Bone Health SIG 2019 Annual Business Meeting Minutes

CSM Washington DC, January 26, 2019

I. Welcome and Introductions (Sherri Betz) Meeting called to order at 7:00am
Chair: Sherri Betz, PT, DPT, GCS, CEEAA, PMA®-CPT

II. Approval of Minutes Feb 24, 2018 Business Meeting at CSM New Orleans

III. Reports/Old Business: (All items in blue were brought forward for discussion)

A. Chair Report

1. Organization

   a. Elections: Officer Terms New officers introduced
      Chair: Sherri Betz, 1-year term (Jan 2019-Jan 2020)
      Vice-Chair: Andi Morgenthaler, 1-year term (Jan 2019-Jan 2020)
      Secretary: Ginny Renegar, 3-year term, (Jan 2019-Jan 2022)
      Nominating Committee (2): Open

   b. Budget:

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<tr>
<th>Expense Line Item</th>
<th>Amount</th>
<th>Description</th>
<th>Explanation/Rationale</th>
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<tr>
<td>608 Contractual Fees</td>
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<td>Flyers, Agendas for CSM, State and National Meetings</td>
<td>CSM Agenda printing, Flyers for BHSIG Product Advertising</td>
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<td>611 Equip Purchase</td>
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<td>Printing ABH/APTA Fracture Prevention Booklets</td>
<td>Distribution of Fracture Prevention Booklets at CSM/National/State Meetings</td>
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<td>614 Stationary/Supplies</td>
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<td>Graphic Design for Bone Health Calendars</td>
<td>Consumer Outreach and Fundraising</td>
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<td>615 Telephone</td>
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<td>Travel for 1 BHSIG member to attend BH conference</td>
<td>Keep updated on BH Evidence and Practice</td>
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<td>616 Postage/Shipping</td>
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<td>Expenses for 1 BHSIG member to attend BH conference</td>
<td>Keep updated on BH Evidence and Practice</td>
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<td>620 Printing: General</td>
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<td>621 Printing: Pubs</td>
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<td>631 Member Per Diem</td>
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<td>635 Meeting Services</td>
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### Academy of Geriatric PT

**Bone Health SIG Agenda CSM 2019**

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<td>421 Interest</td>
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<td>424 Sale of Items</td>
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<td>Bone Health Calendars</td>
<td>(Reprint BH Calendars from 2016)</td>
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<td>451 Pre-Conf Registration</td>
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<td>452 CSM Registrations</td>
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<td>453 CEEAA Reg Fees</td>
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<td>456 Webinar Registrations</td>
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<td>467 Subscriptions</td>
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<td>520 Royalties</td>
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### Surplus/(Deficit) $(800.00)$

**B. Nominating Committee Report**

Open: Need nominations for Officers

**C. Practice Committee Report**

1. Clinical Practice Guideline (CPG) for Osteoporosis: Members recently used the AGREE II Tool to evaluate the appropriate CPG papers and have begun the process of using ADAPTE to write the CPG Clinical Guidance Statement.

   This will be based on clinical guidelines from Scotland, (Go to [www.sign.ac.uk](http://www.sign.ac.uk) enter search term: “osteoporosis,” and full guideline PDF is on the right hand side of the page.) Any gaps in the adapted CPG will be filled in from the “Too Fit to Fracture” Giangregorio, 2015 consensus paper. (Available in the BHSIG reference list) There was further discussion about the lack of specific guidelines for evaluation and treatment by physical therapists. Many guidelines are aimed at exercise professionals saying “refer this to a physical therapist educated in the treatment of osteoporosis”. However, many PT’s understand the diagnosis, but are unsure of the best way to approach evaluation and treatment. There was discussion of doing a consensus of US PT’s to poll best practices for performing evaluations of patients with osteoporosis similar to the method used in the “Too Fit to Fracture” study. Guidelines for PT’s would include: evaluations appropriate for osteoporosis, biomechanics, fall risk and balance assessments.

2. BHSIG, Section on Geriatrics webpage needs updating: Information on risk factors, tests and measures, clinician and client education, interventions, and references.

3. Web-based Resource Guide AND Pocket Guide for Clinicians on Bone Health: Need to develop Pocket Guide for Clinicians based on the CPG recommendations with resource links on bone health. ERAC has completed the literature review for last year’s CSM presentation and may be willing to collaborate on this project. The CPG will be taking the place of this project but when completed it could be reformatted into an app or pocket guide.

