

Bone Health SIG 2018 Annual Business Meeting

CSM New Orleans, Feb 24, 2018



I. Welcome and Introductions (Sherri Betz)

Chair: Sherri Betz, PT, DPT, GCS, CEEAA, PMA®-CPT

II. Approval of Minutes Feb 16, 2017 Business Meeting at CSM San Antonio

III. Reports/Old Business:

A. Chair Report

1. Organization

a. Elections: Officer Terms

Chair: Sherri Betz, 1 year term (Feb 2018-Feb 2019)

Vice-Chair: Lisa Hamilton, 3 year term (Feb 2016-Feb 2019)

Secretary: Ginny Renegar, 3 year term, (Feb 2017-Feb 2020)

Nominating Committee (2): Amy Wagner, Gwen Dani 3 year terms,
(Feb 2016-2019)

b. Budget:

| Expense Line item | Amount \$ | |
|----------------------------|----------------|--|
| 620 Printing: General | \$100 | Printing Agendas, copying, flyers for promo materials for booths, handouts, and displays at meetings |
| 621 Printing: Publications | \$200 | Fracture Prevention Booklets |
| 621 Printing: Publications | \$300 | Graphic Design for Calendars |
| 625 Audiovisual | \$100 | Powerpoint Updates |
| 630 Member Travel | \$400 | Travel to BH Related Conference (NOF) |
| 631 Per Diem | \$600 | BH Conference Expenses (NOF) |
| 630/631 Travel CSM | \$1000 | Hotel and airfare |
| 635 Meeting Services | \$150 | Meetings CSM/Yearly Update |
| 640 Professional Fees | \$100 | Professional Photography |
| 640 Yoga Pre-Con | \$5530 | Yoga Pre Conference |
| TOTAL EXPENSE | \$8,580 | |

B. Nominating Committee Report

Amy Wagner and Gwen Dani: Need nominations for Officers, CPG Interest

C. Practice Committee Report

1. Clinical Practice Guideline (CPG) for Osteoporosis: They recently did the training to learn to use the AGREE II Tool and have begun to evaluate the first CPG papers.

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 and 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. Please share any additional high quality reviews, meta-analyses, RCT's or papers that you feel are very informative.
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-42d8-a5c2-c393d4dae477>
 - d. NOF/Pilates Anytime Safe Movement Video Series "Boning Up"
<https://www.nof.org/patients/fracturesfall-prevention/safe-movement-exercise-videos/>
4. Professional Education Resources:
 - a. MedBridge Education Osteoporosis Courses:
<https://www.medbridgeeducation.com/courses#/physicaltherapy?categories=1523&search=osteoporosis>
 - c. Too Fit to Fracture Series from Osteoporosis Canada (Consumer & Professional)
<http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/>

E. CSM 2019 Program Planning

- Need suggestions for speakers for our special programming (Belinda Beck?)
- Is there interest in a Pre-Con by Carleen Lindsey and Nancey Bookstein to instruct participants in use of the Flexicurve Kypholordosis Tool?

2. Deadline for proposal submissions is in March, 2018.

F. Communication with members

1. BHSIG website needs enhancements and store updates
2. Newsletters: Sent biannually last year. Increase to sending quarterly with events, new research and updates in bone health. Plan to feature a clinician, article or interview in each newsletter.
3. More info/feedback from BHSIG Members on their activities to promote bone health
4. Promotion of Educational CD/DVD's: *Kypholordosis Measurement* and *Stand Tall*
5. *Are there any new products produced?*

G. Evidence-Based Consumer Education

1. Multi-SIG Consumer Calendar is for sale at AGPT Booth.

| | |
|------------------|-------------|
| 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.geriatricspt.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> 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 \$15 for members at www.geriatricspt.com

H. BHSIG Member Participation in Professional Meetings, Conferences, and Seminars 2016

1. National Osteoporosis Foundation 2017 Conference BHSIG Presentations: Karen Kemmis and **Sherri Betz, PT, DPT, GCS**, taught *A Day in the Life of a Bone-Health Physical Therapist* to demonstrate on live patients how we provide treatment for those with osteoporosis. **Karen Kemmis, DPT**, moderated the physical activity sessions serves on the NOF conference planning committee.
2. **Wendy Katzman, PT, DPTSc, OCS**, UCSF Annual Symposium July 2017 Osteoporosis: New Insights in Research, Diagnosis, and Clinical Care presentation - *Physical Activity for Skeletal Health*

