

**FALLS AND RESTRAINTS: A PRACTICAL APPROACH TO REDUCTION**

(\*5 contact/clock hours)

CE Approval Codes: NHA(PC), RN, LPN, AD, CCM, DM, OT, PT, SW

**PURPOSE:** To provide participants with techniques that can be used in the long term care setting to minimize falls and reduce restraint usage.

**OBJECTIVES:**

1. Identify the most frequent cause of falls among older adults.
2. Describe the roles of team members in reducing fall risk.
3. Identify modifications to the environment and staff approach that can result in reduced falls.
4. Discuss options to physical restraints.
5. Analyze specific cases and scenarios to help reduce falls and restraints.

**PROGRAM:** *Registration 8:30 a.m., Program 9 a.m. - 3:30 p.m., Lunch 12 - 1 p.m.*

Causes for Falls Among Older Adults

Missouri Fall Statistics

Impact of Aging on Risk of Falls

Team Approach to Fall Prevention

Nursing, Therapy, Activities, Physician, Non-Clinical Departments, Family

Environmental Changes to Reduce Fall Risk

Restraint Reduction

Alternative Positioning

Behavioral Approaches

Case Studies

**PROGRAM FEES:**

Requesting CE Credit  
 Member: \$125  
 Nonmember: \$160

Not Requesting CE Credit  
 Member: \$75

**SPEAKER:** **Cindy Kempf, MA, OTR/L**, Director of Clinical Services, Rehabilitation Professionals, Inc (RPI Therapy Services), St. Louis, Missouri. Cindy has presented on national, state, and local levels addressing a variety of topics related to the older adult. She has worked in the long term care setting for the past 20 years, and is an adjunct instructor at St. Louis University School of Occupational Science and Occupational Therapy.

**DATES & SITES:**

**March 23** Columbia, Preferred Hospice of Missouri, Conference Room, 1900 N. Providence Rd., Suite 311

**\*March 24** **Kansas City (Saturday, 6 CE hours: 8 a.m. - 3:30 p.m.)**, Saint Luke's Northland Hospital, Barry Medical Park, Conference Center, 5844 N.W. Barry Rd. (The Conference Center is next to the hospital.)

**April 25** Kennett, Twin Rivers Regional Medical Center, Classroom, 1301 First St.

**April 26** Cape Girardeau, Cape Girardeau Career and Technology Center, Room 112, 1080 S. Silver Springs Rd.

**\*June 16** **St. Louis (Saturday, 6 CE hours: 8 a.m. - 3:30 p.m.)**, Cardinal Ritter Senior Services on the Cardinal Carberry Campus, Mother of Perpetual Help Building, Lally Room, 7601 Watson Rd.

**\*12-HOUR CONFERENCE:** Get 12 CE hours for the price of 10! Two one-day workshops, *Culture Change: Preparing Your Community and Falls and Restraints: A Practical Approach to Reduction* have been paired together in St. Louis and Kansas City to provide 12 hours of CE credit in a two-day, Friday and Saturday format. Only workshop dates indicated by asterisks will be 6 hours in length instead of 5 hours. **Friday format will be 12 - 6:30 p.m. and Saturday will be 8 a.m. - 3:30 p.m.** You may attend either day or both. One-day fees: Member \$125; Nonmember \$160; Two-day fees: Member \$250; Nonmember \$320.

The Missouri League for Nursing, Inc., is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MONA Provider Approval #113-VI

Approved by the Missouri Board of Nursing Home Administrators through TA #044-712.

**FALLS AND RESTRAINTS: A PRACTICAL APPROACH TO REDUCTION**  
 (Please print or type - for multiple registrations, please copy form)

Name \_\_\_\_\_

Last Four Digits of your S.S. # \_\_\_\_\_

Home Address \_\_\_\_\_

Home City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Position \_\_\_\_\_

NHA  RN  LPN  Other \_\_\_\_\_

Place of Employment \_\_\_\_\_

Work Address \_\_\_\_\_

Work City, State, Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax # \_\_\_\_\_

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Providing your email address authorizes MLN to send you timely information.

PLEASE INDICATE:

Date \_\_\_\_\_ City \_\_\_\_\_

**Please Check:**

Individual Member \$125 (For CE Credit)

Agency Member \$125 (For CE Credit)

Member NOT Requesting CE Credit \$75

Nonmember \$160 (For CE Credit)

Group Rate Member (3 or more) \$115 each (For CE Credit)

Group Rate Nonmember (3 or more) \$150 each (For CE Credit)

12 Hour Conference: (Two days) Member \$250

12 Hour Conference: (Two days) Nonmember \$320

**Save: Add a membership effective with this registration.**

Agency Membership Dues \$195

Individual Membership Dues:  1 year \$50  2 years \$80

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