

Enrich Your Fall & Balance Care

Get ACP Certified in Fall Prevention

ACP's evidence-based Fall Prevention Program is designed to help reduce fall risk and enhance patient quality of life through muscle strengthening, improving balance and coordination, and promoting mobility. By becoming ACP Certified in Fall Prevention, your staff is demonstrating advanced proficiency in fall prevention that improves patient outcomes and distinguishes your facility's clinical expertise.



FOR FACILITIES

The facility will be designated “ACP Certified in Fall Prevention” by ensuring the following:

- ≥ 1 rehab clinician is “ACP Certified in Fall Prevention”
- ≥ 3 nursing clinicians are “ACP Certified in Fall Prevention”
- Facility reports on program implementation through pre- and post-program outcome measures

Visit acplus.com/acp-certified to learn more. Questions? Please contact our Clinical Education team at ClinicalEd@hanger.com.

RECOMMENDED RESOURCES

Nursing Home Administrator CE Courses (1 hr)

- Fall Prevention Program Interdisciplinary Approach

ACP-Mediated Co-Branding Materials (~10 min)

- Program-Specific Partner Marketing Flyer

Interdisciplinary Quick Reference Guides (~15 min each)

- Fall Prevention IDT QRG
- Post-Falls IDT QRG

CMS Critical Element Pathways (~15 min each)

- Physical Restraints (CMS 20077)
- Positioning, Mobility and ROM (CMS 20120)
- Activities of Daily Living (CMS 20066)
- Nutrition (CMS 20075)
- Specialized Rehabilitative or Restorative Services (CMS 20080)
- Activities (CMS 20065)

PROGRAM OUTCOME

After rehab and nursing clinicians complete the program essentials and core content, facility will implement the program and report on 1-2 outcome measures of their choice on ≥ 5 patients from pre- to post-program.

Suggested Outcomes

- Facility fall rate
- Recidivism rates or potentially preventable hospitalizations due to falls with injury
- MDS (e.g., Section GG)
- Long-term outcomes: Quality Measures (e.g., % of residents experiencing 1 or more falls with major injury, % of residents who got an antipsychotic medication)
- Frailty Scales (e.g., Frailty Phenotype, Frailty - NH Scale, Gait Speed + Grip Strength)
- 6 MWT; Gait Speed; Timed Up and Go; 5x or 30-sec Sit to Stand Test
- Functional Reach; Function in Sitting Test; Berg Balance Scale; Dynamic Gait Index
- Grip Strength
- Barthel Index or Katz Index for ADLs