AGPT Balance and Falls SIG Meeting 2/17/17

Date: 2/17/2017
Time: 1300-1400. Meeting called to order at 1305.
Location: Henry B Gonzales-213A

Introductions Officers:
Chair: Mariana Wingood (present)
Vice Chair: Emma Phillips
Secretary/Treasurer: Kathy Mercuris
Nominating Committee: Annie Reilley

Clinical Liaison: Heidi Moyer (present) → her main role is helping with answering clinical questions as well as assisting with the list-serve.

Research Liaison: Elizabeth Wang-Hsu (present) → her main role is assisting with various research projects as well as answering research questions and assisting with the list-serve

Educational Liaison: Margaret Danilvich → her main role will be to provide educators/universities with tools and information that would help them improve their programs. She will also assist with any CEU’s/courses we will be putting on

Attendees (33 in total): Jackie Osborn, Yolanda Rainy, Jane Kilo, Evan Pro, Jennifer Vincenzo, Jen Carter, Casey Shots, Al Eisenberg, Joan Norman, Morgan Naulty, Bob Mitzen,. Pricilla Rasuchmasen, Donna Bainbridge, Tom Edger, Zachery Smither, Andrew Hasrnish, Lisa Farrel, Jimmy Storms, Heidi Moyer, Michael Hyland, Emily Housenick, Mindy Renfro, Tracy Norris, Helen Cornley, Nancy Gell, Jen Sidelinker, Beth Black, Vicky Tilly, Sue Smith, Tammy, Beth Rohr, Mariana Wingood, Elizabeth Wang-Hsu

Interests of the Attendees for SIG Activities: staying current, interdisciplinary aspects with vitals assessment (with RNs), staying up to date on session, participating in research within the group members, looking for more, best practice for facility wide programs, TaiChi in frail population, balance across the spectrum of care, balance and falls in intellectual disabilities, get more involved, assist in progression through academic world, more information to pass on to co-worker who are not APTA members or do not participate in meetings such as these, encourage others in the state to take place in or be aware of things that relate to fall prevention, greater outreach and work with more sections other than just geriatrics, raise awareness of falls risk screening events, more involved in all disciplines in fall prevention, involved students in fall prevention awareness day, More Falls Prevention Awareness Day events, get more involved in the state chapter through the SIG, enhancing communication between consumers and professionals, more falls prevention, teaching TaiChi, advocate for PT intervention for individuals who need intervention.
**Vestibular hypofunction CPG:** Lisa Farrell present during session to provide synopsis. Guidelines published in April of 2016. Committee aimed towards making user friendly information. Single page summaries, one page for physicians and one page for rehab professionals. Also, have an algorhythm online neuropt.org→vestibular SIG→resources. Would like feedback for people to get educational information. Do not have to be a member to access the information.

**Discussion of collaborating with the Neuro Balance and Falls SIG:** will continue to pursue as opportunities arise

**National Fall Prevention Awareness Day 2016:**

- **Summary of events at the state level**
  - In Minnesota, therapists from Hennepin County Medical Center attended a downtown Farmer’s Market. There they set up 5 stations: 4 square step test, 30 sec chair rise test, hand grip strength assessment, single leg stance, and a 10 meter gait speed. Each station had educational information about each activity and the interpretation of the results. They involved their Public Relations team who helped them with posting event updates on social media.
  - Vermont’s event called Stay Steady Vermont, included educational sessions, STEADI screening, question and answer time, recommendations, a results sheet to bring to their MD, and a guidebook of local community exercise groups. This year the VTAPTA and the Vermont Falls Free Coalition have teamed up for increased interdisciplinary approach for fall prevention. With the help of 59 clinicians (included PT, OT, and RN) as well as 22 students, they were able to complete 35 events and screened 412 community dwelling older adults all around Vermont.
  - In Iowa, the St. Ambrose University Physical Therapy Department, Center for Active Seniors Inc., Milestones Area Agency on Aging and Iowa Falls Prevention Coalition collaborated to offer various events and screenings throughout the week. This involved a couple of speakers, including a senior engineer who discussed environmental hazards in and outside the home. Following his presentation, attendees learned about their personal fall risk, heard from a panel of professionals who discussed programs to reduce risk, and had the chance to interact with exhibitors. They also offered hearing screenings and pharmacists reviewed medications. This collaboration allowed for an amazing interdisciplinary approach for fall prevention.
  - In Indiana a Community Hospital in Munster put on an event called “Stop the Stumble.” This event included physical and occupational therapists, ophthalmologists, prosthetist/orthotists, local contractors, and a pharmacists. At the event they had balance, vision, vestibular, and medication screenings, gait analysis, education about various fall prevention techniques, as well as contractors from ACE hardware to help older adults with ordering and planning grab bar...
instillations in their house. The event was so popular that they had to cap it at 277 people and had 50 people on a waiting list.

