Date: February 17, 2016

Time: 4:00 pm

Location: San Antonio, Texas

Attendees: The following individuals were in attendance: Grace Knott, Evan Prost, Lise McCarthy, Michele Stanley, Lee Ann Eagler, Jamie McKinley, Ben Besch, Mary Ann Wharton, Jean Miles, Julian Laumeier.

Lise McCarthy, Chair of the Cognitive and Mental Health Special Interest Group called the meeting to order at 4:04 pm. Lise gave a brief overview of her journey finding therapists with similar interests as herself and this leading to the formation of the Cognitive and Mental Health SIG in 2014. The attendees then introduced themselves.

Lise asked the group to share what aspects of therapy practice that you are getting “stuck”?

The following areas were offered by the group:

1. Writing goals for maintenance therapy
2. Productivity
3. Mental Health Issues – Patients that are off their medications
4. Discharge from therapy and then lack of carry over
5. Education to the entire interdisciplinary team about Individuals with Cognitive Impairment
6. Lack of understanding
7. Lack of educational materials for physical therapists
   a. Would like to see videos to demonstrate cognitive impairment
   b. Group talked that this would be difficult to do since the individual would need to be protected.
8. Communication abilities when working with people with cognitive impairment
9. Education of students to provide skills when working with individuals with cognitive impairment
10. Need for a virtual dementia tour
    a. Group talked about bringing this the company that provides the dementia virtual tour to CSM in the coming years
    b. Since we had several people in academia, they stated that they have used a version of this in teaching students about age related changes to the body including cognitive decline.
11. Use of the State Advocates to disseminate information/education at the component level.

12. Need for education on
   a. Pain science – good tools to manage pain for people with dementia.
   b. Substance abuse in the elderly

Lise shared Christy Ross’s vision for the SIG. She was unable to attend due to work commitments in her State but gave a document to Lise to share. Christy is currently Vice Chair of the SIG.

1. Develop a member database to invite CMG SIG members to include specific areas of interest and work setting to initiate partnerships within the SIG.

2. Continuing Education – Partner with skilled clinicians to develop CEU courses discussing best practice intervention strategies. Assist in developing ideas for future CSM presentations and pre-conference courses.

3. Academia & Clinical Practice – Work with academic and clinical practice liaisons to develop a dementia and mental health curriculum for PT and PTA programs, expand awareness and utilization of the CMH SIG A-Team Series and PT Now Clinical Summaries to clinicians and students, and promote implementation of clinical practice guidelines and feature clinical tips in CMH SIG newsletter.

4. Research – Collaborate with Research Liaison to provide research updates on CMH SIG newsletters and AGPT Listserv, develop strategies for implementation of evidence into practice, initiate the develop of the "Dementia EDGE", and partner clinicians with researchers to facilitate research in the clinical setting.

5. Community Outreach – Team up with Geriatric State Advocates to increase the awareness of the CMH SIG and coordinate with Public Outreach and Advocacy Liaisons to expand awareness of Dementia friendly communities.

6. Lise opened up the discussion of taking our preconference course to the general conference in separate courses for those who are interested. We had very similar programming for CSM so that may have decreased our attendance for the precon. The group discussed briefly about doing CSM programming next year or to continue with a pre-conference course. Lise suggested that we could have a thread for 3 educational sessions that will build upon the previous one.

Lise shared the article written in the January GeriNotes titled, “Highlighting Our Cognitive and Mental Health SIG’s 2016-2017 Projects. She specifically pointed out new projects that are under consideration and wanted to know if anyone in the group were interested in taking on one of these as a project:

1. Quality of Life Issues for our patients and our profession
2. Intellectual development disabilities and aging
3. Homelessness and aging
4. Mental health conditions
5. Mental health parity issues in older age
6. Bringing cognitive therapy more fully into physical therapy practice

She also shared the Healthy People 2020 Webpage and the different new topics that were included now including Dementias, including Alzheimer’s Disease; Genomics; Global Health; Lesbian, Gay, Bisexual and Transgender Health; Older Adults; Sleep Health; The information is free and can be a wealth of information for us as well as our patients.

Lise informed the group about the American Gerontology and Geriatric Societies and the need to have more physical therapist presence/involvement. Consider going to a conference by them or joining the Society and making posts to their online chats.

Lise thanked the group for attending and meeting was adjourned at 5:10 pm.

Respectfully Submitted by:

Grace Knott PT, GCS
Cognitive and Mental Health SIG Secretary/Treasurer
Handout given to Meeting Attendees:
We had a very successful 2015 and here is the brief recap of our efforts for 2015:

2. Regular monthly posts of links to CMH resource information on Geriatricspt.org. Lead Contributor: Jan Bays.
6. Dementia Measure Work Group: Submitted “Pain Assessment and Follow-Up Measure” along with recommendation for language modification to be more inclusive (e.g. involve caregivers), and additional safety measures (e.g. safe sex). Contributor: Lise McCarthy.

The 2016 works in progress and projects to be completed this year:

2. NEXT Presentation: Functional Outcomes in Individuals With Cognitive or Mental Health Impairments. Presenters: Michele Stanley and Danille Parker.
4. Continuation of monthly CMH resource posts to geriatricspt listserv.
5. Organize and update webpage with new works and publications.
6. Finalization of Update on Dementia Work Group Measures.
8. November CEU GeriNote Edition: 5-6 articles for CEUs.

The AGPT Board of Directors have posed the following questions to us; our initial report is due early May 2016:

1. What aspects of cognitive and mental health should be in the PT exam?
2. What residency/fellowship cognitive and mental health items should be established?
3. What cognitive and mental health aging in place items should be established?
4. What entry level cases showcase the PT’s role in managing the care of people with cognitive and mental health issues?
5. Can we put together a power point presentation for the community and PT/PTA schools?

We are considering developing several projects this year or next year:

1. Dementia/Cognitive/Geri Edge task force to develop clinical guidelines.
2. White Paper on the Physical Therapist’s Management of Pain in People with Dementia. Workshop (e.g. dementia continuing education -- teaching cog assessments, measurable goal writing that includes modifiers 2/2 cog dysfunction, common PT diagnoses that frequently have a component of MCI and how to screen for it, adjust programs to improve functional outcomes, and reduce anxiety and stress.)
3. Starting a Neurodegenerative Disease Fellowship.
4. Powerpoint for the PT/PTA schools.
5. Collaboration with other SIGs for GeriNotes articles (e.g. outcome measures, post-surgery guidelines).

We are laying good foundations. Much of what we did in 2015 will need to be repeated in different ways this year so we reach more people. We will build on what we have done as we complete 2016 and prepare for 2017.

Many, many thanks for sharing your interests, ideas and talents with us! If you are interested in helping us, please let us know! If you like what we are doing you can show your support by signing up and becoming a CMH SIG member at www.geriatricspt.org.