

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 (YMCAs)
- 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
 - Lead clinician at each site
 - 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
 - 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
 - <https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-initiative/>
- State Coalition List:
 - <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
 - 2017 Badge which can be used on your material
 - Event Flyer Template
 - Both will be updated by the end of May/beginning of June

- Media Toolkit
 - Media alert: free advertisement
 - Local news station
 - Press release
 - Sample social media message
 - 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