- In New Mexico they had several events, including rehab fairs with STEADI Fall Risk Screening and various full day events. One include fall prevention activities: blood pressure screening, video presentation (“Don’t Fall For It” and “Fall Myth Busters Challenge Game”), 30 minutes Tai Chi, and STEADI fall risk screening (TUG, 4 Stage Balance Test, and 30 Second Chair Stand). Another included home safety education, proper use of canes and walkers, presentation of national and state fall data and promoted a local falls survey, presentation of available balance focused exercises classes along with education on why integrated balance exercises are key to increasing communication between body and brain. They also disseminated fall prevention materials in the hospital lobby to patients, families and staff. “Truth or Falls” game with prizes to stimulate understanding of many myths about falls. Signs posted throughout the hospital “Ready, Steady, Balance: Prevent Falls in 2016”. Their hard work and dedication to FPAD really paid off.

- We will have additional calls for NFPAD 2017 to assist with planning and collaboration. Conference call to come during the summer, so be on alert for the announcement online.

**State Advocates:** Beth Black present to give update. Representative in every state between state members and the academy, keeping people updated in multiple events. Getting state advocates involved in different SIG leadership roles to continue to keep continuity of care. If you are a member and wish to contact your state advocate, log into the AGPT website, hover your cursor over the “Members” tab at the top of the screen, and scroll down to “Contact Your State Advocate”. Then click on the state find your advocate’s name and email address to contact them on events occurring in your state to stay involved in the care of our older adult population!

**Current Projects:**

**AGPT Calendar:** put together with other SIG chair members within the AGPT. On sale on the AGPT website. Provides tips for healthy aging during each month of the year. Makes a great gift or patients, co-workers, or the aging adult in your life!

**PT Now LTC Summary:** Elizabeth present to give an update. Clinical summary of falls preventions in LTC facilities. Shubert previously published on community dwellers, but we felt that long term residents were grossly under-represented. User-friendly summary created in how a clinician can be involved in a fall risk reduction team. Summary, but should guide to deeper information gathering. Longer version and then shorted version summary.

**Falls Monograph:** Mariana present to give an update. Working with the AGPT on a monograph on Balance and Falls. Has a deadline of September and is ¼ completed. Stay tuned for updates.

**Monthly Challenge:** Heidi present to provide an update. 1 year program with a different topic each month related to managing falls in the clinic. Each month features a different topic and a mid-month follow up is sent out as well to follow up and remind you all of what your obligations. The information is provided via email along with objectives and goals to track your professional development and a 1 page handout is provided to summarize the information for the
month for an easy access to the information throughout the month while you are working in the clinic with your patients. It is not too late to join! Email clinical Liaison Heidi Moyer at moyerheidis@gmail.com to be a part of the email group!

**Journal Club:** Looking to include more SIG and general members of the AGPT. I will briefly mention our successful bi-monthly Journal Club with the next one being on March 21st, 2017 at 7:30 eastern time. The article and powerpoint for the discussion will be put together right after CSM- send out a month ahead of the call⇒

*Relationship of Sit-to-Stand Lower-Body Power With Functional Fitness Measures Among Older Adults With and Without Sarcopenia*

Glenn, Jordan M.; Gray, Michelle; Binns, Ashley  

**Balance and Falls Regional Course:** Mindy Renfro present to provide an update. Will be occurring soon after preliminary development is completed. This will be a mixed media course with a Pre-test prior to face-to-face training with objective measures. A 2-day case based advanced discussion will occur during this face-to-face time of what each tests mean, how it affects treatment, and what the treatment looks like. People who pass at the end pass as a balance and falls expert. This program is still in the development stages and the committee is working with the BoD of AGPT to initiate the final stages. Pending deadline for face-to-face course will take place in Fall of 2017, but be aware of updates.

**Collaboration efforts:** Mariana attended GSA/IAGG to work on collaborating with the NCOA and CDC on efforts related to fall risk management and reduction. This is still work in progress, however, both parties are interested in collaborating and the AGPT is also very interested. Mariana and Mindy will be presenting a poster at IAGG in July. Looking for help with further efforts for collaboration.

**Bi-Monthly Newsletters:** The BFSIG started putting together bi-monthly newsletters with the first one coming out in January and the next one being distributed in March. This medium provides a summary of the projects we are working on, call to action for future projects, and any other updates from the SIG.

**Goals for 2017:**

Complete all projects mentioned above as well as the following below:

**Collaboration Efforts:** create an official collaboration effort team

- Working with individuals from NCOA and Mindy on a poster that will be presented at IAGG. Will occur in July
- Hoping to start collaboration with GSA and increase collaboration with NCOA
- Anyone would like to assist with this collaboration please let me know.

**Inter-SIG Work:**
• With Neuro Balance and Falls SIG
• Bone Health Sig wants to do a pre-con for Yoga
• With Mental Health and Cognitive SIG
• Moving Journal Club to all SIG’s with rotating hosting

Twitter account:
• Big Push by the AGPT
• Planning on starting a Balance and Falls Twitter account

National Council on Aging has put up a call for application for any programs that you want to consider for evidence based funding. Deadline in April for May review and additional deadline in the fall for winter review. INSERT LINK HERE.

Will be up for the opportunity for Title 3D funding to pay for community based health promotion. Must do it before 2018.

Meeting adjourned at 1351 to provide an opportunity for members to network and mingle.