



FRIDAY, NOVEMBER 3, 2023 • 12:30 TO 5:00 PM

Registration and Lunch 12:00 – 12:30 pm

McKimmon Conference & Training Center, 1101 Gorman Street, Raleigh, NC

The workshop is designed for healthcare professionals who provide falls prevention services for older adults in outpatient and community settings. Participants will receive instruction in comprehensive falls risk assessment and interventions to reduce falls. Intervention-related content will focus on the Otago program, an exercise program recognized by the Centers for Disease Control as effective in preventing falls.

Target Audience

Physical therapists, physical therapy assistants, nurses, medical assistants, aging specialists, and others who are interested in providing screening and/or intervention to reduce falls in older adults

Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Identify the problem of falls among older adults.
- Distinguish among primary, secondary, and tertiary prevention as related to falls among older adults.
- Describe key risk factors for falls, including both non-modifiable and modifiable risk factors.
- Apply the Timed Up and Go, 30 Second Chair Stand, and Four Stage Balance tests as part of a simple screening for falls risk as recommended in the CDC's STEADI (Stopping Elderly Accidents, Injuries, and Falls) Tool Kit.
- Apply, as appropriate for your discipline and training, components of a detailed falls risk assessment, including assessment of cognition, mood, balance self-efficacy, physical activity, medications, and orthostatic blood pressure.
- Apply, as appropriate for your professional discipline and training, recommendations to older adults about how to reduce their risk of falls.



CLICK HERE TO REGISTER

WAKE AHEC
PART OF NC AHEC

RECRUIT
TRAIN
RETAIN

Agenda

12:00 pm	Registration and Lunch
12:25	Welcome and Overview of the Day
12:30	The Problem of Falls in Older Adults
1:15	Falls Risk Assessments
1:45	Break
1:55	Medications and Falls
2:40	Interventions for Decreasing Falls Risk
3:40	Break
3:50	Case Studies
4:50	Q&A, Program Summary
5:00 pm	Adjourn

Speakers

Memory Dossenbach, PA-C, MHS, MS

Clinical Assistant Professor
UNC Physician Assistant Program
UNC School of Medicine

Vicki Mercer, PT, PhD

Professor, Division of Physical Therapy
University of North Carolina at Chapel Hill

Kimberly Sanders, PharmD, BCPS

Clinical Assistant Professor
Division of Practice Advancement and Clinical Education
Assistant Professor, Division of Comprehensive Oral Health
UNC Eshelman School of Pharmacy
UNC Adams School of Dentistry

Martha Zimmerman, PT, MAEd

Western North Carolina Falls Prevention Coalition

Planning Committee

Toni Chatman, MHA

Associate Director, Oral & Allied Health Education
Wake AHEC

Ann Pearce, PT

WakeMed Health & Hospitals
Triangle Falls Prevention Coalition

Kimberly Spencer, MBA, CDA

Project Coordinator, Oral & Allied Health Education
Wake AHEC

Credit

NCBPTE

Wake AHEC is a pre-approved provider for NCBPTE Continuing Competence Activities. This activity is approved for 4.25 hours.

Wake AHEC CEU: Wake AHEC will provide 0.4 CEU to participants upon completion of this activity. A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Contact Hours: Wake AHEC will provide up to 4.25 Contact Hours to participants.

Registration Fee

- **Early Fee** – \$60; after October 20, 2023 – \$80. Vouchers will be accepted.
- Fee will include online handouts/online certificate of completion.
- Lunch will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Visit www.wakeahec.org for our Inclement Weather Policy.

Cancellations and Refunds Registrants cancelling between October 20 and October 31, 2023 will incur a \$25.00 cancellation fee. No refunds or credits will be given for cancellations received after October 31, 2023. Substitutes are encouraged.

ADA Statement

Visit www.wakeahec.org for the WAKE AHEC ADA Statement.

Photo Policy

Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Questions? Contact Kimberly Spencer at 919-350-0480 or kispencer@wakeahec.org.



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content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHPr, HRSA, DHHS or the U.S. Government.

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