



Geriatric-Competent Care: Falls Prevention for Older Adults

Continuing Education (CE) Activity Information & Instructions *(Enduring Activity #: WE-E02132019-MMCO)*

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Activity Information

Activity Description

Falls and their related complications are a major threat to independent living and are the leading cause of both fatal and non-fatal injuries among adults over 65, particularly a high number of brain injuries. [1],[2] Falls are the number one cause of hospital admissions for injuries in older adults, and are responsible for increased use of medical services.[3] Each year, up to a third of adults over the age of 65 who live at home experience a fall, and almost two-thirds of older adults who suffer a fall within the past year will fall again.[4] Older adults with chronic conditions are at higher risk of falls,[5] making older adults dually eligible for Medicare and Medicaid particularly vulnerable.[6],[7]

Falling is not an inevitable part of aging. This webinar provided an overview of the importance of falls assessment and falls prevention for older adults and their caregivers and offered concrete interventions and strategies for providers to improve mobility and prevent falls.

Please click below to access the recorded webinar:

https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2019_GCC_Webinar/Falls_Prevention_for_Older_Adults.

1. Barton, A. (2009). Patient safety and quality: An evidence-based handbook for nurses. *Aorn Journal*, 90(4), 601-602.
2. Aging & Health A to Z. (n.d.). Retrieved from <https://www.healthinaging.org/aging-and-health-a-to-z/topic/falls/>.
3. Ibid.
4. Barton, A. (2009). Patient safety and quality: An evidence-based handbook for nurses. *Aorn Journal*, 90(4), 601-602.
5. Centers for Disease Control and Prevention National Center for Injury Prevention and Control. (2017). Fact sheet risk factors for falls. Retrieved from <https://www.cdc.gov/steady/pdf/STEADI-FactSheet-RiskFactors-508.pdf>.
6. 49 percent of older adults dually eligible for Medicare and Medicaid have four or more chronic conditions.
7. Centers for Medicare & Medicaid Services. (2014). Physical and mental health condition prevalence and comorbidity among fee-for-service medicare-medicare enrollees. Retrieved from https://www.cms.gov/Medicare-Medicaid-Coordination/Medicare-and-Medicaid-Coordination/Medicare-Medicaid-Coordination-Office/Downloads/Dual_Condition_Prevalence_Comorbidity_2014.pdf.

Target Audience

This activity is designed for all health care professionals.

Learning Objectives

By the end of this activity, participants should be able to:

- Recognize the public health impact of falls and injuries in older adults
- Identify health-related factors and environmental factors that can lead to increased risk of falls or injury
- List interventions that may help to reduce falls among dually eligible older adults
- Describe how to leverage person-centered care plans to reduce the risk of falls

Participation

Watch the recorded webinar linked to in the [Activity Description](#) section of this document, and access and complete the assessment and evaluation, per the [Instructions for Continuing Education Credit](#), at the end of this document.

Speaker Bios & Disclosures (alphabetical by last name)

All planners and developers of this activity have signed a disclosure statement indicating any relevant financial interests. This activity was developed without commercial support.

Priscilla Gazarian, PhD, RN, presenter, has been a Nurse Scientist and the Program Director at Brigham and Women's Hospital since 2008. She has over 30 years of experience caring for adults and elders and educating and mentoring nurses. Dr. Gazarian served as the Nursing Program Director for the Strategies to Reduce Injuries and Develop Confidence in Elders (STRIDE) Study from 2014 through 2017. In this role, she led nurse falls care managers in implementing a falls prevention intervention as part of a multisite pragmatic trial funded by the Patient-Centered Outcomes Research Institute (PCORI). She is also a Co-Investigator (Co-I) of a STRIDE ancillary study funded by the Boston Roybal Center exploring the use of motivational interviewing by nurses for falls prevention among older adults.

Dr. Gazarian's program of research is focused on preventable hospital harms, and the role of patient engagement, patient self-management, and nurse decision making. She is interested in how the patient experiences hospitalization and serious illness, including loss of dignity and respect as a preventable harm and goals of care conversations. She is an expert in the use of cognitive task analysis and the critical decision method as ways to understand the cognitive requirements of clinical work. Her population of interest is adults and elders in acute and critical care environments. Dr. Gazarian's experience also includes planning, developing, and delivering educational activities in a variety of modalities, including live classroom, synchronous, and asynchronous web-based training.

