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

2. What is the most common childhood injury in the group called unintentional injuries?

- A. Falling
- B. Suffocation
- C. Drowning
- D. Poisoning

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 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

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. What are the best tests for assessing visual acuity?

- A. Beery VMI
- B. Snellen test
- C. CPAC
- D. Both B & C

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 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. 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

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

13. What is a consequence of 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. 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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