

# 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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