D. Education Committee Report

1. Bone Health Related References have been updated and are available to all BHSIG members on the AGPT www.geriatricspt.org website. Please share any additional high quality reviews, meta-analyses, RCT’s or papers that you feel are very informative for clinical practice related to bone health.
Kathy Shipp reported on a new study in the "Journal of Bone and Mineral Research" suggesting clinical trials of kypho- and vertebroplasties are not as successful as previously thought.

It was suggested by Cathy Ciolek, VP of AGPT that we set up a webinar with Belinda Beck and Ivan Bautmans.

2. The Consumer Educational Powerpoint Presentation on BHSIG webpage needs to be updated.

3. Current Consumer Education Resources:
   a. Bone Health and Fracture Prevention for Older Adults consumer piece available on www.moveforwardpt.com website. (Add to our SIG Page)
   b. Bone Health and Fracture Prevention for Older Adults is posted at www.geriatricspt.org as a handout that PT’s can download and print for patient home programs. http://www.geriatricspt.org/special-interest-groups/bone-health-special-interest-group/sig-bone-health.cfm
   c. Video on Physical Therapy and Bone Health: Cynthia Cutright, PT, MBA, DPT, explains how people can maintain good bone health with the help of a physical therapist. (link below) http://www.moveforwardpt.com/patientresources/videolibrary/detail.aspx?cid=d427a39b-654c-a5c2-c393d4dae477

4. Professional Education Resources:
   c. Too Fit to Fracture Series from Osteoporosis Canada (Consumer & Professional) http://www.osteoporosis.ca/osteoporosis-and-you/ too-fit-to-fracture/
E. CSM 2020 Program Planning

1. We were delighted that Carleen Lindsey’s submission for *Kyphosis Management - Manual and Exercise Interventions* was accepted as a pre-con for 2019 BHSIG programming. The pre-con course went very well with 25 participants in the course. Carleen was assisted by Sherri Betz and Ginny Renegar.

2. We were disappointed that renowned researcher, Ivan Bautman’s *Manual mobilization for Thoracic Kyphosis: Postural Changes in Ageing* 2-hour session was not accepted for CSM 2019. We may invite them to do an online/live webinar this year.

3. We were also disappointed that Mark Reinking’s invited presentation, *Bone Health in Older Adults: Movement is a Must!* was not accepted.

4. Need suggestions for speakers for our special programming (Belinda Beck, Ivan Bautmans?)

5. Pre-Con suggestions?

6. **Deadline for CSM 2020 proposal submissions is Wednesday March 20, 2019.**

F. Communication with members

1. BHSIG website needs enhancements and store updates

2. Newsletters: Need to restart these and send at least biannually and increase to sending quarterly with events, new research and updates in bone health. We would like to feature a clinician, article or interview in each newsletter.

3. We would like more info/feedback from BHSIG Members on their activities to promote bone health (Kavita Patel, PT from Kessler Rehabilitation shared that she is the Bone Health SIG chair for their company and she is implementing educational programs for the therapists on staff. She is interested in being more involved with the AGPT Bone Health SIG and plans to join AGPT to become a member.

4. Promotion of Educational CD/DVD’s: *Kypholordosis Measurement* and *Stand Tall*

5. Are there any new products produced? No one knew of any new products on the market.

G. Evidence-Based Consumer Education

1. Revisit BHSIG Consumer Calendar which potentially could be sold at AGPT Booth and among members for their patients.

   - 1 – 2 calendars: $5.00/each
   - 3 calendars: $12.50
   - 4-25 calendars: $4.00/each
   - 26-35 calendars: $3.50/each
   - 36-60 calendars: $3.00/each

2. Promotion of member-produced Products/ DVD’s at SOG booths at CSM, National, CPTA conferences.

   a. **Stand Tall** exercise DVD: Demonstrates multi-dimensional exercises targeting impairments associated with hyperkyphosis. Created by Wendy Katzman, PT, DPTSc, OCS, produced by Sherri Betz, PT. For sale on the APTA Geriatric Section website [www.geriatricstpt.com](http://www.geriatricstpt.com) (click menu and in the dropdown, select “Online Store“) Dr. Katzman filmed an updated version of this DVD that is available for distribution by UCSF/SFSU. Go to: [http://ptrehab.ucsf.edu/stand-tall](http://ptrehab.ucsf.edu/stand-tall) and call (415) 514-4816 to order the DVD.

   b. **Kypholordosis Measurement Using a Flexible Curve**-Instructional DVD: Utilization of the flexible curve procedure is an efficient and cost effective method for obtaining valid and reproducible objective measurements of individuals with kypholordosis. Instructor: Carleen Lindsey, PT, MSc, GCS – SOLD OUT.

