

2016 EOY SA report to Academy of Geriatric Physical Therapy Board

Date: 1/28/17

Report From: Beth Black, PT, GCS; AGPT State Advocate Coordinator

Report on Committee Activities: AGPT State Advocates

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| Completed Action Items | <ol style="list-style-type: none">1. We have 39 States with State Advocates. There are a total of 47 current State Advocates with many states sharing the position as co-chairs. Sharing the position seems to build confidence in taking on the positions, particularly with new professionals working with another member.2. Recruitment of additional state advocates is ongoing through flyers at CSM, NEXT, quarterly postings on the AGPT listserve, intermittent ads in GeriNotes, posting on AGPT NewsBrief emails to contact State Advocates to work locally, and ongoing referrals from other active AGPT SIG leadership, in particular Lise McCarthy and Mariana Wingood.3. In addition to many states being active in promoting National Falls Prevention Awareness Day, Senior Olympics, Active Aging Week, GCS study groups, there is more promotion of all SIG activity including CMH.4. The Illinois co-chair State Advocates initiated the "Illinois Members of AGPT" Facebook page as a template for other State Advocates to use, with 59 members currently using the page.5. The PBWorks Wiki site continues to be used as a resource to Advocates for communication from the Coordinator and with each other. Many State Advocates report frustration with accessing info with this software, yet appreciate having one location for communication and resources. SA Coordinator has discussed with Lucy Jones, the wish for a better tool within the AGPT website for the State Advocates to use similar to the APTA Communities.6. Coordinator regularly communicates to individuals through emails/calls, in addition to group communication through PBWorks.7. Regular communication of new AGPT chapter membership database to each State Advocate. |
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| | <ol style="list-style-type: none"> 8. Coordinator facilitates annual State Advocate meeting at CSM. 9. Coordinator meets with individuals or small group of State Advocates at CSM as requested, to provide feedback and support. 10. Increased AGPT presence in local chapters with an increase of resources provided to each state advocate acting as liaisons to/from AGPT: signage for chapter events when AGPT table top display not available; resources for giveaways, vendor expenses, etc. |
| <p>Outstanding Action Items</p> | <ol style="list-style-type: none"> 1. Ongoing recruitment of State Advocates in Components (12) without them, plus co-chairs requested by current State Advocate:. Open positions are in: Alaska, DC, Hawaii co-chair, Indiana, Kansas, Massachusetts, Nevada, New Hampshire, New Mexico, New York co-chair, Ohio, Rhode Island, South Dakota, Utah, Vermont co-chair, Wisconsin. 2. New pilot Journal Club program with use of GotoMeeting budgeted for 2016 was not launched yet. Coordinator to discuss with Practice Chair if this might be better placed under their organization, with State Advocates to participating. 3. Facilitating increased use of Wiki site as resource for all State Advocates despite barriers to use. <u>AGPT website not currently an option to use.</u> Investigate alternative online resource. 4. Ongoing promotion and coordination of State Advocate activities. 5. Increase State Advocate participation and promotion of SIGs by State Advocates. 6. Increase State Advocate participation and promotion of SAFE (Senior Athletes Fitness Exam), collaborating with Dr Becca Jordre. 7. Ongoing support to State Advocates. 8. Ongoing assistance in overcoming barriers of access to updated database for AGPT membership in their chapter, through their chapter membership chair or president. 9. Ongoing support to State Advocates in ways to increase involvement of AGPT members in their states. 10. Submit annual State Advocate article for Gerinotes. 11. Monthly updates to AGPT website on how to contact each State Advocate. |

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| | <p>12. Monthly updates to Wiki site for Advocate resources and activities.</p> <p>13. Annual meeting with State Advocates at CSM.</p> <p>14. Provide feedback to State Advocates at end of 2 year terms.</p> <p>15. Facilitate leadership in AGPT.</p> |
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Annual State Advocate Reports on 2016 Activities:

Arkansas: Jennifer Vincenzo

The main focus has been on increasing geriatric PT services in the area and CEU content in the state.

- 1) Facilitate clinicians and students conducting community fall-risk assessments, such as the STEADI, around the state.
- 2) Provide a community education event on an area of interest in geriatrics (falls, exercise, osteoporosis...).

I facilitated training the UAMS DPT students and clinicians on the STEADI and organized an event at an older adult residential community where the DPT students at UAMS Fayetteville, myself, and other clinicians conducted the STEADI on over 40 older adults to determine fall risk and recommend preventative actions. I educated MDs and clinicians on this tool as well as fall risk in general at 3 different events in the state (Geriatrics and LTC conference a CEU course, and ArAPTA state meeting).

- 3) Become involved in geriatric care and decreasing fall risk on a state level – I have been nominated for the Arkansas Governor’s Council on Aging, but have not heard whether I have been chosen to serve.

I am a consultant for the UAMS Little Rock campus developing falls clinic.

