

TRI-ALLIANCE



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 [NFAW 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 [NFAW 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

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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](#)

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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](#)