

APTA Geriatrics
Bone Health Special Interest Group Membership Meeting
February 15th, 2022

Leadership committee:

Kathy Brewer (Chair)
Kathlene Camp (Vice Chair, volunteer)
Cynthia Barros (Secretary)

BHSIG Liaisons:

Marty Biondi- (Academy of Aquatic Therapy, liaison)
Nancy Cullinane – (Academy of Pelvic Health Therapy, liaison)
Stephanie Prinster—(Academy of Oncology, liaison)
Cynthia Watson, Kathy Shipp, and Lisa Hamilton – (Orthopedics liaison)
Priscilla Raasch-Mason (Academy of Geriatrics, Health and Wellness SIG)

Special guests: none

Absent: n/a

Attendees:

- | | | |
|----------------------------|-------------------------|------------------------|
| 1. Kathy Brewer, | 9. Marissa Cruz, | 17. Lisa Hamilton, |
| 2. Kathlene Camp, | 10. Sandy Conran, | 18. Laura Tymas, |
| 3. Cynthia Barros, | 11. Katie Wadland, | 19. Katherine Meirink, |
| 4. Nancy Malay, | 12. Lynne Hughes | 20. Lyn Loy |
| 5. Priscilla Raasch-Mason, | 13. Sherri Betz, | 21. Nicole Nexon |
| 6. Barb Helgeson, | 14. Stephanie Prinster, | 22. Carleen Lindsey |
| 7. Vicki Gold, | 15. Angela Cavel, | |
| 8. Cindy Watson, | 16. Ann Holmstedt, | |

Agenda for discussion:

- A. Leadership Transitions
 - i. Welcome to Cynthia Barros, joining our leadership team as Secretary in 2022. Cynthia is working at James A Haley Veterans Hospital in Tampa FL.
 - ii. Kathlene Camp is stepping into a new role as Vice Chair in 2022. Kat works at University of North Texas Health Science Center in Fort Worth. She has been serving as Secretary for BHSIG the last 2 years.
 - iii. Many many thanks to Lisa Hamilton for 2 years of service as our vice chair and author of our Bone Health Flash almost monthly newsletter
 - iv. Thank you to our volunteers as section liaisons (see above for names and positions).
- B. Standing rules – summary of changes
 - i. Revision of Standing Rules: to provide alignment of policies and governance for consistency among all SIGS, including leadership roles and cycles.
 - ii. The greatest impact of this change is to dissolve nominating committees within each SIG and move this function to the Academy nominating committee.
 - a. Leadership has been redefined to all be on the same page—good thing! We will have same cycle too, but no more nominating committees.

- b. Puts Marissa Lynn Cruz out of Job, thank you for stepping up as BHSIG NomCom.
 - iii. Marissa Lynn Cruz, PT, DPT (BHSIG Nominating Committee). Thank you!
 - iv. Also new – Council of SIG Chairs
 - a. Created so if there needs to be a discussion re: SIG board, meetings, activities, we have a platform. Approved at CSM 2022
 - v. Approved by the Board at CSM 2022, a link will be posted on our website.
- C. Updates
 - i. BoneFit
 - a. Program placed by osteoporosis Canada, 2 tracks—1 clinical and another for fitness professional.
 - b. Next training is March 6 and 12th 2022 – through the Osteoporosis Canada group
 - c. Bone Health and Osteoporosis Foundation (BHOFF, formerly NOF)—launching BoneFit USA initiative – they offered their first virtual classes in October 2021 and Feb 2022. Next option will be in May 2022. Can contact education@bonehealthandosteoporosis.org for training.
 - d. BoneFit™ USA workshops entail four (4) online modules as pre-course work via the NOF online LMS, attendance at a two-day LIVE course done virtually, and one (1) online module done in between sessions and completion of a final online quiz. Each day of the live online training will consist of approximately three to four hours of coursework. Upon passing the quiz, each BoneFit™ participant will receive a certificate of completion, be able to say they are “BoneFit Trained,” and appear in NOF’s online “Find a BoneFit Professional” tool. You can view more information on our website: <https://www.bonesource.org/bonefit-usa>. To register, please go to the following link: <http://secure.nof.org/site/Calendar?id=100082&view=Detail>.
 - e. Kathlene contacting with Andrea Medeiros to keep us in the loop re: how we can further support USA initiative.
 - f. No questions asked re: BoneFit.
 - ii. Journal Club:
 - a. Kathlene handoff to Cynthia for 1/2023
 - b. Bone Health SIG supports Journal Club webinar January of every year, webinars are provided every other month- each sponsored by a different SIG.
 - c. 2022: Kyphosis (Katzman, JGPT 2020); Stop the Stoop (Hughes)
 - 1. 294 registered, 139 live
 - 2. Survey = 56 reviewers
 - 3. Feedback provided: “The journal club this past year has been one of the best editions to my membership and I am. Lifetime Member!! The research article & case study format with an amazing group of presenters is perfect for translation of EB knowledge into practice. “
 - 4. Great response from surveys! Hope to continue with engagement with this format
 - d. Please reach out to Cynthia (ptcynthia1@gmail.com) if you have any recommendations for an article, with corresponding clinician, student, or resident to present.
 - iii. CPG and Delphi Study (Carleen)
(Submitted 10/13/21, Accepted 1/22/22. In Press)

