

About the Symposium

The Symposium, an annual event sponsored by the Texas Department of Aging and Disability Services Quality Assurance and Improvement (QAI) unit, provides a vehicle for disseminating information regarding best practices and interventions to doctors, nurses, nursing facility administrators, social workers, direct care staff, nurse aides and family caregivers with the ultimate goal of improving outcomes for people with disabilities and aging Texans. *Standing Strong: Falls Prevention & Management* marks the 10th year for the Symposium, which began in 2000.

Continuing Education Credits

To receive continuing education hours for attending the 2009 Symposium, it is mandatory that you sign-in prior to the beginning of the symposium, attend the entire symposium, and turn in a completed evaluation form prior to being given a Certificate of Successful Completion.

A Certificate of Successful Completion will not be issued to anyone arriving late (once the conference begins), missing more than 15 minutes of any session, or anyone failing to complete and return an evaluation at the end of the symposium.

There is no additional charge for any of the continuing education credits.

Continuing Education (CNE) – Nursing (7.0 hours)

Texas Department of Aging and Disability Services-Regulatory Services Division is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Continuing Education (CE) - Social Work

The Texas Department of Aging and Disability Services is an approved provider for the Texas State Board of Social Work Examiners. The 2009 Symposium is approved for Texas Licensed Social Workers CEs- Provider #4649.

Continuing Education (CPE) - Dietitians (7.0 hours)

The Texas Department of Aging and Disability Services is an approved provider for the Texas State Board of Examiners of Dietitians. The 2009 Symposium is approved for 7.0 hours Dietitians CPEs- through the American Dietetic Association.

Continuing Education (CE)-Nursing Facility Administrators

The Texas Department of Aging and Disability Services is an approved provider of Nursing Facility Administrators continuing education. The 2009 Symposium is approved for Nursing Facility Administrators CEs according to 40 Texas Administrative Code §18.35

Register online today at www.dads.state.tx.us (Click the Calendar tab)

Texas Department of Aging and Disability Services
Quality Assurance and Improvement
701 W. 51st St. – Mail Code: W-577
Austin, Texas 78751



Standing Strong: Falls Prevention & Management

2009 Symposium
Texas Department of Aging and Disability Services
Quality Assurance and Improvement

September 21, 2009- Richardson, Texas

Conference Schedule

7:30 – 8:15 a.m.	Registration
8:15 – 8:20 a.m.	Welcome Message
8:20 – 9:20 a.m.	David A. Smith, MD, FAAFP, CMD Medication and Fall Risk Management
9:20 – 9:35 a.m.	Break
9:35 – 10:35 a.m.	Nancy L. Wilson, MA, LMSW Fears, Falls, and Families: Exploring What Works
10:35 – 11:35 a.m.	Bridget M. Latson, MS, RD Fall Prevention: One of the many Benefits of Vitamin D
11:35 – 12:45 p.m.	Lunch Break
12:45 – 1:45 p.m.	Tatyana Gustafson, RN, MSN, CNS Fall Risk Assessment and Prevention
1:45 – 2:40 p.m.	Keith Turner, Ph.D. Matter of Balance: Demonstration and Discussion
2:40 – 2:55 p.m.	Break
2:55 – 3:55 p.m.	Margaret R. Finley, MD A Geriatrician's View of Falls in the Elderly
3:55 – 4:40 p.m.	Melody Malone, PT Fall Risk Reduction, Environmental Factors Associated with Falls
4:40 – 5:00 p.m.	Panel Discussion

More about the presentations...

Medication and Fall Risk Management

Participants will be able to list classes of medications and some individual medications creating risk of falls for people who receive long-term services and supports. They will explain the concepts of risk benefit ratio, duplicate therapy elimination, half-life, and steady-state relevant to medication-induced risk for people who receive long-term services and supports. Participants will be able to craft at least two methods to improve facility and organization-wide medication practice to reduce risk of falls.

Fears, Falls, and Families: Exploring What Works

Participants will be able to understand the psychosocial impact of fear of falling and falls on persons with disabling conditions (or chronic health problems). They will explain the importance of engaging individuals, families, and staff of all disciplines in embracing fall prevention strategies in all care settings. They will be able to recognize the ethical aspects of service delivery regarding fall prevention and response to falls.

Fall Prevention: One of the Many Benefits of Vitamin D

Participants will be able to identify individuals at risk for vitamin D deficiency, name three health benefits that recent research suggests is related to higher vitamin D, and discuss the role of vitamin D in muscle and bone strength. Participants will be able to use information on vitamin D sources and optimal amounts to make recommendations for individuals who are aging.

Matter of Balance (MOB): Demonstration and Discussion

Participants will be able to explain/define the problem with falls, the origin of the MOB program, the intended MOB benefits, and will receive an overview of MOB exercises.

Fall Risk Assessment and Prevention

Participants will be able to discuss the research-practice gap in fall risk prevention; argue in support of targeted single intervention versus multi-factorial intervention based on current research in fall risk prevention. They will be able to utilize assessment tools for identifying individuals at risk and improve reimbursement and litigation.

A Geriatrician's View of Falls in the Elderly

Participants will be able to list the major intrinsic and major extrinsic risk factors for falls in individuals who are aging, identify key components of a comprehensive examination of individuals who fall, and identify useful interventions for falls prevention and management for individuals who are aging.

Fall Risk Reduction Avoiding Avoidable Falls- Environmental Factors Associated with Falls

Participants will be able to identify alternatives and environmental changes that facilities can make to increase an individual's safety and describe what healthcare professionals can do to reduce the risk of an individual's fall via environmental changes.

Thank you!

We wish to thank the conference coordinators for making this symposium a success.

Thanks also to the staff of the Texas Department of Aging and Disability Services, Center for Policy and Innovation, Quality Assurance & Improvement.

Thanks to DADS Regulatory Services, specifically Elizabeth Skelton and Welda Caswell, for offering continuing education credit for nurses, social workers and nursing facility administrators.

Thanks to Teresa Richard, DADS QAI Manager and symposium planning committee sponsor; Don Henderson, Director, Center for Policy and Innovation; and to Jon Weizenbaum, DADS Deputy Commissioner and executive sponsor.

Thanks to the DADS Communications Office and Media Services staff for their assistance in making this symposium a great success.

Thank you to all of our esteemed speakers and conference attendees for supporting the *Standing Strong: Falls Prevention and Management Symposium*. Together we will continue to help Texans Stand Strong.



DADS Resources

DADS Texas Quality Matters

www.texasqualitymatters.org

- DADS QMWeb is a resource of evidence-based best practice for nursing facilities.
- DADS QMP Program is a resource of evidence-based best practice for a variety of settings.
- DADS Long Term Care Quality Reporting System (QRS) offers information to locate and compare providers of long-term services and supports

The Office of the Long-Term Care Ombudsman
http://www.dads.state.tx.us/news_info/ombudsman/index.html

- This DADS program advocates for quality of life and care for individuals in nursing homes and assisted living facilities.

