OT Mastery

Fall Prevention

1. How many older adults in the U.S. receive same-day emergency treatment for fall-related injuries each year?

A. 500,000
B. 1.5 million
C. 3 million
D. 5 million

---

2. Falls in children are classified under which category of injury in the United States?

A. Unintentional injury
B. Intentional injury
C. Sports-related injury
D. Chronic injury

---

3. What is considered an external risk factor for falling?

A. Being female
B. Postural hypotension
C. Living alone
D. Behavioral inattention

---

4. What type of fall prevention intervention is the most evidence-based?

A. Neuromuscular reeducation
B. Balance training
C. Tai chi
D. Environmental modifications

---

5. If a therapist is seeking a balance assessment that can be used with patients with a wide range of conditions, what test should they use?

A. The Berg Balance Scale
B. Functional Reach Test
C. ABC Scale
D. Dynamic Gait Index

---

6. If a therapist is looking for a falls-specific assessment, what measure should they use?

A. FRAT
B. ABC Scale
C. FES
D. Any of the above

---

7. Which of the following statements about visual acuity testing is TRUE?

A. The Snellen Test can only be performed by physicians and requires measuring near vision.
B. The CPAC uses letters and symbols, similar to the Snellen chart.
C. The Snellen Test assesses depth perception and binocular vision.
D. The Chronister Pocket Acuity Chart (CPAC) measures both near and distance vision and can be performed at any distance.

---

8. How can therapists help patients improve their household lighting to prevent falls?

A. Always decrease lighting
B. Ensure lighting is just right, since too much or too little light can both cause falls
C. Always increase lighting
D. Encourage task lighting only

---

9. How can therapists reduce glare that may lead to falls?

A. Thoughtfully add task lighting
B. Add blackout curtains
C. Use anti-glare covers on computer screens
D. All of the above

---

10. What crib position is the best for preventing falls in children?

A. Bed high and rails high
B. Bed low and rails low
C. Bed low and rails high
D. The position according to the instructions

---

11. Which of the following is an example of an energy conservation strategy a therapist might recommend?

A. Completing all household chores in one day to get them done quickly
B. Planning activities based on energy levels and alternating demanding tasks with easier ones
C. Standing while performing all tasks to improve endurance
D. Avoiding the use of assistive equipment to maintain independence

---

12. How can therapists incorporate progressive ambulation training to reduce the risk of falls?

A. Practice walking to the beat of a metronome or music
B. Upgraded outdoor walking
C. Treadmill walking
D. All of the above

---

13. What is the most impactful health concerns that can result from a long lie time after a fall?

A. Hematoma
B. Rhabdomyolysis
C. Worsened fractures
D. Spinal cord injury

---

14. What foot condition places someone at risk of falling?

A. Cerebral palsy
B. Onychomycosis
C. Foot drop
D. Athlete's foot

---

15. Which of the following is the first step a therapist should take when encountering a patient who is unconscious after a fall?

A. Check their level of orientation
B. Move the patient to a more comfortable position
C. Call 911 or get help while ensuring the patient is safe from environmental hazards
D. Ask if anything hurts

Copyright © 2026 OT Mastery

Visit us at https://www.otmastery.com