I. Attendance at professional meetings and conferences 2017

- ISCD/NOF Clinical Osteoporosis: A Joint Symposium - Orlando, FL April 20-22, 2017
- International Osteoporosis Foundation Conference – Florence Mar 23-26, 2017
- WCPT Congress 2017 in Cape Town, South Africa: (IPTOP) International Association of Physical Therapists working with Older People, April 2-4, 2017
- IPTOP General Meeting: Cape Town, South Africa, 2017 (TBA)
- APTA Annual NEXT Conference, Boston; Jun 21-24, 2017
- UCSF 13th Annual Osteoporosis Symposium: New Insights in Research, Diagnosis, and Clinical Care, San Francisco, CA: July, 21-22, 2017
- Osteoporosis Foundation of New Mexico Santa Fe Bone Symposium Aug 4-6, 2017
- ASBMR American Society of Bone & Mineral Research Annual Meeting, Denver, CO Sept 8-11, 2017

J. Research Publications of BHSIG Members

Wendy Katzman NIH Funded publications:

Katzman WB, et al. (2017). "Sex differences in response to targeted kyphosis specific exercise and posture training in community-dwelling older adults: a randomized controlled trial." *BMC Musculoskeletal Disord* 18(1): 509.

Katzman WB, et al. (2017). "Cross-Sectional and Longitudinal Associations of Diffuse Idiopathic Skeletal Hyperostosis and Thoracic Kyphosis in Older Men and Women." *Arthritis Care Res (Hoboken)* 69(8): 1245-1252.

Katzman WB, et al. (2017). "Targeted spine strengthening exercise and posture training program to reduce hyperkyphosis in older adults: results from the study of hyperkyphosis, exercise, and function (SHEAF) randomized controlled trial." *Osteoporos Int* 28(10): 2831-2841.

K. Educational Publications

No new chapters or textbooks published in 2016.

L. Educational Courses

1. **BoneFit Canada:** Dr. Lora Giangregorio of BoneFit Canada was invited to submit a presentation on the "Too Fit to Fracture Consensus." The presentation was selected and was the BHSIG Special programming for CSM 2017. Dr. Kathy Shipp co-presented.
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
4. **Carleen Lindsey, PT, GCS and Nancey Bookstein, PT, EdD.** Physical Therapy for Osteoporosis Prevention and Treatment: a Comprehensive Approach. APTA Home Study Monograph. Now available on the Women's Health Section Website.
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 for PT's in Thornhill, Canada*
 - e. *Osteoporosis Management Course, for PT's, Derby, CT*
 - f. *Working with David Weil, PT, PhD, and Nancey Bookstein, PT, EdD, to develop a 1 day workshop on using the Flexicurve Kypholordosis Spinal Measurement Tool*
6. **Sara Meeks:** 2-day courses. *Osteoporosis: A Comprehensive Treatment Strategy Levels 1-3.*
7. **Sherri Betz:** 2 day courses:
 - a. *TheraPilates® for Osteoporosis* held throughout the US and internationally. (Atlanta, GA, Sept 30-Oct 1, 2017, Seoul, Korea, Shanghai, and Cannes, France in 2018)
 - b. *Rehabilitation for Osteoporosis: Fit and Frail with Pilates Emphasis* course developed for Dr. Carole Lewis' GREAT Seminars Education Company. (Omaha, NE May 20-21, 2017 and Allentown, PA July 22-23, 2017)
8. **Sherri Betz:**
 - a. MedBrige 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
 - b. NOF/PilatesAnytime.com: NOF Safe Body Mechanics and ADL Movement Video Vignettes www.pilatesanytime.com, www.nof.org
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)
 - e. 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

Sherri Betz, liaison for the NOF and AGPT 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.

Sherri Betz is also collaborating with Dr. Mike Lewiecki, of the Osteoporosis Foundation of New Mexico on developing a Bone Health Conference or Educational Program for Yoga Teachers. Matthew Taylor, PhD, PT, board member and former IAYT President (International Association of Yoga Therapists) has been invited to collaborate and help develop the program. Marianna Wingood has also volunteered to help with the program.

