

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
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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
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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 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
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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. 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.
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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 covers on computer 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. 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
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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
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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
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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. 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
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