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## Identifying Fall Risk and Opportunities for Intervention for the Older Adult Across the Continuum

Saturday, November 17, 2012

Course Directors:

Jane O Koren, PT, DPT, GCS

Shari Bernard, OT, OTD, SCFES

Phillips Hall, Siebens Building

Rochester, Minnesota



MCI1938-46



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REGISTER ONLINE NOW!

<http://www.mayoclinic.org/physicalmedicine-rst/education.html>

### COURSE DESCRIPTION

The World Health Organization reports that 30% of individuals over the age of 65 years fall at least once each year, and up to 30% of those who fall sustain a debilitating injury. The incidence of falls increases with age. The Joint Commission identifies reducing the risk of patient harm resulting from falls as a National Patient Safety Goal. Falls represent the most frequent cause of accidents in the home and falls are the leading cause of accidental death in older adults. The problem of older adults and falls is escalating as the aging population expands. Attendees at this course will gain new skills to assess fall risk and provide interventions to reduce fall risk in the older adult across the continuum of care.

### COURSE LEARNING OBJECTIVES

Upon completion of this course, participants should be able to:

- Explain the importance of identifying people at increased risk for falls
- Differentiate between intrinsic and extrinsic factors that contribute to fall risk and identify risk factors that are modifiable
- Perform tests and measures to assess balance and fall risk according to established protocols
- Interpret the results of a fall risk assessment
- Provide evidence-informed interventions to improve balance and reduce fall risk

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

### INTENDED AUDIENCE

This course was designed for healthcare professionals involved in the practice or those who are interested in risk factors for falls and fall risk assessments including: Nurses, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, and Physicians.

### CREDIT

Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. At the conclusion of this conference, participants will be awarded a certificate for up to 0.8 AOTA CEUs.



This course is sponsored by the Mayo Program in Physical Therapy and meets the criteria for 8 hours of category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2500

## REGISTRATION

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To register, please visit <http://www.mayoclinic.org/physicalmedicine-rst/education.html>. The registration fee includes tuition, a downloadable course syllabus, continental breakfast, and a designated break. Although it is not Physical Medicine and Rehabilitation Therapy Services policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form.

## CANCELLATION POLICY

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If you cancel your participation in this course, your registration fee, less a 25% administrative fee, will be refunded when written notification is received by Physical Medicine and Rehabilitation Education Committee up to 14 days prior to the course. No refunds will be made after that date. The Physical Medicine and Rehabilitation Education Committee reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event a course must cancel or be postponed, the Mayo Clinic – Physical Medicine and Rehabilitation Education Committee will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline / travel / lodging agencies.

## LODGING ACCOMMODATIONS

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Limited guest rooms have been reserved for attendees and their guests with a special course rate of \$109.00 plus tax per night for single or double occupancy standard rooms at the Hilton Garden Inn of Rochester. Reservations may be made by calling 507-285-1234. Lodging arrangements are the sole responsibility of the individual registrant. The guest room block is located under the name Mayo Clinic Falls Course and will be available through October 26, 2012.

## PARKING

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Free parking is available in the Damon Parking Ramp, which is located on 3rd Avenue SW. Metered parking is available on the street.

Directions to Mayo Clinic & hotel information may be found at: [www.rochesterlodging.com](http://www.rochesterlodging.com)

Downtown Rochester Maps – Conference is held in the Siebens Building.

## FACULTY

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### *Kathryn Brewer, PT, MEd. GCS, CEEAA*

Ms. Brewer graduated with her degree in Physical Therapy from Ohio State University and received her Master of Education from the University of Cincinnati. She was certified as a geriatric specialist by the American Board of Physical Therapy Specialists in 1994 and recertified in 2004. She completed the Certification for Exercise Expert in Aging Adults in 2010. Kathy

currently practices at Mayo Clinic, Arizona including developing chronic disease management programs for older adults. Ms. Brewer is a dedicated clinician and educator with over 30 years of experience in a variety of settings including acute, out patient, home care, long term care/SNF and public health programs with an emphasis in geriatric care, education and administration. She frequently writes and presents these topics in local, state and national PT and community educational programs. She actively participates in professional initiatives which effect practice, awareness, advocacy and service delivery of care to patients and clients. Her areas of clinical expertise include osteoporosis, fall prevention, health promotion, functional assessment, and chronic disease management/wellness in older adults.

