



Cognitive & Mental Health SIG

THE BRAINIAC NEWSLETTER

The Cognitive and Mental Health Special Interest Group would like to introduce its newest member of the team, *The Brainiac*.

The purpose of the CMH SIG is to provide a forum through which clinicians, having a common interest in older adults with dementia and other cognitive-based conditions and mental health issues, can learn from each other.

The purpose of this newsletter is to be a place to share good news, read up to date information on cognitive and mental health research, learn about upcoming conferences and events, and serve as a great way to stay in touch with your colleagues all across the country.

We would love to hear about your good news, too! Please send it in to rossc5@ccf.org to be included in the newsletter's next issue.

We hope you enjoy the CMH SIG's 1st edition of *The Brainiac*!

CHAIR'S VISION FOR 2017

Lise McCarthy, PT, DPT, GCS

It's a whole new ballgame this year with so many changes occurring as a result of global, national, and local elections. I see these election cycles as opportunities for motivated people to remain/become more engaged in their communities, and appreciate the creative energy that change often brings.

Within our AGPT, the results of last year's election means we have a new Vice-Chair, Christy Ross, PT, DPT, GCS, CDP, MSCS. As one of our co-Research Liaisons, Dr. Ross has been actively engaged in our young CMH SIG since its birth in 2014. As examples of her involvement, she presented a team-based CMH SIG-sponsored lecture at CSM in 2016 and a team-based CMH SIG sponsored pre-conference course in 2017. For those of you who do not know her yet, she brings to our CMH SIG leadership group a very positive, thoughtful, inclusive, can-do attitude, along with a dynamic, creative energy and (much appreciated by me) a strong technology skill-set which are all high-lighted in our rebranded newsletter, *The Brainiac*. In this Vice-Chair newsletter creation, and in her own words later in this issue, she will set forth her vision this year in describing how she plans to help us collaborate for the benefit of our profession.

As Chair of our CMH SIG, my goal for the remainder of my second term is to continue to focus on fulfilling the AGPT Board of Directors' mandates. One mandate is to strengthen and expand our professional relationships, in part, by continuing to engage new people and promote new perspectives. With this in mind and in addition to the projects already underway, here is my short-list:

- Engage interested PTAs to join our CMH SIG Liaison leadership groups.
- Engage interested Liaisons to become our CMH SIG representatives to organizations outside APTA once the BOD has determined the protocol and scope for forming such professional alliances
- Engage interested AGPT State Advocates to help us promote our mission within each State.
- Identify and develop collaborative projects that fit within the AGPT's Strategic Plan and are based on CMH SIG leadership and membership feedback.

In closing, I would like to share with you a quote, attributed to Robby Gilbert, that sums up my observations of our collaborative CMH SIG Leadership efforts to date: "Working together works!"

NEWS AT A GLANCE:

Introducing
"The Brainiac"

Chair's Vision for 2017

Vice Chair's 2017 Vision

Award Announcements

Liaison Leadership
Corner

Conference Updates

Hippocampal Highlights

VICE CHAIR'S 2017 VISION

Christy Ross, PT, DPT, GCS, CDP, MSCS

As the CMH SIG continues to grow under the leadership of Dr. Lise McCarthy, I am grateful for this opportunity to serve as Vice Chair and thankful to be a part of such a passionate group of clinicians. Here are a few goals for the SIG this year:

- Unite Members - Invite SIG members with specific areas of interest and working in similar rehab settings to initiate partnerships within the SIG.
- Continuing Education - Collaborate with skilled clinicians to develop CEU courses discussing best practice intervention strategies. Assist in developing ideas for future CSM presentations and pre-conference courses.
- Academic & Clinical Practice - Partner with committee 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, promote implementation of clinical practice guidelines and feature clinical tips in CMH SIG newsletter.
- 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 "DementiaEDGE", and partner clinicians with researchers to facilitate research in the clinical settings.
- 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.

AND THE AWARD GOES TO...

Many congratulations to our fellow CMH SIG colleagues on their recent honors from the Academy of Geriatric Physical Therapy!

Margaret Danolovich, PT, DPT, PhD, GCS -
\$40,000 Grant Recipient

Nicole Dawson, PT, PhD, GCS -
Distinguished Educator Award

CMH SIG LEADERSHIP

CHAIR:

Lise McCarthy

VICE CHAIR:

Christy Ross

SECRETARY/

TREASURER:

Grace Knott

NOMINATING

COMMITTEE:

Michele Stanley

ACADEMIC LIAISONS:

Missy Criss

Nicole Dawson

Evan Prost

Laura White

BOARD LIAISON:

Jill Heitzman

CLINICAL LIAISONS:

Julie Hardy

Jean Miles

Jennifer Nash

Marian Over

INTERSECTION

LIAISON:

Mary Fisher

Betsy Ross

Lynn Steffes

PUBLIC LIAISONS:

