

CHAMP Follow-Up Phone Call Post-Training Quiz

1. True or False: All new participants who are tested at a CHAMP event will receive a home exercise plan and follow-up call and will be scheduled for next month's CHAMP event.
2. Participants are asked to fill out their calendars...
 - a. 3-5 days per week
 - b. Only on the days they complete their exercises or have a fall
 - c. Every day
3. A participant reports: "the exercise where I stand at my counter and bend my knees like I'm about to sit in a chair is difficult. Sometimes I have pain in my knees when I bend too far down and need to push my hands into the counter to straighten back up." What is the best response?
 - a. It is ok if you experience pain. Knee pain is to be expected during exercise.
 - b. For this exercise, you only need to bend your knees slightly. Try the exercise again with a shallower bend, before the onset of pain. We don't want you to experience pain when you exercise.
 - c. Try pushing your hands into the counter with more force to decrease your pain.
4. If a participant reports significant concerns regarding his exercises or falls, the most appropriate action is to:
 - a. Tell him you will convey his concerns to a licensed PT who will call him back. Promptly inform Dr. Mercer about the situation.
 - b. Tell him to convey his concerns to the PT at his CHAMP visit next month.
 - c. Tell him that he should continue on with the program, as it is normal to struggle at the beginning of any exercise program.
5. True or False: A participant's exercise program will typically consist of 5-6 Otago exercises.
6. A participant reports that he has been doing his exercises but not filling out the exercise/falls calendar. The best response is:
 - a. That's ok, as long as you keep doing your exercises.
 - b. You don't need to mark your exercises on the calendar, but you should still record walking.
 - c. The calendar is a useful tool to keep track of your progress. Remember there is also a place to mark "yes" if you had a fall or "no" if you did not have a fall that day.

7. You ask a participant if she has any questions or concerns about her program. She reports mild muscle soreness in “the front and sides of my legs” a day after performing the exercises. She asks if she should be worried. The most appropriate response is:
 - a. A little bit of muscle soreness is to be expected when you start a new exercise program since you are activating muscles that may not have been worked recently. The soreness should subside within a few days.
 - b. We don’t want you to experience soreness after you exercise. Stop doing the exercises until your next CHAMP visit.
 - c. I will report your concerns to a licensed PT and she will give you a call back.

8. True or False: Follow-up phone calls should be conducted within one week of the participant’s initial CHAMP visit.