

# Fall Risk Reduction Coaching & Certification Program



## 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. This program is designed to educate and certify participants in Interactive Metronome's Fall Risk Reduction Program. This six-webinar on-demand series focuses on incorporating Interactive Metronome (IM) into the treatment plan with various patient populations at risk for falling, while emphasizing 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.

The IM Fall Risk Reduction Coaching & Certification Program teaches clinicians how to use Interactive Metronome to improve balance, focus, and ability to have divided attention during movement. Gait was once thought to be an automatic activity, requiring very minimal executive function resources. Research now shows that gait requires some level of attentional or executive function resources. Patients that demonstrate decreased ability to maintain normal gait while performing a cognitive task have been shown to be at a higher risk for falls. The Fall Risk Reduction Coaching & Certification Program addresses patients' needs in a multi-system, dual tasking mode to achieve treatment outcomes directly related to decreasing the risk of falling. Upon successful completion of the course, participants will be certified in the IM Fall Risk Reduction Protocol and will be able to immediately apply the principles learned in this course to design & implement discipline-specific treatment plans that effectively decrease the risk of falling.

*\*Participants must be IM-Certified before under-taking this advanced training. Contact hours/AOTA 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:

- Understand the importance of assessing and treating dual-tasking ability to minimize fall risk;
- Evaluate candidacy for IM Fall Risk Reduction Program based on client deficits;
- Administer and interpret IM Assessments;
- Select and modify exercise protocols based on IM Assessment scores and client progress;
- Produce and interpret reports;
- Develop goals for client progress that are functional and measurable using pre and post assessment scores and client ratings to evaluate progress during training and gains made outside of the training setting.

*\*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:**

**Shelley Thomas, MPT, MBA** received her physical therapy degree from the Mayo Clinic in 1999 and is currently the Director of Rehabilitation at Elks Rehab Hospital in Boise, Idaho. She has worked primarily adults with neurological and general medical issues and has embraced incorporating Interactive Metronome 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 into their treatments to improve functional outcomes. Shelley has been teaching IM Certification Courses since 2008 and has contributed to the development of Interactive Metronome educational courses, including the Gait Mate Certification Course, Adult Best Practice, and Fall Risk Reduction Program.

*Instructor Financial Disclosure(s): Shelley has been a member of Interactive Metronome's Clinical Advisory Board, for which she has received an annual honorarium from Interactive Metronome. 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 has also been an instructor for Interactive Metronome, for which she has 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 is the Director of Rehabilitation at Idaho Elks Rehabilitation Hospital in Boise, Idaho where Interactive Metronome is used in clinical practice.*

**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 served as the National Program Champion for Interactive Metronome within the HealthSouth Corporation. She currently serves as Interactive Metronome's Clinical Support contact person for Life Care Centers of America. Dara has been teaching IM Certification Courses since 2007 and has contributed to the development of the Adult Best Practice Certification Course and Fall Prevention Protocol. With expertise and experience in the field of neurological disorders, Dara has been able to accept this new treatment tool and successfully integrate it into her practice by modifying it to individually meet her patient's needs.

*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. She currently serves as Interactive Metronome's Clinical Support contact person for Life Care Centers of America and is compensated for this by 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.*

**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®. 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.

**Course Origination Date\*:** 10/15/2013

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

**Agenda:**

- **Module 1:** Overview of Program & Research (35 minutes)
- **Module 2:** Patient Selection & Assessments (70 minutes)
- **Module 3:** Designing an Exercise Program (80 minutes)
- **Module 4:** Grading the Task (80 minutes)
- **Module 5:** Discharging the Patient (65 minutes)
- **Module 6:** Case Study (30 minutes)

**Instructional Methods:**

LECTURE, PPT, PHOTOS, VIDEOS, FALL RISK REDUCTION EXERCISE MANUAL, FALL RISK REDUCTION BEST PRACTICE KIT

**Contact Hours/AOTA CEUs:**

0.6 AOTA (6.0 contact hours) / 7.5 NBCOT PDUs

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 ASHA & AOTA CEUs.



**APPROVED PROVIDER of  
CONTINUING EDUCATION**  
by The American Occupational  
Therapy Association, Inc.

Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This advanced course is offered for 6 contact hours/ 0.6 AOTA CEUs (Classification Codes - Domain of OT-ACTIVITY DEMANDS, Domain of OT-PERFORMANCE SKILLS, OT Process-INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.