Kathy Shipp: 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

Kathy Shipp: Education Committee and Editorial Board of Clinical Updates for NOF. Working with Susan Randall to turn the ERAC presentation in to a published paper.

Kathy Shipp: Member of Professional Practice Committee of the American Society of Bone and Mineral Research

Karen Kemmis: National Osteoporosis Foundation webinars, program committee for NOF/ISO (Annual NOF Interdisciplinary Symposium on Osteoporosis)

WebMD: Karen Kemmis, serves as one of the "experts" for WebMD, coordinated by NOF.

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. Available for purchase through Kathleen Cody, Executive Director, Kathleen@American Bone Health.org. Call to order 888-266-3015

Safe Bone Health Classes ongoing project, 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.

Laura White, PT, DScPT, GCS, Director of Clinical Education at the University of South Alabama (Mobile, AL) along with DPT students and faculty, participated in a Bone and Joint Health Fair. Twenty nursing, physician assistant, and physical therapy students provided health education to approximately 25 residents of a senior housing community. Bone health and fracture prevention resources from the AGPT Bone Health SIG were used by the students and provided to the residents.

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".

Kathy Shipp: regularly delivers the bone health content for >70 yoga teachers in the "Teaching Yoga to Seniors" curriculum of Duke Integrative Medicine.

Sherri Betz: 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 is being developed for Glenwood Regional Medical Center, A Steward Hospital in West Monroe, Louisiana with 4 Quarterly Lectures on Bone Health to launch 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, LA.

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.

Safe Bone Health Classes ongoing project, managed by Sherri Betz. 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.

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>

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 or call Kathleen Cody to request booklets at 510-343-6191.

IV. NEW BUSINESS/OUTSTANDING ACTION ITEMS IN PROGRESS

A. Clinical Practice Guidelines for Osteoporosis Under the direction of Greg Hartley, the Bone Health SIG members, Sherri Betz and Carleen Lindsey are participating in the CPG Workgroup to either publish a

Clinical Guidance Statement or a full CPG depending upon the research findings. The members attended the APTA Headquarters 2-Day workshop in July 2015 to learn how to evaluate current CPGs and research using the AGREE II tool. The whole process is predicted to take 2-5 years and we will 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 2018.

D. Upcoming Conferences 2018

- ISCD/NOF Clinical Osteoporosis: A Joint Symposium – New Orleans, LA May 17-19, 2018
<http://clinicalosteoporosis.org/> (send abstracts to Claire Gill Claire.gill@nof.org)
- International Osteoporosis Foundation Conference – Poland April 19-22, 2018 <http://www.wco-iofesco.org/>
- WCPT Congress May 10-13, 2019 in Geneva, Switzerland: (IPTOP) International Association of Physical Therapists working with Older People, <http://www.wcpt.org/congress>
- IPTOP General Meeting: May 10-13, 2019 in Geneva, Switzerland (TBA)
- APTA Annual Conference (Now called *NEXT Conference*) June 27-30, 2018 - Orlando, FL
. <http://www.apta.org/NEXT/FutureDates/>
- UCSF 13th Annual Osteoporosis Symposium: New Insights in Research, Diagnosis, and Clinical Care, San Francisco, CA: July, 12-13, 2018 <http://www.ucsfcmec.com/2019/MEP19001/info.html>
- ASBMR annual meeting in Denver, CO Sept 28-Oct 1, 2018 Quebec, CANADA
<http://www.asbmr.org/Meetings/FutureAnnualMeetings.aspx>

E. NEWS, Highlights and Discussion:

1. Wendy Katzman's NIH Funded Research Completed and Published! (See Above)
2. American Bone Health needs volunteers for their Freedom from Fractures Events hosted in your community the week of May 1-8m 2018 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. Know anything about Biodensity? Osteo-Strong? Galileo Mechano-Stimulation Training? 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/clinical-practice-guidelines/>
8. NOF and Pilates Anytime Safe Movement "Boning Up" Video Series.
<https://www.nof.org/patients/fracturesfall-prevention/safe-movement-exercise-videos/>
9. Lots of Osteoporosis Resources on www.MedBridgeEducation.com
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!