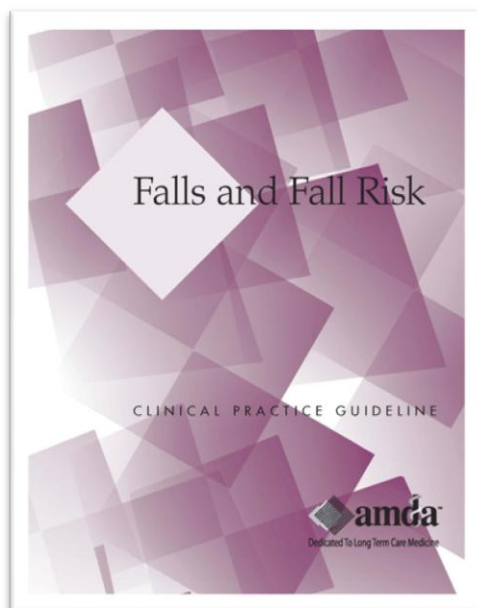


AMDA Falls and Fall Risk Clinical Practice Guideline



Continuing Professional Education Program *Self-Study Course for Registered Dietitian Nutritionists, Nutrition and Dietetics Technicians, Registered, and Certified Dietary Managers*

Written by Liz Friedrich, MPH, RD, CSG, LDN, FAND

Edited by Becky Dorner, RDN, LD, FAND



Your Premier Senior Nutrition Resource

www.beckydorner.com

info@beckydorner.com

800-342-0285

546 Scotland Street
Dunedin, FL 34698

©2017 Becky Dorner & Associates, Inc.

No part of this publication may be sold, published, made part of another program, copied, reproduced, transmitted, scanned, altered or modified by any means without prior written authorization of the copyright holder.

Health professionals are encouraged to apply what they learn from this publication in their practice. It is provided for your own personal, educational non-commercial use as a resource aid only. The program provides general concepts and, therefore, where its use may be appropriate for one person, its use may not be appropriate for another. It is not intended to be a substitute for professional medical advice. BD&A shall not be liable for any loss or damage directly or indirectly to the users of this publication.

**AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs**

Acknowledgements

Continuing Professional Education Program Self-Study Course

Written by Liz Friedrich, MPH, RD, CSG, LDN, FAND
President of Friedrich Nutrition Consulting in Salisbury, NC

Edited by Becky Dorner, RDN, LD, FAND
President, Becky Dorner & Associates, Inc.
Dunedin, FL

Thank you to the following individuals for carefully reviewing this continuing professional education course:

Mary Ellen Posthauer, RDN, CD, LD, FAND
President, M.E.P. Healthcare Dietary Services, Inc.
Evansville, IN

Rose Hoenig, RD, CSG, LD
Consultant Dietitian
Davenport, IA

Mary (Marne) E. Keeler, RDN, LD
Director of Clinical Services, Abshire Dietary Consulting, LLC
El Campo, TX

Accreditation Information

Becky Dorner & Associates is a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration (CDR).

We maintain records of course completions for a period of 7 years.

Registered Dietitian Nutritionists (RDN), Registered Dietitians (RD), Dietetic Technicians, Registered (DTR); Nutrition and Dietetic Technicians Registered (NDTR): After successfully completing the self-testing portion of this continuing education package, a certificate of completion is provided for your portfolio. Place the certificate in your portfolio for your records. It is the individual's responsibility to update personal CDR portfolio records, keep all documentation including program description/syllabus, and certificates of completion in case of an audit to prove that every CPE program submitted is valid, appropriate or worthy of CPE for an RDN and/or NDTR.

Certified Dietary Managers (CDMs): CDMs may complete a program and self-report it in their Certifying Board for Dietary Managers (CBDM) record. It is the individual's responsibility to keep all documentation including proof of attendance, program description/syllabus, and certificates of completion in case of an audit to prove that every CE program submitted is valid, appropriate or worthy of CE for a CDM.

AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs

Course Expiration Date: June 11, 2020

Continuing Professional Education Hours: 1

This course and test must be completed prior to this date. You will receive your certificate upon successful completion of the online test (see *Instructions for Obtaining Continuing Professional Education Certificate* on the following pages).

AMDA Falls and Fall Risk Clinical Practice Guideline

by The American Medical Directors Association, 2011.

You should have received the copy of this material. It is your responsibility to review the material thoroughly prior to taking the continuing professional education self-assessment test.

Course Description

The *AMDA Falls and Fall Risk Clinical Practice Guideline* outlines potential causes of falls and interventions to address fall prevention in long-term care facilities.

