

## Course Content

### FALL RISK MITIGATION ESSENTIALS

- The latest advances in fall prevention
- The most current changes from the CDC
- Intrinsic risk factors
- Environmental extrinsic risk factors
- Medications and substance use

### COMPREHENSIVE FALL RISK ASSESSMENTS:

*Predict and Prevent Falls with Tools for Evaluating Your Patients'...*

- Balance
- Visual-spatial function
- Sensory-motor integration
- Proprioception
- Vestibular function
- Gait and mobility
- Age-related degeneration
- Home safety
- Pharmacological side effects

### REDUCE FALL RISK AND RESTORE MOBILITY AND FUNCTION:

*Interventions, Assistive Technologies and Techniques to...*

- Restore balance, mobility and function
- Minimize fall impact and injury
- Treat dizziness and vertigo
- Improve multitasking, coordination and gait
- Resolve vision problems that contribute to falls
- Boost cognition, memory and focus
- Reduce environmental fall risks
- Orthotics, gait devices and assistive technology for fallers

### IMPROVE STRENGTH, COORDINATION, BALANCE AND SAFETY:

*Multifactor Approaches and Exercise Programs for Fall Reduction*

- Vestibular rehabilitation
- Strength training programs
- Quick tips to recognize abnormal gait patterns in fallers
- Balance assessment tools
- Nutrition
- Hydrotherapy interventions

### HIGH-RISK PATIENT SOLUTIONS:

*New Ideas and Innovative Plans to Protect Patients from Injury*

- Older adults
- Impaired vision
- Patients using oxygen
- TBI and stroke
- Multiple Sclerosis
- Parkinson's Disease
- Diabetes
- Pain

### PATIENT EDUCATION TOOLBOX:

*Best Practices for Building Understanding and Engagement for Improved Outcomes*

- CDC – STEADI initiative algorithm
- The American Geriatric Society updated Beers Criteria
- Evaluate your patient's understanding of fall prevention
- Checklists
- Body mechanics
- Car and floor transfers
- Fall recovery techniques
- Safe landing strategies
- Best practices for non-compliant patients

### DEVELOPING A SUCCESSFUL FALL PREVENTION PROGRAM FOR YOUR FACILITY

- Evidence based programs
- STEADI toolkit
- Marketing and partnership strategies
- Coding and billing updates

### PRACTICE AND CASE STUDIES

- Evaluate a client's home for risk factors
- Apply advanced balance training and multitasking techniques
- Integrate visual testing and gaze stabilization
- Navigate pharmacological side effect

### Live Webinar Schedule - both days (Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

- Integrate the latest advances in fall prevention and the most current changes from the CDC into your practice.
- Employ comprehensive assessments to identify issues with balance, visual-spatial functioning, proprioception and other root causes of fall risk.
- Assess available interventions so you can choose the appropriate ones for safely restoring balance, mobility and function in patients with varying root causes of fall risk.
- Integrate multiple approaches and exercise programs for better outcomes with fallers and patients at high-risk of falling.
- Determine the safest landing strategies that your patients can employ to reduce the impact of falls.
- Develop home exercise programs for patients so they can build strength and coordination.
- Utilize tips to recognize abnormal gait patterns in fallers.
- Employ ideas and plans that will protect older adults, patients using oxygen, and others at high-risk of falling from injury.
- Evaluate parameters for safely intensifying rehab with patients who fall.
- Apply best practices for educating and engaging non-compliant patients to reduce their risk of falling.
- Investigate evidence-based fall prevention programs that can be used in your facility.
- Evaluate home-based risk factors that contribute to falls and determine how these risk factors can be mitigated.

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**Thursday & Friday, May 13 & 14, 2021**

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# Fall Prevention Specialist Certification Course:

Fall-proof Your Patients with Today's Best Practices

- Get certified! Build your skills and professional reputation!
- Reduce fall risks and restore mobility and function
- Improve patient safety and care
- Robust plans for high-risk and non-compliant patients

**BECOME A CERTIFIED FALL PREVENTION SPECIALIST (CFPS)**

This seminar meets ALL requirements to become a Certified Fall Prevention Specialist (CFPS) through Evergreen Certifications!

Professional standards apply, visit [www.evergreencertifications.com/CFPS](http://www.evergreencertifications.com/CFPS) for full certification details.

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**Thursday & Friday, May 13 & 14, 2021**

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2-DAY

## Fall Prevention Specialist Certification Course:

Fall-proof Your Patients with Today's Best Practices

One fall can turn your patient's life upside down, resulting in rapidly declining health, extended hospital stays, financial loss, fear and isolation.

Whether you're an OT, PT, nurse or anyone who works in a rehab or healthcare setting one fall can turn your life upside down as well; erasing the progress your clients have made toward their functional goals, causing you stress as you worry for your patient's well-being, and leaving you facing the nerve-racking implications for the reputation of both you and your facility.

Attend this live training, learn how to help patients avoid falls while retaining the strength, balance and mobility it takes to stay functionally independent and become a **Certified Fall Prevention Specialist through Evergreen Certifications** (see [evergreencertifications.com](http://evergreencertifications.com)).

More than just an overview, this intensive Certification Course will offer practical solutions to some of the most challenging real-life situations you face with patients who fall or are at risk of falling. Built on today's best practices, this program will provide you exactly what you need so you can...

- Better predict and prevent falls with effective fall prevention tools and strategies
- Safely build strength, coordination and balance in fallers
- Restore mobility and function with interventions and assistive technologies
- Build your professional reputation as a go-to resource on fall prevention

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Fall Prevention Specialist (CFPS)** through Evergreen Certifications. Certification lets colleagues, employers, and caregivers know that you've invested the extra time and effort necessary to understand the complexities of fall prevention. Professional standards apply. Visit [evergreencertifications.com/cfps](http://evergreencertifications.com/cfps) for details.

### Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Nurse Practitioners • Nurses  
Nursing Home Administrators



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## CERTIFICATION MADE SIMPLE!

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- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Fall Prevention Specialist (CFPS) through Evergreen Certifications is complete.\*

*Attendees will receive documentation of CFPS designation from Evergreen Certifications 4 to 6 weeks following the program.*

*\*Professional standards apply. Visit [evergreencertifications.com/cfps](http://evergreencertifications.com/cfps) for professional requirements.*

## Meet Your Speaker

**Shelly Denes, PT, CFPS, C/NDT**, is an expert in fall prevention and neuro-rehab with more than 25 years of experience treating patients with hemiplegia, neuromuscular disorders, TBI, and SCI. She has a special interest in advanced technology and has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton robotics.

Ms. Denes travels nationally to present seminars on fall prevention and geriatric rehabilitation, and she is known for her dynamic, hands-on teaching style. She has also shared her insights with practicing professionals in varying settings. Additionally, her expertise has been presented through expert witness work, both nationally and locally. Ms. Denes is a graduate of University of Michigan's PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) from Rehab Institute of Chicago. She is also earned certification as a Fall Prevention Specialist with Evergreen Certifications and sits on their advisory board.

#### Speaker Disclosure:

Financial: Michel Janet (Shelly) Denes has an employment relationship with the Center for Spinal Cord Injury Recovery. She receives a speaking honorarium from PESI, Inc.

Non-financial: Michel Janet (Shelly) Denes has no relevant non-financial relationship to disclose.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Nurses, Nursing Home Administrators, Occupational Therapists, and Physical Therapists.**

For specific credit approvals and details, visit [pesirehab.com/webcast/84803](http://pesirehab.com/webcast/84803)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.

This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.



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May 13 & 14, 2021 PWZ84801

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8am Eastern time

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### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### QUESTIONS

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