Jan Bays

Marissa Cruz

Jim Milani

Mary Ann Wharton

RESEARCH LIAISONS:

Margaret Danilovich

Sue Wenker





ACADEMIC LIAISON CORNER

Improved Functional Performance in Individuals with Dementia After a Moderate-Intensity Home Based Exercise Program: A Randomized Controlled Trial

Nicole Dawson, PT, PhD, Katherine S. Judge, Hayden Gerhart
Published Ahead of Print : March 1, 2017

* Dr. Dawson is an active CMH SIG member and serves as an academic liaison

ABSTRACT

Background and Purpose: Individuals with dementia (IWDs) experience difficulties across cognitive and functional domains. Nonpharmacological interventions aimed at reducing disability are greatly needed. Exercise is a low-cost and easily implemented approach, but investigation has yielded mixed evidence to date. The purpose of the current study was to evaluate a novel and innovative moderate-intensity functional exercise intervention for IWDs, which was developed using principles from exercise science along with a Strength-Based Approach, consisting of 24 home-based sessions.

Methods: A randomized, controlled Intervention trial with a 2-group pretest and posttest design was used with a sample of 23 community-dwelling IWDs (intervention group: $n = 13$; comparison group: $n = 10$). Average age of participants was 73.9 years (standard deviation, 9.1) with mild to moderate cognitive impairment (Mini-Mental State Examination, Mean = 20.8; standard deviation, 5.0).

Results and Discussion: A 99.0% attendance rate indicated high adherence to the moderate-intensity exercise program. Efficacy was examined using multiple linear regression. Group assignment significantly predicted performance in key outcome measures, with IWDs from the intervention group improving in lower extremity strength ($B = 5.92$, $t = 3.26$, $P = .004$), balance ($B = 4.04$, $t = 4.13$, $P = .001$), and fast gait speed ($B = .32$, $t = 2.61$, $P = .02$). These findings indicated IWDs are able to participate in and benefit from a moderate-intensity functional exercise program, consisting of strength and balance activities.

Conclusions: The current intervention used a Strength-Based Approach to facilitate implementation of exercise activities that could be completed by the sample. Therefore, integration of these techniques into mainstream clinical practice and research should be feasible with this patient population. Future research directions and implications of these findings also are discussed.



Enhance Your Practice

Have you tried utilizing implicit memory motor learning techniques in your clinical practice?

Errorless learning is based on implicit learning principles of high repetition and low task variability with practice conditions that minimize errors in performance. Techniques include feed-forward instruction, modeling, physical assistance, modifying task variables, and spaced retrieval.

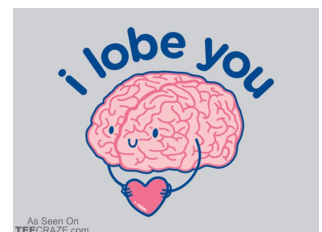
For more information check out: *“Facilitating the Use of Implicit Memory and Learning in the Physical Therapy Management of Individuals with Alzheimer Disease: A Case Series”*, written by Laura White and her colleagues featured in the January/March 2014, Volume 37, Issue 1, p 35-44 of the Journal of Geriatric Physical Therapy.

*Dr. White is an active CMH SIG member and serves as an academic liaison.

*Academic Liaisons Laura White, PT, DSc, GCS and Nicole Dawson, PT, PhD, GCS presented at CSM 2017 on a variety of errorless learning techniques for implementation into clinical practice for individuals with cognitive impairment.

Inter-Section Journal Club

- Inter-Section Journal Club will be on March 21st at 7:30-8:30 PM EST.
- Article for discussion: Relationship of Sit-to-Stand Lower-Body Power With Functional Fitness Measures Among Older Adults With and Without Sarcopenia.
- Article: <http://journals.lww.com/jgpt/pages/default.aspx>
- PowerPoint: <https://drive.google.com/open?id=oB4BSp6ZDrNaQX1IoRnFQN2hsY3M>



CLINICIAN CORNER

INTRODUCING...

Jean Miles, PT, DPT



I live in Simsbury, CT which is a small town just outside Hartford. My workplace is McLean Health Center which is a non-profit organization that offers a continuum of care with outpatient rehab, assisted living, skilled nursing, post acute, hospice and home care. I've been there for 25 years, originally doing outpatient PT and then tried home care about 15 years ago and never looked back. I got my Bachelor of Science from the University of Connecticut in 1975 so I have been working for almost 42 years and I still love it. I tried being a supervisor for about 5 years but I really missed working with clients so I returned to clinical work. In my 50's I decided to go for the DPT online through Des Moines University, which was a great decision—it really broadened my outlook on health and wellness and taught me about evidence based practice which was not in the forefront at all when I got my BS. While I was pursuing the DPT, I was working full time and it was increasingly evident that many clients I was seeing for orthopedic or other issues also had undiagnosed cognitive changes, and no one really knew how to manage them. That led me to do my capstone project on the role of physical therapy in dementia care, and since then I've been lucky to work with so many wonderful clients who have taught me so much about what works and what does not. Using cognitive screening tools has been a huge help to me in setting goals and also having the language to communicate with physicians and other members of the team. I'm an adjunct at University of Hartford in a lab class that's part of the DPT geriatric course - I love working with so many smart and talented students. I'm so excited for the future of our profession.