Dr. Gazarian earned a Doctor of Nursing degree from the University of Massachusetts.

Dr. Gazarian has nothing to disclose.

Chelsea Gilchrist, MGS, presenter, is a Senior Program Manager at the Center for Healthy Aging at the National Council on Aging (NCOA), and Gerontologist with expertise in scaling community-based health promotion programs, conducting research analysis, and implementing national education and awareness campaigns. In her role as a Senior Program Manager at NCOA, she supports the dissemination of evidence-based health promotion programs, develops professional and consumer resources, and identifies opportunities for new partnerships. Ms. Gilchrist worked as a Program Development Fellow at Generations United to improve the lives of older adults, children, and youth through intergenerational public policies and programs.

Ms. Gilchrist earned a Master of Gerontological Studies degree from Miami University, Scripps Gerontology Center, and a Bachelor of Science degree, summa cum laude, in Psychology with a Business Leadership Minor from Virginia Tech.

Ms. Gilchrist has nothing to disclose.

Sachin Jain, MD, MBA, presenter, is the President and Chief Executive Officer (CEO) at CareMore Health System, an innovative integrated health care delivery system with 1.4 billion dollars in revenue and over 150,000 patients in 10 states. He is also a Consulting Professor of Medicine at the Stanford University School of Medicine and a Contributor at Forbes Media. Dr. Jain's experience at CareMore includes serving as the Chief Medical Officer (CMO) and the Chief Operating Officer (COO).

Prior to joining CareMore, Dr. Jain served as the Chief Medical Information & Innovation Officer at Merck & Co, Inc. He also served as an Attending Physician at the Boston VA-Boston Medical

Center and a member of faculties at Harvard Medical School and Harvard Business School. Dr. Jain worked in the Obama Administration from 2009 through 2011, where he served as Senior Advisor to Donald Berwick when he led the Centers for Medicare & Medicaid Services (CMS).

Dr. Jain served as the first Deputy Director for Policy and Programs at the Center for Medicare and Medicaid Innovation (CMMI). He also served as a Special Assistant to David Blumenthal, when he was the National Coordinator for Health Information Technology. Dr. Jain trained in medicine at the Brigham and Women's Medicine, earned his board certification, and continues to practice medicine at CareMore Health. He is an elected member of the National Academy of Social Insurance (NASI). Dr. Jain has published over 100 peer-reviewed articles and journals, including the New England Journal of Medicine, the Journal of the American Medical Association (JAMA), and Health Affairs. He served as the Editor of the book, "The Soul of a Doctor," published by Algonquin Books. He is the Co-Founder and Co-Editor-in-Chief of the Elsevier journal "Healthcare: The Journal of Delivery Science & Innovation."

Dr. Jain earned both a Doctor of Medicine degree and a Master of Business Administration degree from Harvard University.

Dr. Jain has disclosed that he has a financial interest in CareMore Health.

Nancy Latham, PhD, PT, presenter, is a Physical Therapist and Associate Epidemiologist in the Department of Medicine at Brigham and Women's Hospital. Dr Latham's research has focused on interventions to improve mobility and reduce falls in older adults. She has been the Principal Investigator (PI) or Co-Investigator (Co-I) on many trials of interventions to improve health and mobility in older adults, and is currently the Study Director of the STRIDE Study, a pragmatic randomized controlled trial of a primary care based intervention to reduce serious fall-related injuries in 10 health systems in the United States. She is also the PI on studies to evaluate technology to improve health and function in persons with Parkinson Disease and Spinal Cord Injury. She is a Fellow of the Gerontological Society of America and is on the Editorial Board of Archives of Physical Medicine and Rehabilitation.

Dr Latham earned a Doctor of Philosophy degree in Clinical Epidemiology from the University of Auckland and completed a Post Doctoral Fellowship in Health Services Research at Boston University.

Dr Latham has nothing to disclose.

Caroline Loeser, BS, developer/planner, is a Research Consultant at the Lewin Group. Ms. Loeser brings expertise related to technical assistance, program support, and developing products for

providers serving individuals with severe mental illness and substance abuse. At Lewin, Ms. Loeser supports several federal contracts with the Centers for Medicare & Medicaid Services (CMS). Her current work focuses on providing technical assistance and performing qualitative data analysis for the Health Care Innovation Awards Round Two (HCIA2). In addition, Ms. Loeser supports Lewin in engaging subject matter experts and key informants to shape products, resources, and tools for providers who serve Medicare-Medicaid enrollees.

