

Free Continuing Education 2011 for Nurses, Case Managers, Social Workers and Occupational Therapists

The course and the Continuing Education Unit are provided compliments of Philips Lifeline!



Michelle Acorn
RN(EC), NP PHC/Adult

Faculty

As a Nurse Practitioner in Ontario, Canada, Michelle has practiced for over 20 years and holds dual certification as a Primary Health Care and Adult Nurse Practitioner. She also holds nursing certifications in both emergency and geriatric care. For the past five years she has focused on caring for seniors and chronic disease management. She is also involved in complex continuing care and long-term care delivery. Michelle was instrumental in the development of the SAFE Clinic (Specialized Assessment of the Frail Elderly) and is passionate about her current work at the organization led by inter-professional Nurse Practitioners. Michelle holds academic cross appointments at the University of Toronto and the University of Ontario Institute of Technology. She is President Elect for the Nurse Practitioner Association of Ontario who recently presented her with the Gerow Leadership Award for Nurse Practitioner of the Year.

A Clinical Overview: Complications Resulting from Long Lie Times After a Fall

Faculty: Michelle Acorn, RN (EC), NP-PHC/Adult, MN/ACNP, ENC(C), GNC(C) Primary Health Care and Adult Nurse Practitioner

Overview

Falls in older adults have become an epidemic problem that jeopardizes seniors' chances to live independently. Every year in the U.S., one out of three people age 65 and over will fall.¹ Close to 50 percent of older adults can't get up from a fall without help.² Lying on the floor for an extended period of time can lead to serious complications including pressure ulcers, rhabdomyolysis, pneumonia, hypothermia, dehydration, and even death.

The first line of defense in falls safety is to prevent falls, but the reality is not all falls can be prevented. The second line of defense is to prevent long lie times after the fall which can lead to these serious health complications which negatively impact the quality of life for seniors and are costly to the healthcare system.

This presentation describes the complications that can result from long lie times after a fall. A healthcare professional will be able to use the information in their conversation with older adults to help them understand the importance of having a plan to get up safely after a fall and to have a way to call for quick assistance.

Course Objectives

At the conclusion of this presentation attendees will be able to:

1. Share statistics on the incidence and prevalence of falls and their impact on seniors.
2. Review the physiologic changes of aging that predispose an older adult to falls.
3. Identify screening tools for falls history and risk identification.
4. Describe the serious health consequences that can result from long lie times after a fall.
5. Explain the benefits of preventing long lie times for older adults and their caregivers.
6. Acknowledge the role of health care professionals and organizations in falls prevention and preventing long lie times.

1. CDC, National Center for Injury Prevention and Control, Fact Sheet on Falls.
www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html

2. Tinetti et al. Inability to get up after falls. JAMA 1993; 289:65-70.

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How to register for this course

This course is accessible online on the Philips Lifeline Learning Center website at <http://Lifeline.theonlinelearningcenter.com>

Please register on the site and complete the following steps in order to obtain the course:

1. Select Course Catalog.
2. Select Philips Lifeline Course Categories.
3. Select Healthcare Professional from the drop-down.
4. Select Continuing Education Approved Courses.
5. Choose and complete your desired course.
NOTE: You may have to allow Pop-ups in your web browser to launch the course.
6. To access the test and obtain your certificate, exit out of the course and follow directions to take the test.

The course has been approved by the following associations:

Philips Healthcare Learning Center is identified as an **American Occupational Therapy Association (AOTA)** Approved Provider (provider ID # 6171); Valid through 8/1/2012. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Course meets the qualifications for 1 hour of continuing education credit for Marriage, Family and Child Counselors and/or LCSWs as required by the **California Board of Behavioral Sciences**; Approval# PCE 4194; valid through January 31, 2012.³

The Philips Healthcare Learning Center is approved by the **California Board of Registered Nursing**, Provider #15050 for 1. Contact hours. It is the responsibility of the licensee to retain all copies of Certificates of Attendance for a period of at least 4 years; valid through March 31, 2012.

This continuing education activity was approved for 1.5 contact hour by the **Commission for Case Manager Certification (CCMC)**. Approval Number 109734-A211: valid through December 31, 2011. To claim these CEUs, log into your CE Center Account at www.ccmcertification.org

This program is verified by the **National Association of Social Workers** (Approval # 886492219) for 1.5 Continuing Education Contact Hour; valid through June 30, 2011.⁴

Philips Healthcare Learning Center, provider # 1176, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701, www.aswb.org. ASWB approval period through September 19, 2012. Social workers will receive 1 (one) Continuous Education clock hours by participating in this course.

The Philips Healthcare Learning Center is approved by the **Florida Board of Nursing**, provider #50-11991, CE Broker Tracking Number 20-271854 for 1.5 contact hours. It is the responsibility of the licensee to retain all copies of certificates for a period of at least 4 years. Do not send certificates to the Board of Nursing unless requested.

3. Approved provider of continuing education for LCSW licensure requirements in California

4. The States of Michigan, North Carolina, Ohio and West Virginia do not accept CE's approved through the National Association of Social Workers. However social workers in Michigan, North Carolina, and Ohio can receive accreditation for this program through the Association of Social Work Boards (ASWB). Social workers in West Virginia cannot receive CE credits for this program.

Note: This program is not accredited by the American Physical Therapy Association due to their policies.

Note: As of 7/31/10 nursing CE's will not be available for nurses licensed in DE, RI, and UT.

Note: This program has been approved for continuing education credits by the associations noted above. It is the responsibility of each licensee to verify that course content meets the criteria for acceptable continuing education credit within his/her licensing organization.



Philips Lifeline
111 Lawrence Street
Framingham, MA 01702-8156
Tel: 1-800-451-0525
www.lifelinesystems.com

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Philips Lifeline Canada
95 Barber Greene Road, Suite 105
Toronto, Ontario, Canada M3C 3E9
Tel: 800-387-8120
www.lifeline.ca

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