Falling is a significant cause of injury and death in older persons, especially the frail elderly. Among other things, decreased body weight and osteoporosis may result in serious injuries or fracture as a consequence of a fall. Nutrition assessment can help identify risk factors for falls that can be addressed with nutrition intervention.

Objectives:

After completion of this CPE program, participants will be able to:

1. Identify how body weight might affect the outcome of a fall.
2. Understand medical conditions that could increase fall risk.
3. Identify nutrition-related interventions that might help decrease fall risk.
4. Understand the impact of several medications and nutrition supplements on fall risk.

CDR Learning Level: Level: 2

**CDR Learning Needs Codes and Practice Competencies/Performance Indicators:
5100 Elderly**

- 4 Employs critical reasoning and professional judgment in decision making and problem solving relevant to RDN and NDTR scope of practice.
 - 4.1.1 Demonstrates effective problem solving and professional judgment to address a need.
 - 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.
 - 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

**AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs**

8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

10. Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.

10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

5040 Long Term Care, Intermediate, Assisted Living

4. Employs critical reasoning and professional judgment in decision making and problem solving relevant to RDN and NDTR scope of practice.

4.1.1 Demonstrates effective problem solving and professional judgment to address a need.

4.1.2 Interprets and integrates evidence-based research and literature in decision making.

8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

10. Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.

10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

5130 Bone diseases, osteoporosis

8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.

**AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs**

10. Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.
- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

5410 Client protocols, clinical guidelines

- 4 Employs critical reasoning and professional judgment in decision making and problem solving relevant to RDN and NDTR scope of practice.
- 4.1.1 Demonstrates effective problem solving and professional judgment to address a need.
- 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.
10. Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.
- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

Additional Learning Needs Codes and Performance Indicators/Practice Competencies may also apply.

**AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs**

**Instructions for Obtaining Continuing
Professional Education (CPE) Certificate**

Each participant must review the material provided, take and pass an online test (a grade of 70% is required), and complete a simple evaluation.

To obtain your CPE certificate for this course, please follow these instructions:

1. Review the course description, objectives, CDR Learning Needs Codes and Practice Competencies/Performance Indicators.
2. Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter.
 - a. Click on “Test and CEU Certificate”, and fill in your name, facility name, and state.
 - b. Take the test. For multiple choice questions select the one best answer from the choices given. A passing grade of 70% or more is required. You may re-take the test as many times as needed. If you are interrupted and cannot finish the test, you can save the test and come back later to finish it.

Note: The test questions are also included at the end of this document if you would like to review them in advance of taking the test online.

3. Upon successfully completing the test, you will automatically be directed to the evaluation.
 - a. Simply enter your email address and complete the evaluation.
 - b. When finished, click “Submit Survey.”
4. Click on either “print” or “download your certificate” to generate the CPE Certificate with all of the course information including your name.
5. Remember to input the information on this course into your CDR (or CBDM) portfolio.

AMDA Falls and Fall Risk Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs

Continuing Professional Education Self-Assessment Test

Mrs. Anderson is an 83-year old resident of a skilled nursing facility who was recently hospitalized after she tripped over a bedroom slipper. Testing revealed that she had a mild stroke that probably contributed to the fall. The episode resulted in contusions, increased confusion, and some left-sided weakness but no fracture. Her diagnoses include recent stroke, Alzheimer's dementia, depression, anxiety, type 2 diabetes, and mild osteoporosis. She is 63 inches tall, weighs 152 pounds, and has a BMI of 27, which is normal for her weight history. She returned to the facility on new medications, including Metformin, Lisinopril, Vitamin E, and fish oil supplements. She also takes Ativan, Zoloft, and calcium citrate.

1. Mrs. Anderson's fall didn't result in a fracture because:
 - a. She is underweight, so had less impact when she fell.
 - b. She is overweight, so had fat and muscle to absorb the impact of the fall.
 - c. She is obese, so had fat and muscle to absorb the impact of the fall.
 - d. Her weight had no impact on the risk for fracture when she fell.

2. A nutrition assessment might help identify nutrition-related risk factors for falls, including which of the following?
 - a. Dehydration
 - b. Constipation
 - c. Inadequate protein intake
 - d. Excessive calorie intake

3. Which vitamin supplement should be recommended for Mrs. Anderson?
 - a. A higher dose of calcium
 - b. A multivitamin
 - c. Vitamin D
 - d. Vitamin B12

4. Which new medication could contribute to Mrs. Anderson having another fall?
 - a. Vitamin E
 - b. Fish oil
 - c. Metformin
 - d. Lisinopril

5. Complications of diabetes that can contribute to falls include:
 - a. Kidney damage.
 - b. Peripheral neuropathy.
 - c. Gastroparesis.
 - d. Coronary artery disease.