Care CEUs

Preventing Falls: Best Practices for Healthcare Professionals

1. What is a critical challenge associated with medication management in older adults that contributes to fall risk?

A. The physiological impact of chronic conditions
B. Reduced coordination from procedures
C. Inadequate supervision by staff
D. Polypharmacy and potential for drug interactions

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2. Why is a structured exercise program involving strength and balance exercises particularly effective for fall prevention in seniors?

A. It requires minimal supervision and resources
B. It addresses coordination but not muscle deterioration
C. It effectively targets multiple underlying causes of falls
D. It focuses primarily on strength over balance

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3. How can chronic diseases like diabetes and arthritis increase fall risk in older adults?

A. By affecting dietary intake and weight loss
B. Through prolonged inactivity and muscle degradation
C. By directly impacting blood pressure regulation
D. Through impacting stability and mobility

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4. What is the advantage of implementing technology like wearable devices in fall prevention strategies?

A. They provide continuous monitoring and real-time alerts upon detecting falls
B. They require no significant investment or setup
C. They eliminate the need for routine safety checks altogether
D. They replace traditional exercise programs

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5. Which environmental modification is most effective for reducing fall risk in a senior's home?

A. Installing grab bars in bathrooms and near stairs
B. Removing all carpeting from living areas
C. Dimming the lighting to prevent glare
D. Replacing furniture with larger items

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6. Why is the combination of strength and balance exercises essential for older adults in fall prevention?

A. These exercises focus on sensory sharpening
B. They meet regulatory requirements for senior facilities
C. When combined, they address both muscle and postural stability
D. They ensure cardiovascular health improvement

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7. What role do regular vision and hearing checks play in fall prevention?

A. They have minimal impact on fall risk unless combined with other interventions
B. They help in identifying and addressing sensory deficits that influence balance
C. They are primarily for monitoring cognitive health
D. They render other environmental modifications obsolete

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8. Which medication-related action should be included in a post-fall investigation to reduce future fall risk?

A. Discontinuing all non-essential medications immediately
B. Reviewing the medication regimen for drugs that increase fall risk
C. Switching all medications to generic versions
D. Increasing doses of current medications for better efficacy

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9. Why is interdisciplinary collaboration crucial in creating individualized care plans for elder residents?

A. It ensures compliance with local regulations only
B. It allows for comprehensive assessment and management of risks
C. It focuses on documenting incidences accurately
D. It provides a more cost-effective solution to care planning

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10. What comprehensive strategy is essential for ensuring the prevention of further falls after an incident?

A. Increasing the resident's medication dosage
B. Retraining staff exclusively on handling emergencies
C. Conducting a thorough investigation and updating individual care plans
D. Focusing on environmental cleaning protocols

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