Winston-Salem State University ACL Grantee, 2019-2022 Piedmont Partners in Fall Prevention

Virtual Fall Screen

AGPT Webinar Presenters: LaVerene Garner, PT, DPT, NCS Christina Criminger, PT, PhD, GCS



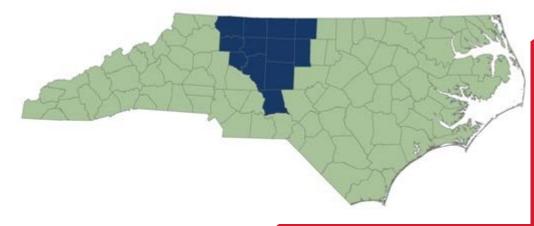
WSSU



Piedmont Partners in Fall Prevention

1. Grant Objectives

- Build capacity and sustainability for evidence-based fall prevention programs in Piedmont area North Carolina, especially in underserved populations
 - 1. YMCA Tai Chi Moving For Better Balance
 - 2. Matter of Balance
 - 3. Otago
- 2. Revitalize the Piedmont Falls Coalition





Making Fall Risk Screenings Virtual & Safe

Considerations for the Current Screening Method

• Will it work virtually?

• Will it be safe?

Will it predict fall risk accurately if revised?

How do we get consent?

Digitally

How do we maintain confidentiality in virtual setting?

• Will we be able to recruit? Partners

• Will the participants be able to manage the technology? YES





First Steps:

- Identify technology that is HIPPA compliant and as easy as possible for older adults to use
 - Zoom for Healthcare Providers
- Develop digital consent (and get legal office approval), documentation form, and scheduling system
 - password protected Google docs
- Develop training material for team members and student volunteers
 - Loom video
- Develop Zoom tutorials for participants
 - Rush tutorial (https://www.ncoa.org/resources/instructions-for-accessing-your-virtual-workshop-through-zoom/)
- Develop safety video for home setup for participants
- Develop virtual recruitment flyer and share with community partners
- Gather links to fall prevention resources





Virtual Balance Assessment with Winston-Salem State PT

- Who: North Carolina Adults ages 65 and over
- What: One-on-one balance assessment with Winston-Salem State PT student from the comfort of your home through a virtual platform.
 Customized recommendations on home fitness recommendations, falls prevention tips, and referrals to virtual balance and falls prevention programs!
- When: Dates & Times Available: 11-12pm on the following days: Friday May 22nd Thursday May 28th Friday May 29th

To sign up, fill out our online sign up form click HERE or email aclfallsgrant@wssu.edu

These fall prevention screenings are offered through a National Council on Aging grant.



Zoom Tips for Fall Risk Screenings



- Need Zoom account that allows unlimited participants (not the free trial version) and HIPPA compliant
- Need a Wizard of Oz (someone to run the technology during the screenings)
- Need a team member to field IT questions (phone calls)
- Stagger scheduling and use Zoom waiting room
- Utilize Zoom breakout rooms (unlimited #)
 - Pair a licensed clinician with an OT/ PT student (or less experienced screener)
 - This pair stayed in the breakout room and screened one participant at a time
 - One documented while one screened

Virtual Fall Risk Screenings Components

- Subjective medical history questions
- Overall health rating to assess need for Healthy Living online program with local AAA
- Physical tasks using STEADI (use clinical judgement on safety)
- Secure Google doc to record findings and identify resources needed
- Follow-up email with links to resources and referral to virtual Otago



Fall Risk Screening Team





Current Progress & News

- Held 3 fall risk screening sessions:
 - 43 total screened across 3 days
 - 76 participants signed up 56.6% attrition rate between sign-up and screening participation
 - 25 referred to virtual Otago
 - Recently completed our first virtual Otago class (11 participants)
 - 9 participants were recommended to be placed on a waiting list for a higher-level virtual program in the future
 - 9 participants were placed on a waiting list for future in-person Evidence Based Falls Prevention Classes due to safety concerns
 - Another one scheduled in August!



Future Plans

- Pilot of virtual YMCA Moving for Better Balance with Northwest NC YMCA and Matter of Balance program
- Continue virtual fall risk assessments to reach isolated older adults in the community
- Incorporating virtual fall screens and Otago into Neuro Rehab course in the fall semester to allow students to get clinical hours
- May add questions on social isolation/depression
- Disseminate results

Questions

- Feel free to contact:
 - Sara Migliarese, PT, PhD, NCS, MSCS: migliaresesj@wssu.edu
 - Megan Edwards Collins, PhD, OTR/L, CAPS: edwardsme@wssu.edu
 - Grant team: aclfallsgrant@wssu.edu

