

# Care CEUs

## Fall Prevention

**1. Which of the following is considered a fall risk factor?**

- A. Muscle weakness
  - B. Medication side effects
  - C. Inactivity
  - D. All of the above
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**2. An evidence-based fall prevention intervention is one that has been tested using a rigorous research design and shown to reduce falls in older adults.**

- A. True
  - B. False
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**3. Which of the following statements is most accurate?**

- A. To remain effective, an evidence-based program must change the key elements that made the intervention effective.
  - B. To remain effective, an evidence-based program must retain the key elements that made the intervention effective.
  - C. To remain effective, an evidence-based program must not maintain fidelity.
  - D. To remain effective, an evidence-based program must limit fidelity.
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**4. A nursing home administrator is asked to select an evidence-based fall prevention program. Which of the following questions should be considered before the program is selected?**

- A. Does the program complement other programs already being offered?
  - B. Are older adults in the community interested in the program?
  - C. Is safe, reliable, and low cost transportation to and from the program available?
  - D. All of the above
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**5. When educating the public about fall prevention programs, it is important to remind older adults to limit their independence.**

- A. True
  - B. False
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**6. Which of the following program effectiveness measures can be used to evaluate fall prevention programs?**

- A. Determine if sites are following the program's curriculum
  - B. Identify the number of instructors trained
  - C. Evaluate program attendance
  - D. All of the above
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**7. Qualitative data measures the “how” and “why” of a program and tends to use unstructured data collection.**

- A. True
  - B. False
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**8. Which of the following statements is most accurate?**

- A. To collect quantitative data many people must be asked a different question and be given different answer choices.
  - B. To collect quantitative data many people must be asked the same question but be given different answer choices.
  - C. Formative Evaluation judges the worth of a program while the program activities are forming or happening.
  - D. Formative Evaluation judges the worth of a program after the program activities have formed.
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