Ways you can be involved in National Falls Prevention Awareness Week Activities:

**ACTIVITY IDEAS:**

**Patient Education:**
- Falls Free Check Up
- Evidence-Based Fall Prevention Programs
- Physical Therapy and Falls Prevention
- CDC STEADI Toolkit Patient and Caregiver Resources

**Oncology Specific**
- Choose PT: Cancer-Related Balance and Falls: What You Should Know
- APTA Oncology Balance and Falls Fact Sheet for Consumers
- APTA Oncology Cancer Related Fatigue Fact Sheet for Consumers

**Clinician/Interprofessional Education**
- Short training videos, brochures, material for: PT and or PTA students, general clinicians, triage of settings, etc.
  - CDC STEADI Provider Training and Education
  - Population Specific norms/cheat sheets
    - Geri: Lusardi et al 2017 (community dwelling older adults)
    - Oncology: Oncology EDGE Taskforce Annotated Bibliography
- Lunch and Learn Inservice using NFPAW PPT Template (interprofessional version)
  - Other physical therapy professionals
  - Members of the rehab team (OT, SLP)
  - Medical Team (doctors, nurses, CNAs)
  - Referring physician groups
  - Pharmacists (STEADI Rx)

**Community Education**
- Virtual presentation via zoom using NFPAW PPT Template (community version)
- Blog post or social media campaign using APTA Geriatrics Social Media Toolkit
- In person balance and falls screening using
  - CDC STEADI Toolkit (full)
  - Part of the STEADI
    - CDC STEADI Fall Risk Check List
    - CDC STEADI Stay Independent Brochure
    - CDC STEADI Check for Safety Brochure
  - APTA Geriatrics Falls Prevention Awareness Toolkit
  - Perform at health fairs, campus, retirement, or assisted living homes, community centers
- Incorporate Memory Screening (AD8 & MiniCig) with STEADI toolkit (SIQ, TUG, 30sCS, 4SBT) to offer Balance and Memory Screenings

**Clinical Education**
- Include the “Stay Independent Brochure” as homework after your first PT visit
- Give a “Falls Prevention Education” Presentation to patients before they discharge home
- Encourage use of OTAGO Exercise Program to PTs as an intervention/ discharge plan
Ways to Involve Students:
- Student Video Contest
  - Academy of Neurologic Physical Therapy
  - APTA Geriatrics
- Falls Screening Events under supervision of a licensed clinician
- Perform environmental assessments at a local senior living community
- Utilize students to perform virtual fall risk screenings using the Stay Independent Questionnaire, 30 Second Chair Stand and 4 stage balance.

Additional Resources:
- OTAGO
- STEPPING ON
- TAI JI QUAN: Moving for Better Balance
- A Matter of Balance
- Tai Chi
- CDC Resources:
  - CDC STEADI Toolkit (original)
  - CDC STEADI Toolkit (inpatient)
  - CDC STEADI-Rx
  - CDC STEADI Coordinated Care Plan
  - CDC STEADI Evaluation Plan
  - CDC Check for Safety Brochure (Environmental Assessment)
  - CDC MyMobility Plan (promoting Aging in Place)

Resources Available on ANPT (APTA Neuro Academy) website:
Clinical Practice Guidelines (CPG’s):
neuropt.org/practice-resources/anpt-clinical-practice-guidelines
Published for: core outcome measures for adults with neurologic conditions, vestibular hypofunction, concussion, locomotion, AFO’s and FES, Parkinson’s Disease.
In development for: Balance Rehabilitation and Falls Prevention in Neurological Populations.
CPG: Core Set of Outcome Measures for Adults with Neurologic Conditions
Full Clinical Practice Guideline Publication
Quick Reference for Rehabilitation Professionals

Recommended Standardized Administration of the Core Measures:
- Berg Balance Scale
- Functional Gait Assessment
- Activities-Specific Balance Confidence Scale
- 10 Meter Walk Test
- 6 Minute Walk Test
- 5 Times Sit to Stand
- Quick Guide for Administration of all Measures
- Environmental Set Up for Core Measures Administration: Tips for Success
Pocket Cards for Interpretation of Core Measure Scores:
- Berg Balance Scale
- Function Gait Assessment Pocket Guide
- Activities-Specific Balance Confidence Scale
- 10 Meter Walk Test
- 6 Minute Walk Test
- Five Times Sit to Stand

for Patient Education and Shared Decision Making:
Knowledge Translation Report Card
and
Simplified Version of Knowledge Translation Report Card

Evidence Database to Guide Effectiveness (EDGE)
Use and evidence for common outcome measures – not limited to balance and fall risk measures but includes updated evidence for balance and fall risk measures within that population.
neuropt.org/practice-resources/neurology-section-outcome-measures-recommendations
- StrokEDGE recommendations
- Multiple Sclerosis EDGE recommendations
- Traumatic Brain Injury EDGE recommendations
- Spinal Cord Injury EDGE Recommendations
- Parkinson Disease
- Vestibular Disorders

Health Promotion and Wellness Resources:
neuropt.org/practice-resources/health-promotion-and-wellness
The Academy of Neurological Physical Therapy is committed to helping the profession of physical therapy promote health and wellness for individuals living with a neurological condition or injury. In efforts to reduce or eliminate secondary complications in individuals with neurological conditions, the Health Promotion & Wellness Practice Committee is devoted to development and dissemination of health and wellness resources to support the needs of the people we serve.
- Clinician Resources & Tools
- Client/Patient Resources & Tools
- Translation to Practice Settings
- Foundational Learning & Key Articles
- See more from your favorite ANPT SIG (Brain Injury, Degenerative Diseases, SCI, Stroke, Vestibular Rehabilitation, Balance & Falls, Assistive Technology/Seating & Wheelchair Mobility)
- PT delivery models-HPW Clinical Decision Tree
- Motivational Interviewing (MI) and Health Coaching Resources