Course Description:
All professionals working in medical/hospital, rehabilitation, skill 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 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.
- Speech and Language Pathologist
- Speech and Language Pathology Asst
- Audiologist
- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- 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. COTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.

Specific Learning Outcomes for Speech-Language Pathologists & Audiologists:
- Describe the speech-language pathologist’s role in fall prevention;
- Describe the importance of efficient, synchronized temporal processing and how it relates not only to fall risk and prevention but to effective rehabilitation of cognitive & communicative abilities that contribute to fall risk;
- Introduce treatment strategies in the rehabilitation of speech-language and cognitive-communicative abilities that improve functional communication & contribute to reduced fall risk.

*Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.
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 physical 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.

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®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products.

CEUs Offered for:
0.1 ASHA (SLP/SLPAs)
0.1 AOTA (OT/COTAs)
1.0 BOC (ATs)
*PTs & PTAs may submit paperwork to your state board for CEUs

Effective July 1, 2011, individuals must meet at least one of the following conditions in order to be eligible to earn ASHA CEUs.

- ASHA Member (includes Life member and International affiliates)
- ASHA Certificate of Clinical Competence (CCC) Holder
- Licensed by a state or provincial regulatory agency to practice speech-language pathology (SLP) or audiology
- Credentialed by a state regulatory agency to practice SLP or audiology
- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology