr. F is a 71-year old male. He goes in for a wellness visit to his PCP. The PA asks him the 3 Steadi screening questions. He replies “yes” to a fall in the last 6 months with no injury, “no” to feeling unsteady when standing or walking and “no” to worrying about falling. He does report that his friends have stopped going golfing and he is not as active as he used to be. What should the PA do as the next step?

- ☒ Further assessment of physical performance measures
  - ☐ Tell Mr. F to be more careful
  - ☐ Recommend a walker
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Q15 The PA does further evaluation and he has a score of 11 on the TUG, 14 on 30-second chair rise and can hold 10 seconds on each of the 4 stage balance tests. What should the PA recommend for intervention?

- ☐ A vision assessment
  - ☒ Joining a community exercise program
  - ☐ Using a Cane
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Q16 Which of the following community exercise programs would **NOT** satisfy the needed volume for physical activity?

- ☐ Elliptical for 1 hour 3x/wk, for 4 months
  - ☒ Yoga: 1 hour every Saturday for 3 months
  - ☐ Mall Walking Club: 30 minutes M-F for 6 months
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