Ms. Loeser earned a Bachelor of Science degree in Public Health and Tropical Medicine from Tulane University.

David Reuben, MD, presenter, is the Archstone Foundation Chair, Professor of Geriatrics, the and Chief of the Division of Geriatrics at the David Geffen School of Medicine at the University of California, Los Angeles (UCLA) Center for Health Sciences. Dr. Reuben has written and lectured extensively about the prevention of falls. He is one of three principal investigators of the Patient-Centered Outcomes Research Institute (PCORI) and the National Institute on Aging (NIA)-funded multicenter clinical trial, the Strategies to Reduce Injuries and Develop Confidence in Elders (STRIDE) Study. The aim of STRIDE is to evaluate the effectiveness of evidence-based strategies to reduce serious fall-related injuries by implementing individually tailored interventions to prevent fall-related injuries.

Dr. Reuben sustains professional interests in clinical care, education, research and administrative aspects of geriatrics. He maintains a clinical primary care practice for frail older persons, serving as an attending physician on inpatient and geriatric psychiatry units at UCLA. His bibliography includes more than 220 peer-reviewed publications in medical journals, 39 books, and numerous chapters. His previous experience includes serving as a Past President of the American Geriatrics Society, a Past President of Directors of Geriatric Academic Programs (ADGAP), and a Past Chair of the Board of Directors of the American Board of Internal Medicine.

Dr. Reuben earned a Doctor of Medicine degree from Emory University.

Dr. Reuben has nothing to disclose.

Gregg Warshaw, MD, developer/planner, is an Academic Family Physician and Geriatrician. He is an advocate for improving the training of physicians and other professionals who care for older adults. Dr. Warshaw is a Clinical Professor of Family, Geriatric, and Internal Medicine at the University of North Carolina - Chapel Hill. He served as the Director of the Geriatric Medicine Program at the University of Cincinnati (UC) College of Medicine from 1987 through 2015. Dr. Warshaw joined the UC faculty after serving four years as an Assistant Professor and serving as the Director of the Geriatric Medicine Program in the Department of Community and Family Medicine at Duke University. Dr. Warshaw served as the Director of the Christ Hospital and the University of Cincinnati Geriatric Medicine Fellowship and Training Program for Physicians from 1986 through 2013. He served as the Medical Director of Maple Knoll Village, a continuing care retirement community in Springdale, Ohio from 1985 through 2014. In addition, he served as a Past President of the American Geriatrics Society (AGS) and the Association of Directors of Geriatric Academic Programs (ADGAP).

Dr. Warshaw's academic interests include geriatric medicine education, preventive health care for the older adult, the clinical care of Alzheimer's disease, and the long-term care and acute care interface. He directed the AGS and the ADGAP Geriatric Medicine Physician Workforce

Study from 2001 through 2012. He has authored more than 100 articles and book chapters related to geriatric medicine and gerontology. He has regularly served as an Advisor to Federal agencies, foundations, and professional organizations. Dr. Warshaw has given numerous lectures and presentations related to aging. He served as an Editor of the Sixth Edition of the popular geriatric medicine textbook, *Primary Care Geriatrics*.

Dr. Warshaw earned a Doctor of Medicine degree from the University of Michigan and completed his Residency and Fellowship at Duke University, the University of North Carolina, and Edinburgh University in Scotland.

Dr. Warshaw has nothing to disclose.

Nancy L. Wilson, MSW, MA, developer/planner, is a Gerontological Social Worker with over 40 years of experience caring for older people and families. Ms. Wilson is currently serving as an Associate Professor of Medicine and Geriatrics for the Baylor College of Medicine. She has been a Faculty Member at the Baylor College of Medicine for over 35 years, teaching and conducting research in the field of aging. Her previous experience includes serving as the Director of the Texas Project for Elders, Associate Director for the Texas Consortium of Geriatric Education Center, and the Clinical Instructor of Gerontology for the University of Texas School of Nursing.

