

To Register

Fees: Includes materials, continental breakfast, refreshments, and luncheon. Purchase orders are not accepted.

Registration Fee:

(Early—before 9/28/2007) \$85 _____ \$100.00 _____

Full time students with a letter from their program director may register for \$25 per day.

Deadline for registration: October 22, 2007

Total enclosed or to be charged: _____

Last Name: _____ First Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Specialty: _____

I require a vegetarian lunch: _____

To register online: <http://www.chp.cmich.edu/bridges>

Please mail or fax registration and fees to:

The Bridges Center
Central Michigan University
2153 Health Professions Building
Mount Pleasant, MI 48859
Fax Number: 989.774.1853

Checks may be made out to: *The Herbert H. & Grace A. Dow College of Health Professions* or charge the following account:

Discover Visa Mastercard American Express

Card Number: _____ Exp.Date: _____

3 Digit Verification No. (found on back of card): _____

Signature: _____

Request Professional Continuing Education Credit for: (please check)

Registered Nurse Physician/PA

Audiologist Physical Therapist

CMU, an AA/EO institution, strongly and actively strives to increase diversity within its community (see www.cmich.edu/aaeo.html).

For additional questions, please call or email:
Phone: 989-774-2341
Fax: 989-774-2405
E-mail: bridges@cmich.edu

October 25, 2007 Symposium Fall and Balance Second Annual

Central Michigan University
Bridges Center for Healthy Life Transitions
2103 Health Professions Building
Mount Pleasant, Michigan 48859



Welcome to The Herbert H. and Grace A. Dow College of Health Professions.

CMU
CENTRAL MICHIGAN
UNIVERSITY

**THE HERBERT H. AND GRACE A.
DOW COLLEGE OF HEALTH
PROFESSIONS**



Fall Prevention Strategies: A Multi-factorial Approach to Assessment and Intervention

October 25, 2007

**THE SECOND ANNUAL
FALL AND BALANCE SYMPOSIUM**

**PRESENTED BY THE DEPARTMENTS OF
REHABILITATION AND MEDICAL SCIENCES
AND COMMUNICATION DISORDERS**

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Who Should Attend?

Registered Nurses, Physicians (ENT, Family Practice, Internal Medicine), Audiologists, Physical Therapists, Physician Assistants

Accreditation:

Nurses: This continuing nursing education activity is approved for 6.0 CEU's by the Michigan nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MidMichigan Medical Center Midland

Physicians/Physician Assistants: MidMichigan Medical Center is accredited by the Michigan State Medical Society Committee on CME Accreditation to provide continuing medical education for physicians. MidMichigan Medical Center-Midland designates this educational activity for a maximum of 6.75 category 1 credit hours toward the AMA Physician's Recognition Award™. Each physician should claim only those credits that he/she actually spent in the activity.

Audiologists:

Central Michigan University is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and Audiology. This program is offered for a maximum of .6 CEUs (Intermediate level; Professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures.



Physical Therapists: Approval from the Michigan Physical Therapy Association pending.



Location:

The symposium will be held in the **Bovee University Center Rotunda** on the campus of Central Michigan University. The University Center (UC) is on Preston, 2 1/2 blocks west of Mission in Mount Pleasant.

Parking is available in **lot # 62 West** located on Broomfield. Shuttle service will transport attendees to the UC.

A map of campus, complete directions and hotel accommodations are available on our web site:

<http://www.chp.cmich.edu/bridges>

Fall Prevention Strategies:

ABOUT THE PRESENTERS:

Holly Lookabaugh-Deur

Lookabaugh-Deur is a practicing physical therapist with 26 years clinical experience. Her private practice, Generation Care, centers around treatment for geriatric clients, including specialized intervention programs for fall prevention. Holly has a BS in physical therapy from the University of Connecticut, Masters of Health Sciences from Grand Valley State University, and is currently finishing dissertation work for Doctor of Science in Geriatric Physical Therapy at Rocky Mountain University in the area of fall prevention and urinary incontinence. Holly also holds Board Certification as a Geriatric Clinical Specialist from the APTA as well as certification as a Wound Care Specialist. Deur was part of a Center for Disease Control grant team studying fall prevention with community dwelling older adults. She has first hand experience with skilled nursing facility, hospital – based, outpatient, and community dwelling older adult fall prevention clinics and programs. She has published articles on urinary incontinence management and is a member of the adjunct faculty at CMU, teaching geriatric physical therapy, aquatic therapy, and fall prevention courses.

David B. Bauer, M.D.

Dr. Bauer is an attending physician in Emergency Medicine at Crittenton Hospital and Emergency Medicine Fellow, ACEP, with 18 years of direct patient care experience. He currently serves as a Clinical Instructor for Wayne State University’s medical school, with previous teaching responsibilities at Tufts University, University of Michigan, and William Beaumont Hospital. He currently serves as the Medical Director for Bone Density Specialists Community based Osteoporosis Project, sponsored by the Michigan Public Health Institute, and served as the lead investigator on the CDC funded, 4 year research project studying fall prevention with community dwelling older adults. He has published work in the Annals of Emergency Medicine, and is an active participant of many committees related to injury prevention in older adults for the state of Michigan.

LEARNER OUTCOMES:

At the completion of the symposium, participants will be able to:

1. List the compelling demographical information related to fall prevention in older adults.
2. Describe the variety of levels of intensity of fall prevention approaches for a variety of health care settings: community-dwelling, assisted living, hospital, and institutional / skilled nursing facility.
3. Identify and list extrinsic and intrinsic factors related to fall risk assessment.
4. Describe self-directed screens vs. individual vs. team comprehensive assessment approaches with pros and cons of each.
5. Describe current “best practices” in a variety of countries, including resources for each.
6. Describe, discuss, and demonstrate interventions for a variety of risk factors, identifying probable impact, time and skill requirements.
7. Identify criteria for individual and team interventions.
8. Identify specific skilled interventions for the prevention of fall and fall injury that require additional training and expertise.
9. Describe resources and answer questions related to course content.

A Multi-factorial Approach to Assessment and Intervention

Symposium Schedule

Thursday, October 25

Morning Session

7:30 – 8:00 Registration and Continental Breakfast

8:00 – 8:15 Introduction and Logistics

Liana Bachand
Director, Bridges Center

8:15 – 9:00 Falling and Fall Injury: A Critical Health Care Issue

Dr. Dave Bauer

9:00 – 9:45 Different Approaches for Different Settings

H. Lookabaugh-Deur

9:45 – 10:00 Break

10:00 – 11:15 Individual and Team Evidence-Based Assessments

H. Lookabaugh-Deur

11:15 – 11:45 Global Model Programs and Research

H. Lookabaugh-Deur

11:45 – 12:00 Questions and Answers

Bauer and L-Deur

Symposium Schedule

12 noon–1 p.m. Luncheon: University Center Rotunda

Afternoon Session

1:00-2:00 Overview of multi-factorial interventions and treatment strategies

H. Lookabaugh-Deur

2:00-2:20 Knowing when to intervene and refer

Dr. Dave Bauer

2:20-2:30 Break

2:30-3:45 Focused interventions: vestibular, balance and postural strategies, home assessment and T.E.A.C.H. program, gait strategies, and aquatic therapy techniques

H. Lookabaugh-Deur

3:45-4:10 Resources, Questions and Answers

Bauer and L-Deur

4:10-4:25 Wrap up and evaluation

- Injuries relating to falling are the leading cause of accidental death in adults over the age of 65

- Falls account for 80-95% of hip fractures in older adults

- More than 1/3 of healthy adults over age 65 fall every year

National Osteoporosis Foundation, 2001