- a. Hartley GW, Roach KE, Nithman RW, Betz SR, Lindsey C, Fuchs RK, Avin KG, (2022). "Physical therapist management of patients with suspected or confirmed osteoporosis: a clinical practice guideline from the Academy of Geriatric Physical Therapy " J Geriatr Phys Ther.
 - b. Avin KG, Nithman RW, Osborne R, Betz SR, Lindsey C (2022). "Essential components of physical therapist management of patients with osteoporosis: a Delphi study." J Geriatr Phys Ther.
 - c. The CPG presentation wasn't able to be heard due to COVID and weather issues, however, see above articles!
 - d. Sherri Betz discussed the CPG, and reports discussion of article will be provided through virtual CSM if interested. Outcome was bone density in all of these studies (55 selected from Cochrane review), this took 5 years! And already needs an update! Please contact Sherri Betz if you are interested in assisting with these tasks. –It takes a village!
- iv. References
 - a. Completed annual update to be posted soon
 - v. CSM 2023 (Kathy)
 - a. Deadline for session abstract proposals – March 14.
 - b. Build on from last year—came up with idea for CSM 2022 using our “Bone health across specialty practice.”
- D. CSM 2023 –open floor discussion:
- i. APTA always does Knowledge translation...can we do a spin off of this? How do we want to build on this, or what is the next step?
 - ii. Ideas:
 - a. Create a toolbox or toolkit, to include CPG, outcome measures, screening tools, interventions, etc—Kathlene Camp
 - b. Have a panel, for a series of cases? Frail to Fit with osteoporosis and how the programs would differ, ie tai chi vs pilates, whatever the “passion project” is-- Sherri Betz
 - c. General Consensus → We can connect the dots between CPG and “now what?” across the several cases—rely on evidence to make the judgement calls needed to make clinically.
 - iii. Title Ideas include:
 - a. “Faces of Osteoporosis” or “Faces of Bone Health”
 - b. “Is your bone strong enough to carry you?”
 - c. “Bone and body health and well-being”
 - iv. Content to cross reference across different types of patients and APTA sections:
 - a. Comorbidities, pediatrics, oncology, orthopedics, sports, military or first responders (federal), male patient, etc.
 - b. Nancy Malay—military & first responders, females and stress fractures
 - c. Sandy Conran—tactical athlete SIG?
 - v. We need a leader for CSM 2023...
 - a. Need to be in charge of submitting abstract/outline/”skeleton”
 - b. Abstract—submit an outline with how this works, 2hrs for 1 section, or if we have enough cross references with other SIGs, maybe 2 sections for a total of 4hrs,
 - 1. Either first section can discuss Knowledge Translation and application of the evidence, and second section discuss cases?

2. Or ~15mins for each case presentation, depending on volunteers we are able to recruit.
 - c. Will need to add to website and call people together.
 - d. Barb Helgesen to reach out to Sports Academy
 - e. Sandy Conran to reach out to pelvic health
 - f. Kathy Brewer to contact APTA Geriatrics program chair to discuss re: session time for CSM. Send Kathy your name and who you are inviting for case and main point, Kathy to help facilitate the meeting.
 - g. In order for CSM 2023 to move forward, planning session needs to occur, likely 3/1/21 at 8pm EST—email ptkkb55@gmail.com
- E. Volunteers needed
- i. References workgroup
 - a. Kathy Shipp is putting final edits to the references library
 - b. We need a team for this to continue! Volunteers can share interest with Kathy B- Kathlene Camp and Shweta G have expressed interest
 - c. Kathy Shipp is willing to mentor 1 or 2 people to hand this role over
- F. Student Liaison
- i. Reminder: APTA Geriatrics is now offering free membership to students...students that come through your clinic, etc, we can involve them, volunteer to help represent students, etc.