- 4) Present a local geriatric-based PT course – I presented a state board approved CEU course in November 2016 locally on Novel Interventions to Improve Postural Control in Older Adults.
- 5) Present a geriatric-based PT course at the Arkansas Optimize Conference for the ArAPTA.

I presented a symposium course in November 2016 at our state board meeting on Novel Interventions to Improve Postural Control in Older Adults.

I also had an AGPT booth and promotional materials at this.

- 6) Other:

Contacted all new and existing AGPT members in the state of Arkansas to inform about the benefits of their membership.

Facilitated/hosted GCS Item Writing Workshop on my campus April, 2016.

Arizona: Stefany Shaibi

- 1) We had a booth at the Arizona Student Special Interest Group Annual Student Conclave. There were hundreds of students that participated in the conclave. We requested AGPT materials for the booth. The event was successful to educate students about the academy and the GCS exam.

- 2) I participated in the educational series for the Geriatric Interest Group on the Phoenix Biomedical Campus. This included students from NAU Physical Therapy, NAU Occupational Therapy, and UofA College of Medicine. This was an interprofessional event that highlighted promoting independence with older adults, emphasizing assistive devices and home healthcare. There were approximately 50-60 students in attendance.
- 3) We participated in the Connect2STEM Fair in January 2016 that was held at the Phoenix Biomedical Campus. The goal was to educate the public regarding physical therapy, specifically balance assessments and interventions. There were approximately 10 DPT students that assisted. There were approximately 5,000 attendees.
- 4) I developed four online courses to contribute to a GCS exam prep course. These are now available through Medbridge.

California: Celeste R. Dunlap

- 1) Hoped to collaborate with a local PT program and senior center to provide a screening opportunity and recommend formal therapy or Senior Center classes based on outcomes. No response from College or Sr. Center – activity was not completed.
- 2) Alternate activity- participation in a Senior Health Fair at the local Senior Center. Provided handouts on fall prevention, finding a local Geriatric PT and Staying Healthy over a Lifetime. This event was well attended and the foot traffic to my booth was steady.

Delaware: Megan Sions

- 1a. Worked with DPT students, local PTs, local prosthetic companies, and physiatrists to provide multi-disciplinary evaluations that meets Medicare criteria for patients with lower limb loss requesting a new or replacement prosthesis in Delaware and Maryland (continuation and expansion of last year's activity including training of more prosthetists and PTs in the region)
 - a. UD Clinic promotes hands-on DPT student learning and continued learning by community PTs
 - b. All clinics offer a service to patients that is currently, sparsely provided in our region.
- 1b. Promoted 2 free prosthetic courses to local healthcare providers, including PTs to enhance post-amputation rehabilitation in the region
 - a. Low-cost continuing education increases provider quality-of-care in the region
- 1c. Provided in-services/training to local prosthetic companies on self-report & performance-based measures of function for individuals with lower-limb loss so that prosthetists may provide physicians with evidence-based documentation that supports Medicare K-level classification.
 - a. Elevates care of healthcare colleagues for improved overall patient care.
2. *Delaware Spine Studies* participated in older adult in-services at local senior centers on low back pain, falls and osteoporosis prevention.
3. Participated in 'Fair with a Flare' at Hockessin Community Center in November of 2016
 - a. Balance Screens for assessment of fall risk with documentation provided to participants to share with their physicians
 - b. Hands-on student learning
 - c. Developed referral pathway for seniors in the area who have a fear-of-falling so that they may participate in a community fall-prevention program that is gov't funded

4. Participated in Newark Community Day in September of 2016
 - a. Fielded questions related to PT-related conditions, healthy aging, exercise, etc. for seniors in the community
5. Provided members in the State of Delaware with A Club materials.

Georgia: David Taylor

2016 was a productive year for advancing geriatric physical therapy practice in Georgia. Along with multiple members of the Academy we accomplished the following in the last year.

- 1) Coordinated physical therapist, physical therapist assistant and student participation the in the Georgia Falls Prevention Awareness Day on September 23, 2016 at the Shepherd Center in Atlanta, Georgia.
- 2) Provided falls prevention resources to Georgia Academy members in preparation for Falls Prevention Awareness Day.
- 3) Provided fall risk education and screening at two independent living centers in metro-Atlanta.
- 4) Supported GCS study group planning for March 2017 exam.
- 5) Presented at Thompson-McDuffie Senior Center for A Matter of Balance.
- 6) Facilitated Georgia PTs completing Otago training to support Department of Public Health Grant.
- 7) Multiple members participated in Capitol Day at the Georgia State Legislature promoting the geriatric physical therapists role in optimal aging, fall prevention, and health promotion February 24, 2016.
- 8) Promoted Georgia PT participation in ExPAACII.
- 9) There are 27 Geriatric Clinical Specialists in Georgia working to meet the Healthy People 2020 Objective of increasing the proportion of physical therapists with geriatric certification.