Fun Facts: I have triplet sons and another son who is older, I loved having 4 sons and now I have 2 great daughters-in-law. My husband and I like outdoor activities - hiking, biking, walking, kayaking. Besides New England, my favorite place is the Pacific Northwest, I would live there but I'd miss my 2 grandkids in Boston too much. I love going to the gym for Zumba (even though I am terribly uncoordinated) and spinning class (except the sweating part). I love the Beatles and I love that I'm old enough to have gotten to see them in person on their last US tour in 1966. I love throwing parties, making Italian food, the Red Sox, popcorn, ice cream and anything chocolate.

** Dr. Miles recently presented in the CSM 2017 pre-conference course. She currently serves as a Clinical Liaison for the CMH SIG.*



HIPPOCAMPAL HIGHLIGHTS

**Interested in
presenting at CSM
2018 in
New Orleans, LA?**

Proposals are due
March 17, 2017

Upcoming Conferences:

*North American
Dementia Conference
Re-imagine Life with
Dementia*

June 2017 -

Atlanta, Georgia

<https://daanow.org/north-american-dementia-conference-technology-showcase/>

*American Geriatrics
Society Conference -*

May 2018 -

Orlando, Florida

http://www.americangeriatrics.org/annual_meeting/2017_annual_meeting/pandf_meetings/



CONFERENCE UPDATES



Highlights from CSM 2017

First CMH SIG Pre-conference Course was a success!

- About 30 people attend the 2 day course
- Many attendees became SIG members and helped us increase SIG outreach
- Course title: “Working with Individuals with Cognitive / Mental Health Issues Across the Care Continuum”
- Speakers:
Laura White, PT, PhD
Nicole Dawson, PT, PhD, GCS
Betsy Ross, PT, DPT
Michele Stanley, PT, DPT, GCS, CEEAA
Missy Criss, PT, DPT, GCS
Grace Knott, PT, GCS
Jean Miles, PT, DPT
Lynn Steffes, PT, DPT
Christy Ross, PT, DPT, GCS, CDP, MSCS

CSM 2018 in New Orleans, LA: Proposal link

- A Reminder from Sarah Ross and Mariana Wingood, AGPT Programming Co-Chairs: “...Start brainstorming and planning now. Help us make the AGPT programming in 2018 the best yet!”
- Submission deadline is March 17, 2017.
- <https://apta-csm2018.abstractcentral.com/>

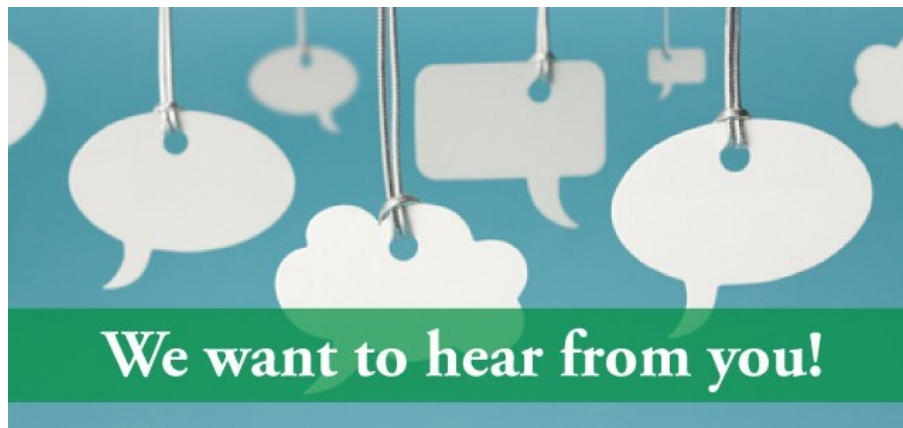
Cognitive and Mental Health Special Interest Group Webpage

On our wonderful webpage you will find...

- Past SIG Meeting Minutes
- “A” Club Documents
 - ◆ Functional Assessment Staging Tool
 - ◆ PAINAD
 - ◆ Mini-Cog
- Research Resources
- SIG Links of Interest
- Geriatric State Advocate Information
- Website: <https://geriatricspt.org/special-interest-groups/cognitive-mental-health/>



CMH SIG



We would love to hear about your good news, too!

To be included in the next edition of *The Brainiac*, please send your information to Christy Ross at:

RossC5@ccf.org