

OT Mastery

Fall Prevention

1. What is the most common injury resulting from a fall?

- A. Head laceration
 - B. Wrist fracture
 - C. Traumatic brain injury
 - D. Spinal cord injury
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2. What is the most common childhood injury in the group called unintentional injuries?

- A. Falling
 - B. Suffocation
 - C. Drowning
 - D. Poisoning
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3. What is considered an external risk factor for falling?

- A. Being female
 - B. Postural hypotension
 - C. Living alone
 - D. Behavioral inattention
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4. What type of fall prevention intervention is the most evidence-based?

- A. Neuromuscular reeducation
 - B. Balance training
 - C. Tai chi
 - D. Environmental modifications
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5. If a therapist is looking for a more comprehensive balance assessment, what test should they use?

- A. The Berg Balance Scale
 - B. Functional Reach Test
 - C. ABC Scale
 - D. Dynamic Gait Index
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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
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7. What are the best tests for assessing visual acuity?

- A. Beery VMI
 - B. Snellen test
 - C. CPAC
 - D. Both B & C
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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
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9. How can therapists reduce glare that may lead to falls?

- A. Thoughtfully add task lighting
 - B. Add blackout curtains
 - C. Use anti-glare screens
 - D. All of the above
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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
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11. What is an energy conservation technique that can help prevent falls while still encouraging independence?

- A. Have someone do your chores for you
 - B. Slide or drag items rather than lifting them
 - C. Order meal delivery services
 - D. Ask a cashier for help loading grocery bags into your car
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12. How can progressive ambulation training be upgraded to help prevent falls?

- A. Practice walking to the beat of a metronome

- B. Do ambulation training outside on uneven terrain
 - C. Do training on a treadmill
 - D. All of the above
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13. What is a consequence of a long lie time after a fall?

- A. Hematoma
 - B. Rhabdomyolysis
 - C. Worsened fractures
 - D. Spinal cord injury
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14. What foot condition places someone at risk of falling?

- A. Cerebral palsy
 - B. Onychomycosis
 - C. Foot drop
 - D. Athlete's foot
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15. What is an upgraded portion of progressive resistance training?

- A. Heel Raises
 - B. Single-Leg Stance
 - C. Tandem walking
 - D. Marching in Place
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