Ms. Wilson has extensive academic and clinical experience in geriatrics, home-based, and community-based services. She has extensive experience in interdisciplinary training for all levels of trainees and practitioners in the medicine, social work, nursing and pharmacy fields. She has conducted webinars, face-to-face continuing education training events to over 200 audiences, and classroom training related to social work, nursing, and medicine. In addition, Ms. Wilson helped plan and develop the continuing education materials for this webinar.

Ms. Wilson earned a Master of Arts degree in Social Service Administration from the University of Chicago.

Ms. Wilson has nothing to disclose.

Continuing Education Credit Information

Continuing Education Credit

International Association for Continuing Education and Training (IACET)

The Centers for Medicare & Medicaid Services (CMS) is authorized by IACET to offer 0.2 Continuing Education Unit (CEU) for this activity. CEU will be awarded to participants who meet all criteria for successful completion of this educational activity. CEU credit for this course expires at midnight on February 13, 2020.

Accreditation Statements

[Please click here for accreditation statements.](#)

Instructions for Continuing Education Credit

The Medicare Learning Network® (MLN) recently upgraded its Learning Management System (LMS).

If you were already registered in the former MLN Learning Management System (LMS), you do not need to create a new login or password. However, the appearance of the system and instructions for registering, logging-in, accessing courses, and obtaining certificate information have all changed.

For more information on the new LMS, please visit <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/LMPOS-FAQs-Booklet-ICN909182.pdf>.

Learning Management System (LMS) Instructions

In order to receive continuing education credit for this enduring activity, you must pass the session post-assessment and complete the evaluation. The continuing education post-assessments and evaluations are being administered through the Medicare Learning Network®.

The post-assessment will be available on the Medicare Learning Network® (MLN) Learning Management System (LMS). Participants will need to login or register, to access the post-assessment.

Registering To Take a Post-Assessment

If you have previously taken Medicare Learning Network® (MLN) web-based training (WBT) courses, you may use the login ID and password you created for those courses. If you are a new user, you will need to register.

Already have an account with the MLN LMS?

To login (if you already have an account):

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Enter your login ID and password and click on “Log In”

Don't have an account with the MLN LMS?

Accessing the LMS/registering if you have NO account

- Need step by step instructions with screen shots?
- Forgot your password?
- Want to edit your account information?

How do I create an account?

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Select “Need an Account?”
3. Enter information for all the required fields (those with asterisks)

***NOTE:** Your login ID is case sensitive. Your password must include at least the following:

Eight characters

- One number
- One lowercase letter
- One uppercase letter
- One of the following six symbols: ! @ \$ % & ?

You may select “Other” for the “Health Care Provider” and “Health Care Facility Type” fields. You may select “Other” or “None” for the “Association” field, if you are not associated with an association or your’s is not listed.

4. At the “Select Organizations” screen, type “CMS” in the “Find Organization” field, and select “Search.” Select “CMS-MLN Learners Domain – Organization,” and select “Save”
5. Complete the “Time Zone,” “Region,” and “# of Records (per page)” fields
6. Select “Create” to create your LMS account
7. A verification code will be sent to your email address that was used to create the new account. Enter the code and select “Go”

Add MLN@cms.hhs.gov to your address book to prevent MLN communications from going to your spam folder.

Finding the Post-Assessment:

1. Log In at <https://learner.mlnlms.com>
2. Enter title “**Geriatric-Competent Care: Falls Prevention for Older Adults**” in the “Browse Catalog” box. If you do not see the “Browse Catalog” box, you will need to open your browser more
3. Click on the title in the dropdown, scroll to the bottom of the page
4. Click “Enroll,” scroll to the bottom of the page
5. Click “Access Item,” scroll to the bottom of the page
6. Click “Post-Assessment,” open item

Accessing Your Transcript and Certificate

To complete the course and get your certificate, you must complete the course evaluation.

[Please click here for instructions for completing the evaluation and accessing your transcript and certificate.](#)

For questions regarding continuing education credit contact CMSCE@cms.hhs.gov via email.

Hardware/Software Requirements

[Please click here for hardware and software requirements.](#)

CMSCE Program Policies

[Please click here for CMSCE Program Policies.](#)

CMS Privacy Policy

[Please click here for CMS’ Privacy Policy.](#)

Help

For questions regarding the content of this activity, or technical assistance with the Medicare Learning Network® (MLN) Learning Management System (LMS), your assessment, or certificate, contact CMSCE at CMSCE@cms.hhs.gov via email.

