



FREE CEUs for PTs & PTAs!

Evidence Based Falls Prevention training: Otago Exercise Program!

The Otago Exercise Program (Otago) has been proven effective to reduce balance impairments and lower body weakness through individually tailored instruction prescribed by a Physical Therapist. Otago uses standardized exercises of progressive difficulty to improve strength and balance, combined with a walking program. Developed in New Zealand and **endorsed by the Center of Disease Control and Prevention (CDC)**, it is used by Physical Therapists worldwide. Random control trials demonstrated fall reductions of 35 – 45% in older adults.

The evidence based Otago program was developed for home health intervention, and the concepts have been used in home exercise, group exercise, and restorative nursing programs. PT & PTA training is required to ensure fidelity and effectiveness of the Otago Exercise Program.

http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.2_otago.html

STEADI – (Stopping Elderly Accidents, Deaths, & Injuries). This evidence based STEADI tool kit was created by CDC for use by health care providers who treat older adults at risk of falling or who have fallen in the past. The kit includes a clinical practice guideline, educational information, and standardized gait and balance assessment tests. <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/about.html>

Why are MDH & MNPTA interested?

Falls are the primary cause of unintentional injury deaths and trauma in Minnesota, nearly two times the U.S. rate. The American Physical Therapy Association is working with CDC to promote education and use of Otago and STEADI by PTs and PTAs in the U.S. The Minnesota Department of Health and the Minnesota Physical Therapy Association are collaborating to bring the Otago Exercise program to physical therapy professionals in Minnesota.

Complete the next page and register today!

Participants will be able to:

- Implement STEADI and the Otago Exercise Program in their settings
- Describe the need for falls prevention intervention
- Demonstrate correct application of the Otago tests and exercises
- Describe delivery and reimbursement strategies for Otago
- Explain requirements of Otago Exercise Program fidelity

Kris Gjerde, PT, MPH has worked actively to disseminate falls prevention programs since serving a project manager for the MNPTA *Stand Up & Be Strong!*. She has practiced in long term care, outpatient, and home health settings. Kris currently represents the MN Dept. of Health in promoting falls prevention throughout MN. She is a long term member of the APTA with prior service to MNPTA as the Director of Peer Review and Project Manager for *Stand Up & Be Strong!*

Register TODAY!

NO CHARGE, but Advance registration is required!

Complete this form for EACH participant

Send to Kris Gjerde via: fax, email, or mail. (Contact info below.)

_____ **Thursday, Feb. 28, 2013, 4-6:30 PM – BLOOMINGTON**

Masonic Home, 11501 Masonic Home Drive, Bloomington, MN 55437

_____ **Thursday, March 7, 2013, 4-6:30 PM – RED WING**

Mayo Clinic Health System Professional & Community Center (Old St. John's Hospital)
1407 W. 4th St., Red Wing, MN 55066

_____ **Wednesday, March 13, 2013, 4-6:30 PM – ALEXANDRIA**

Douglas County Hospital, 111 – 17th Ave. E, Alexandria, MN 56308

_____ **Wednesday, March 20, 2013, 4-6:30 PM – DULUTH**

St. Mary's Auditorium (Front), 407 E. Third St., Duluth, MN 55805

_____ **Tuesday, April 2, 2013, 4-6:30 PM – OLIVIA** (Location info will be sent with confirmation.)

Name: _____

Discipline: PT PTA Other _____ (training is intended for PTs, PTAs, & Rehab managers)

Email address (required for confirmation and CEU delivery): _____

Repeat your email address: _____

Phone: _____

Address: _____

Employer: _____

Settings where you work: Mark or list ALL categories that apply

LTC TCU Outpatient Home Health Acute Care Wellness Group Exercise Other

Submit THIS FORM to Kris Gjerde via email scan, fax, or mail to:

Kris Gjerde, PT, MPH

MDH, Health Promotion & Chronic Disease

P.O. Box 64882

St. Paul, Minnesota 55164-0082

FAX: 651-201-5800

Email: Kris.Gjerde@state.mn.us

Confirmation & directions will be sent via email.

Participants may bring their own snacks or meal. Coffee, tea, and water will be provided.

Questions? Contact Kris Gjerde at kris.gjerde@state.mn.us or by phone at 651-201-4065.