

Course Description:

All professionals working in medical/hospital, rehabilitation, skilled nursing, assisted-living, and home health settings recognize the important role they each play in preventing falls. Assessing fall risk, modifying the environment for increased safety, patient/caregiver education/training and rehabilitation all contribute to fall prevention. Despite all of the emphasis and effort placed upon fall prevention, it remains a costly problem for most institutions and for patients who suffer from the debilitating effect of falls. The purpose of this course is to introduce an interdisciplinary approach to fall prevention that emphasizes two often-overlooked features of fall prevention: 1) that each professional who encounters the patient is responsible for identifying fall risk and intervening to prevent falls, and 2) how timing in the brain (or temporal processing) is at the heart of fall risk and prevention, including its effect on several systems: musculoskeletal, proprioceptive, oculomotor, vestibular, cognitive and communicative. Practical tips and strategies will be discussed, including how the Interactive Metronome can be incorporated by various professionals into rehabilitation programs to specifically address the root cause of conditions that contribute to increased falling.

**Contact hours/CEUs are offered pending successful completion of a written exam at the end of the course.*

Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

Instructional Level:

Advanced

Learning Outcomes:

Upon completion of this course, participants will be able to:

- Describe the musculoskeletal, proprioceptive, oculomotor, vestibular, cognitive and communicative systems that contribute to fall risk;
- Describe the importance of efficient, synchronized temporal processing and how it relates to fall risk and prevention;
- Incorporate effective treatment strategies for fall prevention into the care of individuals who are at risk for falling.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

Instructors:

Dara Coburn, MS, CCC-SLP received her undergraduate and masters degree from the University of Central Arkansas and holds the Certificate of Clinical Competence issued by the American Speech-Language-Hearing Association. Dara is the National Program Champion for Interactive Metronome within the HealthSouth Corporation. She also serves as Interactive Metronome's Clinical Support contact person for Life Care Centers of America. With expertise and experience in the field of neurological disorders, Dara was able to accept this new treatment tool and has been able to successfully integrate it into her practice by modifying it to individually meet her patient's needs.

Shelley Thomas, MPT received her physical therapy degree from the Mayo Clinic in 1999 and is currently the Director of Rehabilitation at Idaho Elks Rehabilitation Hospital in Boise, Idaho. She has worked primarily adults with neurological and general medical issues and has embraced incorporating Interactive Metronome and Gait Mate into treatment sessions. She serves as the lead therapist at her facility working with physical, occupational, speech, and recreational therapists to educate them about how to incorporate IM and Gait Mate into their treatments to improve functional outcomes. Shelley has been teaching IM Certification Courses since 2008 and has contributed to the development of the Gait Mate Certification Course.

Disclosures:**Dara Coburn, MS, CCC-SLP**

Instructor Financial Disclosure(s): Dara is an active member of Interactive Metronome's Clinical Advisory Board, for which she receives an annual honorarium from Interactive Metronome, Inc. She is the author/co-author of educational offerings on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Dara is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Dara provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome for these extended educational services from Interactive Metronome, Inc. Dara does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Dara does not have any relevant nonfinancial relationships to disclose.

Shelley Thomas, MPT

Instructor Financial Disclosure(s): Shelley was previously a member of Interactive Metronome's Clinical Advisory Board, for which she received an annual honorarium from Interactive Metronome, Inc. She is the author/co-author of courses that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Shelley was previously an instructor for Interactive Metronome, for which she received a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Shelley does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Shelley works at St. Luke's Health System, Ltd., where the Interactive Metronome is used in clinical practice.

Course Content Disclosure:

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; other U.S. and foreign patents pending) Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM Home®. The purpose of this course is solely educational. Because there are no other like-kind products available, this course will only cover information that pertains to the effective and safe use of the above-named products and is not intended to promote the business or product in any way.

Course Origination Date*: 1/25/2012

*Course content is reviewed annually to make sure it remains current and relevant to the practice of Interactive Metronome.

Agenda (60 minutes):

- Speaker introduction & disclosure
- Systems Involved in Fall Risk Reduction
- Dual-Tasking: Effect of Poor Working Memory on Balance and Fall Risk & Strategies to Improve with IM Training
- Directed Attention: Impact on Fall Risk & Strategies to Improve with IM Training
- IM Data: Interpreting Performance
- Importance of Timing to Reduce Fall Risk: Addressing Working Memory, Attention, & Cognitive Processing Speed
- Determining Where the Breakdown is Occurring: Musculoskeletal, Proprioceptive, Vestibular, Oculomotor, Cognition, or Communication?
- Case Studies: Assessment, Treatment Strategies & Outcomes
- Summary
- Online post-test & course evaluation

Instructional Methods:

LECTURE, PPT, CASE STUDY

Contact Hours/CEUs:

0.1 AOTA; 1.25 NBCOT PDUs (1.0 contact hour)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

This is not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.



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