Ms. Brewer has served as adjunct faculty for the Arizona School of Health Science, Northern AZ University Physical Therapy programs and Gateway Community College Physical Therapist Assistant program. She has served as board member/delegate and editorial board member for the Section on Geriatrics; member of the APTA steering committee reviewing the National Action Plan for Falls Prevention; APTA liaison to the National Council on Aging and the American Geriatric Society. Ms. Brewer received the Joan Mills Award from the APTA Section on Geriatrics and was named the “Arizona Physical Therapist of the Year, 2006” by the AzPTA for her contributions to the profession as a clinician, educator and advocate for older adults.

### *Bradley King, PT, MA, DScPT*

Dr. King graduated with his degree in Physical Therapy from the Mayo Clinic School of Health Related Sciences program in Physical Therapy and his Masters in Health and Human Services Administration from Saint Mary’s University. He most recently completed his Doctor of Science in Physical Therapy from the University of Maryland at Baltimore. Brad currently works as the interim clinical education specialist in the Department of Physical Medicine and Rehabilitation at Mayo Clinic, in Rochester Minnesota. He is an adjunct lecturer in the Mayo Program in physical therapy and has over 25 years of experience working in skilled nursing and home health care settings. Brad is an APTA credential clinical instructor and has been a clinical instructor for over 20 years. He is an active member of the APTA and is a member of the Sections on Geriatrics and Education Brad currently serves as the secretary for the Minnesota APTA board of directors. Dr. King has presented locally, regionally and nationally on a variety of topics including fall risk and fall risk reduction, Medicare regulations, and exercise for the older adult. His practice interests include clinical education, geriatrics, fall risk reduction, government regulations, and clinical competency.

### *Maryane Dinkins, PT*

Maryane M. Dinkins graduated with her degree in Physical Therapy from the State University of Londrina in Brazil and her Masters in Health Sciences in Physical Therapy from the University of St. Augustine, Florida. Maryane currently works as the Clinical Program and Education Coordinator in the Department of Physical Medicine and Rehabilitation at Mayo Clinic, in Jacksonville, Florida. Her responsibilities include developing and organizing patient, student and staff education and coordinating the development of

clinical programs. She has 20 years of experience as a physical therapist working in outpatient, inpatient and home health settings. Maryane is an APTA credential clinical instructor and has been a clinical instructor for 15 years. She is a member of the APTA and a member of the Orthopedic Section. Maryane has presented locally, nationally and internationally on a variety of topics including fall prevention, orthopedic assessment, manual therapy, exercise progression, early mobilization, Medicare regulations and documentation. Her practice interests include clinical education, clinical competency, fall risk reduction and acute care early mobilization.

## PROGRAM

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7:30 – 7:50 a.m.	Registration (Continental Breakfast Provided)
7:50 – 8:00 a.m.	Introductions and Housekeeping
8:00 – 9:45 a.m.	Falls Overview & Motor Control Theory
9:45 – 10:00 a.m.	Break (On Your Own)
10:00 – 11:00 a.m.	Vestibular System & The Mobility Spectrum
11:00 a.m. – 12:00 p.m.	Functional Assessment Tools: What are they telling us?
12:00 – 1:00 p.m.	Lunch (Provided)
1:00 – 3:00 p.m.	Lab (Balance Assessment Tests & Treatment Interventions)
3:00 – 3:15 p.m.	Break (Snack Provided)
3:15 – 5:30 p.m.	Exercise Dosing, Screening, Computerized Balance Assessment & Session Wrap-Up

## REGISTRATION

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Please register by November 2, 2012.

We now have online registration at the below website:

<http://www.mayoclinic.org/physicalmedicine-rst/education.html>

You will need to:

1. Find the appropriate course.
2. Create a profile.
3. Complete the registration form.

If questions please contact:

PM&R Therapy Services Education  
Mayo Clinic (Mayo 14)  
200 First Street SW  
Rochester, MN 55905  
Telephone: (507) 293-1541

### **TUITION:**

Physician/Residents/Allied Health Staff - \$225.00

AOTA Members - \$202.50

Check Payable to: **Mayo Clinic**