

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: acfallsgrant@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