

Flex Therapist CEUs

Balance Outcome Measure for Elders in Acute Care

1. All of the following statements relating to the Balance Outcome Measure for Elder Rehabilitation (BOOMER) are true, except for:

- A. The BOOMER appears to be a valid measure of the standing balance construct comprising common measures of static stance (feet together eyes closed), functional reach, step test, and timed up and go test.
 - B. The BOOMER can be administered in approximately 20 minutes.
 - C. The BOOMER has been previously validated for use with geriatric rehabilitation inpatients.
 - D. It is not known if the BOOMER is valid to use in an acute care setting and if it is able to differentiate between the balance and mobility of patients able to be discharged to their usual residence compared to those requiring further inpatient rehabilitation.
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2. This study determined that the BOOMER is valid to use in an acute care setting with hospitalized older adults.

- A. True
 - B. False
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3. This study determined that the BOOMER can be recommended for use in the acute care setting as a tool to guide referral for rehabilitation or to determine those who could safely be discharged to their usual residence with recommendations to access community based education and falls prevention programs.

- A. True
 - B. False
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4. Which of the following is an advantage for use of the BOOMER in acute care settings?

- A. It is quick and easy to administer.
 - B. It is able to be used at the bedside.
 - C. It appears to be able to differentiate between patients requiring inpatient rehabilitation as well as those hospitalized following a fall.
 - D. All of the above.
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