H. BHSIG Member Participation in Professional Meetings, Conferences, and Seminars 2018

2. Wendy Katzman, PT, DPTSc, OCS, UCSF Annual Symposium July 2018 Osteoporosis: New Insights in Research, Diagnosis, and Clinical Care presentation - Physical Activity for Skeletal Health

3. Carleen Lindsey, PT, MS, GCS, CEEAA – APTA Representative ASBMR Call to Action to Address the Crisis in the Treatment of Osteoporosis - Participated in the process of translating the Strategic Roadmap into a specific and detailed Action Plan to be implemented in order to achieve the goal of substantially reducing secondary fractures. September 29, 2018 – FINAL PRESS RELEASE - Including rehab therapy at all and with physical therapy listed first, was accomplished due only to the inclusion of APTA representation during the formulation of the document and the press release, as the focus for the 80 other world-wide representatives was primarily directed toward pharmacological intervention. The complete clinical recommendations can be downloaded at: https://www.secondaryfractures.org/clinical-recommendations/

I. Attendance at professional meetings and conferences 2018

- International Osteoporosis Foundation Conference – Poland April 19-22, 2018 [http://www.wco-iofesceo.org/]
- ASBMR annual meeting in Denver, CO Sept 28-Oct 1, 2018 Quebec, CANADA [http://www.asbmr.org/Meetings/FutureAnnualMeetings.aspx]

J. Research Publications of BHSIG Members

Wendy Katzman’s publications:


K. Educational Publications


L. Educational Courses
1. **BoneFit Canada**: Dr. Lora Giangregorio and Judy Laprade, PT, PhD

2. **Karen Kemmis, DPT**: Teaches in the SUNY Upstate Medical University DPT program in Differential Diagnosis including Osteoporosis for PTs (Spring Semester)

3. **Karen Kemmis, DPT**: Presentations to the staff at SUNY Upstate’s Joslin Diabetes Center & University Endocrinologists on PT Consultations for Diabetes and Osteoporosis and to the Physical Medicine & Rehabilitation residents on Physical Therapy and Osteoporosis


5. **Carleen Lindsey**: Con-Ed Courses:
   a. *Geriatric Exercise: Principles and Practice for Optimal Function*
   b. *Musculoskeletal Health through the Life-Span*
   c. *Manual Physical Therapy for the Geriatric Patient*
   d. *Osteoporosis and postural change, 2-day course*
   e. *Manual and Exercise Management for the Kyphotic patient 1 1/2 Day Course for PT’s in Sosua, Dominican Republic*
   f. *Osteoporosis Management Course, for PT’s*
   g. *Working with David Weil, PT, PhD, and Nancy Bookstein, PT, EdD, to develop a 1 day workshop on using the Flexicurve Kypholordosis Spinal Measurement Tool*

6. **Sherri Betz**: 2 day courses:
   b. MedBridge Online Education Courses: 1) Pilates General Principles and Precautions for the Rehabilitation Professional, 2) Intro to Pilates for Rehabilitation, 3) Pilates for the Frail Older Adult, 4) Pilates for the Fit Older Adult. [www.medbridgeeducation.com](http://www.medbridgeeducation.com)

7. **Sara Meeks**: 2-day courses. **Osteoporosis: A Comprehensive Treatment Strategy Levels 1-3.**

8. **Kathryn Brewer, PT, GCS**
   a. Osteoporosis education (4 hour didactic course) provided in the Geriatric Residency at Mayo Clinic including participation from Endocrinology and a dietician
   b. Provided several webinar course in the geriatric curriculum for MedBridge (online education) and also an additional lecture series on clinical management of osteoporosis
   c. Inclusion of osteoporosis in entry level DPT curriculum at Northern AZ University and MidWestern University (spring semester 2016)
   d. Mayo Clinic is developing their Fracture Liaison Service (FLS) by implementing a pilot chart review to ID potential patients with PT referrals to follow (ambulatory services or ED after a fracture occurs)
   e. Preparing an enterprise-wide (all Mayo sites – internal access) education piece for PT/OT to support full roll out of the Fx Liaison program.

M. **Collaborations and activities of BHSIG members**

   **Andi Morgenthaler, PT, CEEAA**: 1) 2 events for American Bone Health (fall prevention and fracture risk) at different community centers. 2) Workshop “Bone health and osteoporosis and how does that effect my clients” to 2 different Pilates studios. 3) Workshop on fall prevention to 2 different senior groups. 4) Teaching Pilates group sessions and private lessons to active agers with Bone health issues. 5) 4 session balance and fall prevention class series to active agers.
Kathryn Brewer, PT, DPT, MEd, GCS, CEEAA: Mayo group has developed a comprehensive “Bone Health across the lifespan” online education course and competency to be used for all therapy clinical staff across the Mayo Enterprise. This should be ready for prime time March 2019. The program is designed to provide foundation for eventual implementation of the Fracture Liaison program within the Mayo system. Co-authors: Barb Helgesen PT, Selen Courtney PT, DPT, OCS, Michael Whitaker MD.

