

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

# Virtual Fall Screen

AGPT Webinar Presenters:  
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# WSSU

# Piedmont Partners in Fall Prevention

## 1. Grant Objectives

1. 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? YES
  - Will it be safe? YES
  - Will it predict fall risk accurately if revised? TBD
  - How do we get consent? Digitally
  - How do we maintain confidentiality in virtual setting? Zoom
  - 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 [acfallsgrant@wssu.edu](mailto:acfallsgrant@wssu.edu)

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



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# 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: [migliaresej@wssu.edu](mailto:migliaresej@wssu.edu)
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