1. National Falls Prevention Awareness Kick Off Call Minutes and Clinical Pearls from Webinar

APTA Geriatrics
Balance and Falls Special Interest Group
6 PM EST, July 28th, 2020
Virtual Zoom Meeting

Number in Attendance: 77

1. Introduction
   a. Welcome to the call
      i. Now falls prevention week, not day
      ii. September 21-25th
   b. Thanks to our BFSIG Executive members on the call
      i. Jennifer Vincenzo, Chair
      ii. Shweta Subramani, Vice Chair
      iii. Heidi Moyer, Secretary
      iv. Anne Reilly, Nominating Chair
      v. Haim Nesser, Clinical Liaison
      vi. David Taylor, Community Outreach Liaison
      vii. Suzie Ryer, Technology Liaison
      viii. Brett Wright, Co-Student Liaison

2. NFPAD Toolkit 2nd Ed [HERE]
   a. First version produced last year
   b. Updated for this year
      i. Made inclusive for throughout the year, not just for NFPAD
      ii. New resources added
         1. Cognitive screening
         2. Depression screening
   c. Open to EVERYONE
      i. Do not have to be an APTA member
      ii. Please share with other organizations

3. Guest Speakers: from Winston-Salem State University
   a. Looking at virtual delivery of
      i. YMCA Tai Chi
      ii. Matter of Balance
      iii. Otago
   b. Overview
      i. Used Zoom for Healthcare providers (HIPPA compliant)
      ii. Digital consent form
         1. Password protected google doc to collect information
      iii. Training videos for team and student members
      iv. Zoom tutorial for participants
         1. How to set up the home to be safe for screening activities
   c. Zoom tips for fall risk screenings
      i. One person to document
      ii. One person to screen
      iii. Use the waiting room function
d. Virtual Screening
   i. Subjective medical history
   ii. Based on screening, determine if appropriate for virtual Otago, need for home health, community TaiChi program or other resources
      1. Great to use students, but need supervision due to the lack of clinical experience for safety in this unique situation
   iii. Used this as an opportunity for clinic hours for students
   iv. gathered emergency contact and address where they would be completing the event in case of emergency

e. Next steps:
   i. Additional fall screening in August and September
   ii. Pilot virtual YMCA Moving for Better Balance
   iii. Pilot virtual Matter of Balance program
   iv. Add questions about social isolation and depression
   v. Disseminate results from preliminary pilot work

f. Find a link to presentation and resources on our Falls Prevention Awareness Toolkit page

g. Q&A
   i. Will training videos be made available?
      1. Yes, we will share them – on our Falls Prevention Awareness Toolkit page
         a. Safety video
         b. Training video (specific to zoom)
   ii. Was there any specific instruction for the participants to safely perform exercises?
      1. Student contacts them to instruct for safety for the class
      2. Must have a sturdy, non-rolling chair and wear shoes on their feet
         a. Start in sitting
      3. Given a book that talks about the Otago
      4. Extra person present beyond instructor to provide feedback to class participants
   iii. Special equipment for the program?
      1. Otago requires weights, people can make weight by filling a tube sock with beans
      2. Can also use cans, gallons of milk
   iv. How did you determined if it was appropriate to perform physical function measures? Which physical function measures you used?
      1. Asked questions
         a. Have you had a fall in the last year?
         b. Do you need an assistive device?
         c. If no one in home to help, may not perform testing if cannot get out of chair independently.
      2. Did not do the 4 stages balance during virtual screenings
      3. Had patients stand in corners if needed
   v. Did you use the CDC STEADI Stay Independent Brochure/Questionnaire?
      1. Did not fill that out ahead of time
      2. Digital version of this to come soon!
vi. Are you providing any tablets or access for those who participants that may not be have a laptop or tablets or internet access?
   1. Have not had any issues at this time with access
   2. Not something pursued at this time

vii. How many students worked with you? Or what ratio students to clinicians would you recommend?
   1. In each breakout room, 3 students are recommended
      a. Providing instruction
      b. Documenting
      c. Watching performance
   2. One clinician/licensed therapist in each breakout room
      a. Conversation occurred between the clinician and students
      b. Could use the “Get Help” feature if needed to get help from the moderator

viii. Did you engage caregivers to assist with balance assessment?
   1. Yes, if the clinician felt it was necessary due to inability to rise from chair independent or need for

ix. If there was an incident (fall) - was the participant responsible (consent for not holding Otago responsible)?
   1. Winston-Salem State University was not held liable, but Otago was not a part of the liability waiver

x. Love the role of the student "accountability partner". Did you feel there was a class size limit in order to provide the 'supervision'
   1. Each client that goes through Otago has a group coach of 2-3 students
   2. Each client follows up with 1 student each week

xi. Were pre and post measures completed for Otago?
   1. Yes, as close as possible as if done in person

xii. What was the workflow to recommend referral to individualized therapy or Otago?
   1. If they can complete the TUG (able to perform the test, even if over the 12s), they were cleared to perform the group exercise class at home
   2. If not, they were referred to individualized therapy

xiii. Was information shared with primary care provider?
   1. We did not share this with the PCP, but the individuals could provide that to their PCP if they would like

h. Contact for Further Question
   i. Sara Migliarese, PT, PhD, NCS, MSCS: migliaresesj@wssu.edu
   ii. Megan Edwards Collins, PhD, OTR/L, CAPS: edwardsme@wssu.edu
   iii. Grant team: aclfallsgrant@wssu.edu

4. Other Announcements
   a. Webinar on August 4th: National Council on Aging
   b. If you are not a SIG member, it’s free for APTA Geriatrics Members here: https://geriatricspt.org/special-interest-groups/
   c. Join our Monthly Challenge, email us at agptbalanceandfallssig@gmail.com