Patty Trela, PT, DPT, COMT, SCS, University of Utah Health Care, Orthopaedic Center offers an 8-hour class called Build a Bone. Participants learn about research on bone health, nutritional aspects, medical aspects, proper posture/body mechanics, balance for fall prevention, walking to stimulate bone and they perform weight lifting and core exercises (1 hour each). This class is offered through our facility and through the University through an over age 50 program. This year, the class will expand this year through the Physical Therapy program in a wellness program and hopefully expand to clinics in other parts of the State. They offer an ongoing exercise for bone health class 2xW $5/class. They also have a local seamstress make a weight vest for women called the Wasatch Weight Vest.

Gwen Dani, MPT, GCS, CEEAA, Performed balance testing for athletes at Senior Olympics-Michigan. Created a PT program for treating Osteoporosis at The Recovery Project.

Lisa M. Bettio, MSRPT, MPH, MS, from SouthCoast Health is developing a department within their PT practice that focuses on performance enhancement. They will target active individuals from youth to seniors, and those that have been diagnosed with osteopenia/osteoporosis.

Tim Kauffman, PhD, PT, GCS, teaches a “Better Bones Better Balance” class in his clinic in Lancaster, PA. In 2015 he expanded it to 2xW for the summer/fall months for a total of 90 classes presented. Rotary Club consumer presentation on Bone Health. Dr. Kauffman remains in contact with the US Bone and Joint Decade project called “Fit to a T”. Dr. Kauffman attended the meeting and handed out consumer educational booklets to all the BHSIG members in attendance. They developed a consumer education program that can be presented by a health care professional for groups. “T” refers to the T-score on a DEXA test. Additional information for consumers is on the website. There is a nice 6 minute video about “Fit to a T.” Go to http://www.usbji.org/programs/public-education-programs to find out more.

Kathy Shipp, PT, MHS, PhD, GCS: 1) regularly delivers the bone health content for >70 yoga teachers in the “Teaching Yoga to Seniors” curriculum of Duke Integrative Medicine. 2) Chair of the Exercise and Rehabilitation Advisory Council: National Osteoporosis Foundation. Members of the committee: Kathy Shipp, Wendy Katzman, Sherri Betz, Karen Kemmis, Sara Meeks, Kathy Jankowski, Tim Kaufman, Robyn Stuhr, Wendy Katzman, Carleen Lindsey, Patricia Graham. 3) Education Committee and Editorial Board of Clinical Updates for NOF. Working with Susan Randall to turn the ERAC presentation into a published paper. 4) Member of Professional Practice Committee of the American Society of Bone and Mineral Research

Karen Kemmis, PT, DPT, RN: National Osteoporosis Foundation webinars, program committee for NOF/ISO (Annual NOF Interdisciplinary Symposium on Osteoporosis) Karen Kemmis, serves as one of the “experts” for WebMD, coordinated by NOF.

Sherri Betz PT, DPT, GCS, PMA®-CPT, CEEAA: Continues to run a community-based exercise program for fit and frail older adults called TheraPilates® for Bone Building & Injuries at the Capitola Recreation Center in Capitola, CA. There are 12 classes per week offered at multiple levels of instruction for a total of 576 classes per year.

• An additional Community-Based Exercise program was developed for Glenwood Regional Medical Center, A Steward Hospital in West Monroe, Louisiana with 4 Quarterly Lectures on Bone Health and a Community Program of exercise classes and fracture prevention targeting Fit and Frail Older Adults.

• 2 Bone-Safe Pilates Classes per week are offered at Bon Temps Pilates Studio in West Monroe,
Sherri Betz, AGPT liaison to NOF and ABH (American Bone Health). Sherri Betz and Lisa Hamilton are volunteer consultants for ABH Stepping Out Strong public outreach and bone health awareness program in development of screenings for the participants.

Safe Bone Health Classes ongoing project, managed by Sherri Betz, PT. Project to collect information from PT’s and exercise practitioners across the country who are doing safe group classes available to the public to create an interactive map where the public can click their area to find a safe exercise class for osteoporosis.

**PTs at Cleveland Clinic:** offer the program “Staying on Your Toes” for balance and posture. They offer 5 sessions to train exercise instructors in safe exercises for osteoporosis.

