

# 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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