Balance and Falls SIG Conference Call for National Falls Prevention Day

**Introduction:** what did you do last year/what are you planning on doing this year? What was successful and what was not?

Connecticut: Susan
- Health promotion wellness fair with balance screening and referrals
- Survey on site, but limited follow up
- Anecdotally successful

Florida: Blaise
- Outpatient clinic clinician
- Looking for ideas for this session

Illinois: Heidi
- Just started trying to figure things out and just here to listen for more ideas.

New Mexico: Beth
- Member of State Falls coalition
- Hospital event: PT/OTs
  - Games and screening
  - Hospital was supportive
  - Proactive for patients
- 3rd year of Senior Day at state fairgrounds
  - Hand out information
  - Perform screening
  - Had a band (too loud to communicate, limited space)
  - Event at senior community center
    - Crazy, busy, popular!
  - Difficult to organize crowd when buses arrived
  - Clinicians and students ran it (PT, OT, pharm, medical students)
    - 25 student volunteers
    - 7-8 clinicians
    - Many many others who helps to make the event possible
  - Attendance
    - 50 were screened
      - Many come the following year and are competitive with their friends to see if they are keeping up their levels
      - Others present to enjoy the event, big socialization events

New York: Anne and Emma (contacting state fall prevention coalition)
- Past event
  - First year event
  - One man show screening at two locations (hospital and local gym)
  - Fall risk screening event
  - 10 week balance and strength exercise program after the screening at the same gym → assisted in building up the class
    - PT referral vs. gym class
    - Used cut-offs
  - CDC checklist provided to participants
- Future event
  - Involved DPT students, OTs, and other people to make it bigger

Ohio: Rene and Diana
- Associated with OSU medical center
- Member of Franklin county falls coalition
- Falls screening at community centers (YMCA)
- Matter of Balance program
  - “Going really well”
  - When her to come back and do more training 1:1 how to get up and down off of the floor
  - Fall screening hit or miss
- Received referrals from participation in falls clinic
- Diana - SNF
  - Community activity for falls prevention day (New Albany)
  - Interest in ideas for screening tools and what brought clients into their facilities

Pennsylvania: Elizabeth with Drexel University DPT program
- Multiple times per year for community screening events
- Students, volunteers, and faculty members
- Use the STEADI tool for all
  - Some events perform a complete BBS
- Database for all participants
- UIC Fear of falling questionnaire as quick screening tool
- Recruit at sr centers and senior day cares
- Future: looking for more tests and algorithm for screening program
  - PhD program using this tool as her dissertation
- PennMedicine 30% reduction of falls
- Educating MDs does not increase referrals necessarily
  - STEADI tool under utilized

Texas: Rebecca
- Small pilot last year
- Student driven
- Future: plan in advance
  - Small venue last year
  - Looking for ideas on strategies for advertising
    - Currently used fliers, word of mouth from pillars of senior community, recruiting at outpatient clinics
  - Holding in location with many senior community classes being offered

Utah: not represented

Vermont: Mariana
- Started in 2013 with 13 event (159 screenings)
- Use powerpoint onsite (Mindy Renfro with AOTA) → will be updated
- CDC STEADI screening with webinar
  - Practice guarding of patients prior to participating
- Vermont is broken down into counties and lists programs in each counties
  - Students update yearly and also create and update handouts
- Looking to get more interdisciplinary with Vermont falls coalition
• Local DPT program gives surveys to volunteers and participants onsite
  • 30 sites
    o Lead clinician at each site
    o Have referral for PTs and OTs within the nearby area
  • 40 volunteers across the state
  • Use of an algorithm for falls referral for consistency of referral- Mariana will post this on the SIG website

Virginia: not represented
Washington: Ryan

• Co-chair for state advocates
• Just started GeriSIG in state chapter
• Facebook page to share ideas and events across the state
• First year participating in fall awareness day events
• Planning to work with patient care representative to set up event in the community and recruit other clinicians to participate
• Past events: unsure of past events, new to area
• Falls Free coalition in Northern Washington state had geriatric health fairs and screenings with multiple activities
  o AL facilities and other senior-focused centers assisted in screening

West Virginia: not represented
Wisconsin: not represented
Wyoming: not represented

How to get involved:

State Falls Coalition: effort started by NCOA
  • Public health interdisciplinary effort to decrease falls risk
  • How to stay active and stay involved in community
  • NCOA website
    o https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-initiative/
  • State Coalition List:
    o https://www.ncoa.org/resources/list-of-state-falls-prevention-coalitions/

State Advocates: Beth Black, program director
  • Have an advocate in almost all states
  • Log into geriatricspt.org and go to this link to locate the advocate(s) in this state https://geriatricspt.org/members/state-advocates/
  • Underutilized program, but serve as a resource and liaison between the Geriatric Section
  • Looking for more advocates as co-chairs and as new chairs to fill vacant positions! Email bblackpt@gmail.com for any questions on the program or if you are interested in joining!

NCOA National Fall Prevention Toolkit
Marketing Media
  • Promotional material
    o 2017 Badge which can be used on your material
    o Event Flyer Template
    o Both will be updated by the end of May/Beginning of June
• Media Toolkit
  o Media alert: free advertisement
    • Local news station
  o Press release
  o Sample social media massage
  o National Fact Sheet: present to local PCPs

NCOA Powerpoint→ AOTA/APTA put together (on Balance and Falls SIG website)
  • Should be updated by the end of May

Other Resources:
CDC-STEADI Free Training

Our SIG Website→ area that says National Fall Prevention Awareness Day
  • Letters to other health care professionals
  • Educational material for other healthcare providers

Other Ideas for Events:
  • Educate physicians as well as front desk staff
  • Educate caregivers
  • Hang posters to promote attention and awareness of falls

Contact Mariana Wingood at Mariana.Wingood@outlook.com with questions, concerns, and other ideas.

Meeting Adjourned at 7:20pm