**Stepping Out Strong by American Bone Health** Offering bone health screenings at various locations around the country. They are using ABH’s web-based FORE Fracture Risk Calculator to do bone health consultations and teach fracture prevention tips and bone-safe exercises. There is a training podcast for all volunteers. Volunteers are provided a link to an orientation video. Sherri Betz is the consultant for this program. [http://americanbonehealth.org/whats-new/582-stepping-out-strong](http://americanbonehealth.org/whats-new/582-stepping-out-strong)

**American Bone Health Volunteer Peer Educator Program** has trained hundreds of volunteers across the US in a 6-Series Podcast that prepares volunteers to give talks to the public on Osteoporosis and Bone Health. (Private Volunteer Portal Link) After viewing each podcast there is a teleconference to discuss the questions that arise and emphasize the important points. You can become a speaker for American Bone Health. The program is free and directed by Shelley Powers at mailto:shelleypow@yahoo.com. Contact her to join the trainings or to volunteer.

**Do it Right! and Prevent Fractures** informational booklet. American Bone Health/ Foundation for Osteoporosis Research and Education(FORE) and SOG/BH SIG collaboration. Fracture Prevention Brochure. Endorsed by the APTA Section on Geriatrics in 2011. Received a Mature Media Award for content and design, 2011. Can be downloaded and printed for free at [www.americanbonehealth.org](http://www.americanbonehealth.org). Hard copies available for purchase through Kathleen Cody, Executive Director, Kathleen@AmericanBoneHealth.org. Call to order 888-266-3015

**IV. NEW BUSINESS/OUTSTANDING ACTION ITEMS IN PROGRESS**

A. **Clinical Practice Guidelines for Osteoporosis** Under the direction of Greg Hartley, and Keith Avin, the Bone Health SIG members, Sherri Betz and Carleen Lindsey are participating in the CPG Workgroup to publish a Clinical Guidance Statement using the ADAPTE process. Carleen and Sherri received the AGREE II Training Online Tutorial to prepare to review and evaluate the selected publications. The group members have completed reviewing papers that fit the search criteria using the AGREE II tool in pairs. The writing process has begun. The whole process is predicted to take 2-5 years and we may be calling upon other BHSIG members to participate.

B. **Web-based Resource Guide for Clinicians on Bone Health** Resource Links on Bone Health. BHSIG, Section on Geriatrics website: Information on risk factors, tests and measures, client education, interventions, and references. Will be using data collected by the NOF ERAC Council to develop

C. **Bone Health SIG or Multi-SIG Calendar:** for consumer education and fundraising. Discussions, decisions and time-line to be considered at CSM 2019.

D. **Updates to the Consumer Educational Powerpoint Presentation** are needed. We are considering collaborating with the American Bone Health Peer Educator Program to use the same powerpoint for both organizations.

E. **Upcoming Conferences 2019**

- ISCD/NOF Clinical Osteoporosis: A Joint Symposium – La Jolla, CA May 15-18, 2019 [http://clinicalosteoporosis.org/](http://clinicalosteoporosis.org/) (send abstracts to Claire Gill Claire.gill@nof.org)
- International Osteoporosis Foundation Conference – Paris April 4-7, 2019 [https://www.wco-if-esceo.org/](https://www.wco-if-esceo.org/)
• IPTOP General Meeting: May 10-13, 2019 in Geneva, Switzerland (TBA)
• APTA Annual Conference (Now called NEXT Conference) June 12-15, 2019 – Chicago, IL
• ASBMR annual meeting in Orlando, FL Sept 20-23, 2019
  http://www.asbmr.org/Meetings/FutureAnnualMeetings.aspx

A. NEWS, Highlights and Discussion:
   1. Wendy Katzman’s newest research (see above)
   2. American Bone Health needs volunteers for their Freedom from Fractures Events hosted in your community in May 2019 all over the country. Become a peer educator and Speaker for ABH through their free training program. Contact Kathleen@americanbonehealth.org or call 510-343-6191 to participate.
   3. Join the BH SIG if you are an AGPT Member for FREE! You must sign up online to join.
      https://geriatricspt.org/special-interest-groups/
   4. Download the latest Bone Health SIG References from our BHSIG page:
      https://geriatricspt.org/special-interest-groups/bone-health/
   5. Are you getting results in bone density, fracture prevention or reduction in thoracic kyphosis in your practice?
   6. Have you discovered any great online or other resources for bone health practices?
   7. Great Resources from Osteoporosis Canada! https://osteoporosis.ca/health-care-professionals клинических-руководств/
   10. Find out if you have a state or local osteoporosis foundation and get involved!
   11. Present at your State PT Conference on Exercise for Bone Health-we will help you!

Meeting Adjourned at 7:50am 1/26/19