



Certified Fall Prevention Specialist (CFPS) Certification Standards

1.0 Professional Standards

Certified Fall Prevention Specialist (CFPS) Certification is designed for professionals who provide care to patients at risk of falling, have done so for at least 12 months, and have specialized training in fall risk assessment and prevention.

Common professionals who apply for CFPS Certification include:

- Credentialed Health Care Professionals such as Certified Nursing Assistants, Licensed Practical Nurses, Registered Nurses, Nurse Practitioners, Physicians and Physician Assistants
- Licensed Rehabilitation Professionals such as Occupational Therapists/Occupational Therapy Assistants, Physical Therapists/Physical Therapist Assistants, Speech Language Pathologists
- Licensed Behavioral Health Professionals such as Social Workers, Marriage & Family Therapists, Psychologists and Counselors
- Other Credentialed Professionals such as Case Managers, Personal Care Assistants, Home Care Providers, Admissions Directors, Administrators

2.0 Educational Standards

2.1 The candidate must meet the following education criteria (total minimum of 12 clock hours at a post-graduate level):

- An understanding of fall definition, types, epidemiology and prevalence of falls in a variety of clinical settings
- An awareness of interdisciplinary professional expertise and when to refer patients for additional clinical interventions
- An understanding of multifactorial risks for falls, including intrinsic, extrinsic and system-wide factors
- Ability to provide comprehensive assessment for fall risk using fall assessment tools, the patient's fall history, individualized risk factors and physical assessment
- An understanding of the medications that impact fall risk, including high risk medications from the BEERs criteria as published by the American Geriatrics Society (AGS)
- An understanding of the importance of maintaining ambulatory status or highest level of function to support core and lower extremity strength in older adults, for the purpose of preventing falls
- An understanding of the most recent research surrounding the importance, benefits, and duration of exercise to reduce fall risk
- An understanding of high risk falls conditions including alternation in cognition i.e. dementia or acute delirium
- Ability to identify the impact comorbidities have on an individual's fall risk, including: arthritis, stroke, neurological diseases such as Parkinson's disease and multiple sclerosis, diabetes, pain and incontinence
- Ability to recommend universal fall prevention interventions as well as person-centered care plans for patients at risk for falls
- Ability to implement evidence-based interventions for falls including surveillance and reduction of injury
- An understanding of the STEADI algorithm as published by the Centers for Disease Control and Prevention (CDC) and be competent to screen, assess and intervene as allowed by your professional scope of practice
- An understanding of orthostatic hypotension and its impact on fall risk
- Ability to provide immediate care after a fall and conduct a root cause analysis when a fall occurs to identify patient, environmental and systemic conditions that may have led to a fall
- Ability to effectively provide fall prevention education to patients, family and/or caregivers
- An understanding of safe transfer techniques, wheelchair safety and evaluation of assistance devices



2.2 Examples of Educational sources include but are not limited to:

- Post-Graduate level coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course
- Approved Continuing Education as documented by certificates of completion from training organization

3.0 Required Documentation for Certification Eligibility

1. Copies of completion of training as outline in the Educational Standards
2. Payment of certification application fee

Evergreen Certifications, LLC will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

4.0 Required Documentation for Renewal of Certification

To maintain Certification, a reapplication is required. The steps to re-apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your completion certificate for six (6) clock hours of post-graduate level, pharmacology, fall prevention, cognitive decline, mobility or physical decline-focused training to info@agingcert.com
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) clock hours of training for a 2-year reapplication, and eighteen (18) clock hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified