AN INTERDISCIPLINARY APPROACH TO  
THE PREVENTION OF FALLS IN THE OLDER ADULT  
(OLDER ADULT FALL PREVENTION)  

APRIL 15, 2015  
8:00 A.M. – Noon  
Sheppard Pratt Conference Center  
6501 North Charles Street  
Towson, Maryland  

Sponsored by:  
- The Johns Hopkins Geriatric Education Center Consortium  
- The Geriatrics and Gerontology Education and Research Program, University of Maryland, Baltimore  
- The Center for Injury and Sexual Assault Prevention, Department of Health and Mental Hygiene  

Conference Agenda  
8:00 – 8:45 a.m.  
Conference Registration and Continental Breakfast  

8:45  Welcome  

9:00 a.m. – 9:40 a.m.  
The Essentials of Preventing Falls in the Older Adult  
Jessica Colburn, MD  
Johns Hopkins University School of Medicine and Hopkins-Bayview Medical Center  
One out of three older adults, 65 years of age and older, falls each year. Falls are the leading cause of injuries and can be a life changing experience for older adults. Falls may cause lacerations, fracture hips, head traumas and even death. This session will address prevalence of falls, assessment/screening strategies, risk factors for falls, post falls assessment and recommended interventions to help reduce falls.
9:40 – 9:55 a.m.  
Break

9:55 a.m. – 10:40 a.m.  
Falls Management in Older Adults: “The Double-Edged Sword”  
Dennis Klima, PT PhD GCS NCS  
University of Maryland Eastern Shore  
This workshop will focus on an evidence-based approach to fall prevention among older adults. Balance and gait changes associated with aging will be presented, along with those major intrinsic and extrinsic causes of falls. Specific issues related to fear of falling and floor recovery will offer insight into building effective fall prevention programs. Recent advances in community-based fall prevention will be addressed.

10:40 – 11:25 a.m.  
Finding balance:  
Preventing Medication-Related Falls through Appropriate Medication Use  
Chanel Agness, PharmD, BCPS, CGP, FASCP and Stephanie Callinan, PharmD  
University of Maryland School of Pharmacy  
The combination of age-related changes, co-morbid conditions and medication properties place older adults at increased risk of falls. Health care workers play a significant role in decreasing this risk through appropriate prescribing, monitoring and education. In this presentation we will review medications commonly implicated in falls. We will explore real life scenarios to help providers minimize fall risk and optimize care through appropriate medication use.

11:25 – Noon  
Panel Discussion and Case Presentation

Noon  
Conference concludes

Conference Objectives:

At the end of the program participants will be able to:
- define the prevalence and risk factors of falls in older adults
- identify components of a fall assessment
- discuss evidence base recommendations for interventions to reduce falls in older adults
- discuss components of post fall assessment
- Describe balance and gait changes associated with aging.
- Describe major intrinsic and extrinsic causes of falls among older adults.
- Construct fall prevention programs for older adults, which are multidimensional and address exercise, fear of falling, and floor recovery strategies.
- Describe the influence of age-related changes and medication properties that increase the risk of falls in older adults.
- Describe potential adverse effects of at least 2 classes of medication associated with increased fall risk in older adults.
REGISTRATION INFORMATION

The program is planned for a professional audience of individuals working with older adults and their caregiving families and those who are interested in preventing falls in older adults. There is no cost to attend but pre-registration is required by April 6, 2015.

Please provide us with the following information for your registration request:

- Name and professional degree
- Organization, facility, institutional affiliation
- Email address

PLEASE EMAIL YOUR REGISTRATION TO:
jmarks@jhmi.edu

OR FAX YOUR REGISTRATION TO: 410-550-1069

If you are not able to attend the program after registering, please let us know as soon as possible so we can provide an opportunity to someone on the waiting list. THANK YOU.

The Sheppard Pratt Conference Center is located on the campus of Sheppard Pratt Hospital, 6501 North Charles Street, Baltimore, Maryland 21204,

www.sheppardpratt.org