Nutrition and Falls Prevention

July 22, 2010
2:30 pm—4:00 pm EST Webinar
(Registration Deadline: July 15th)

Presenter:
Dr. Nancy Munoz, DCN, MHA, RD, LDN

Falls have been reported to be one of the leading causes of non-fatal injuries in the elderly. Under-nutrition, low body mass index, bone density, and decreased body mass may contribute to increased falls in older adults. But which one came first? Do older adults fall because they are nutritionally compromised, or do falls pre-dispose older adults to decline and become malnourished?

Poor nutrition and the age-associated loss of muscle mass are considered risk factors for accidental falls. The incidence of falls has also been linked to vitamin and mineral deficiencies. The objective of this presentation is to review how nutritional status of elder adults can impact physical wellbeing. Discussion will include some of the available research on vitamin D, bone health, calcium, glycemic control and falls. Most important, strategies to decrease the risk for falls in the nutritionally compromised elder will be presented.

Learning Objectives
At the end of this presentation, participants that provide services in the homecare setting will:

♦ Understand how nutritional status of elder adults can impact physical wellbeing and contribute to the prevention of falls.
♦ Be familiar with the latest research on vitamin D, calcium, and glycemic control and the impact of these nutrients and conditions on falls in the elderly population.
♦ Be able to identify components of bone health in the elderly.
♦ Be able to evaluate nutrition interventions for implementation in the home care setting to decrease the risk for falls in elders.

Details on registration page.

For an additional $30, purchase a recording of this webinar for future educational use.

This webinar is appropriate for clinical directors, front line staff, therapists and anyone who has direct contact with elderly patients in the home.

Presenter
Dr. Nancy Munoz holds a doctorate in clinical nutrition from the University of Medicine and Dentistry of New Jersey and a masters in health administration from the University of Maryland. She has authored and served as expert reviewer for manuscripts for numerous professional publications. Dr. Munoz is a lecturer for the University of Massachusetts Amherst Nutrition Department and the Nutrition Manager for the Central Region for Genesis HealthCare Corporation.
Nutrition and Falls Prevention Webinar   July 22, 2010   2:30—4:00 pm  
(1:30 pm—3:00 pm CT, 12:30 pm—2:00 pm MT, 11:30 am—1:00 pm PT)  

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REGISTRATION INSTRUCTIONS:  
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2. The webinar fee must be paid in full before the registrant will be allowed to participate in the program. A confirmation will be sent via email to verify site registration, as will the handouts, internet link and 800 number for entering the webinar, and instructions for participation. If e-mail confirmation is not received two (2) business days prior to the webinar, contact our office to verify your status.  
3. Mail or fax completed forms to HCA Education and Research, 194 Washington Ave. Suite 400 Albany, NY 12210. Mail and/or faxed registrations represent your commitment to attend and cancellation policies will apply.  
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