Hawaii: Mary Grace Gayatinea

- 1) Provided education to the facility staff in regards to Common Musculoskeletal Conditions in Older Population at Clarence T.C. Ching The Villas, Honolulu Hawaii.
- 2) Panelist at The 2016 Hawaii Health Workforce Summit at The Hilton Hawaiian Village Waikiki on September 19,2016. Navigating Dementia Care.

Iowa: Catherine Stevermer

1. Communicate quarterly with Iowa chapter members regarding geriatric activities at the state and national level.
 - a. Quarterly newsletter for Iowa AGPT members sent in March and September. Requested submissions from other members to contribute on pending legislation. Attempted coordination with IPTA marketing firm to distribute per membership lists.
 - . 1) March – CSM updates; PTA Advanced Proficiency information; Regulatory updates; EBP resources
 - . 2) September – Fall Prevention Resources/Active Aging week; Residency and Fellowship opportunities

- . 3) Newsletters contained AGPT News; EBP resources; conference/seminar listings; regulatory updates
- 2. Review state meeting plans to ensure course offerings pertinent to geriatric practice. Served as at-large member of IPTA Executive Committee.
 - a. Spring 2016 – Jennifaye Brown, PhD, PT, NCS; Striking Out Stroke Gait Impairments
 - b. Fall 2016 – 2 separate CEU courses on low back pain and tissue properties; education on new CPT evaluation codes at IPTA Issues Forum; variety during Pearls from the Podium.
 - c. Involved in discussions regarding modifications to educational structure of future IPTA state meetings.
- 3. Expand awareness regarding the Advanced Proficiency Recognition for PTAs.
 - Hosted AGPT booth at Fall IPTA Conference to distribute information. Created own tri-fold presentation for use at conference as well as notebooks with AGPT information and sample patient education materials from AGPT website.
- 4. Other Activities:
 - a. Supervised PT students performing fitness/gait assessments during a Senior Health Fair (November).
 - b. Provided community educational session on neuroplasticity during Des Moines University Mini Medical School series (February).

Idaho: Cindy Seiger

- 1) 5th Annual Humpty Dumpty had a Great Fall: A Falls Prevention Conference
 - a. Held Oct 14, 2016
 - b. Participation from students in DPT, nursing, pharmacy, dietetics, health education, occupational therapy; and community businesses
- 2) Fit and Fall Proof™
 - a. 4 episodes recorded during 2016
- 3) Trained multiple class leaders for the Southeastern Idaho Health District

Illinois: Jaime Fortier-Jones & Heidi Moyer

- 1) Retained booth space for upcoming state conference
- 2) Mentor GCS study group
- 3) Attend and present AGPT to So district IPTA meeting
- 4) Completed proposal for CEU presentation at upcoming IPTA meeting
- 5) Establish and maintain Facebook group
- 6) Establish GCS study groups
- 7) Wrote GeriNotes Article
- 8) Facilitated research study with IL member

Kentucky: Beth Norris

Fitness and Fall Screenings for Older Adults living in the community, ILF and/or ALF. The screening was completed by students and PT's in conjunction with two research projects currently underway:

First Screening included: 10 meter walk test, STEADI Fall Risk Assessment (TUG, 30 Second Chair Rise Test, 4 Stage Balance Test).

Second Screening included: Foot sensation, Foot/ankle ROM, mCTSIB, TUG

Maryland: Linda Horn

Goal 1: Plan & participate in at least 2 fall risk screenings in the community (senior centers, senior housing, etc); at least 1 will include participation by entry-level PT students.

- a. Balance screenings provided at 2 senior apartments/condos: 31 total screened (July, 2015) with 2nd students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department.
- b. Balance screenings at the Baltimore County Department of Aging Get Ready! Get Set! Get Fit! 5K Run/Walk: First and second year students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department screened 43 participants.
- c. Balance screenings at the Baby Boomer & Senior Expo with the Baltimore County Department of Aging Get Ready! Get Set! Get Fit! 5K Run/Walk: First and second year students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department screened 57 participants

Goal 2: Display Section booth materials at the APTA of Maryland spring and/or fall meeting

- a. AGPT section booth materials and promotional items displayed at the APTA of Maryland Spring Chapter Meeting.
- b. AGPT section booth display materials and promotional items displayed at the APTA of Maryland Fall Chapter Meeting where we had over 400 participants (PT/PTA students, PTs, PTAs, and vendors). This was a regional conference with DC and DE.

Goal 3: Provide education to entry-level PT students about fall risk screenings and evidence-based interventions for older adults

- a. Second year students (65) from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department completed the CDC STEADI continuing education module which was made available from a grant (Center for Aging and Health, Carolina Geriatric Education Center).
- b. Education to 1st and 2nd year students about fall risk and balance screening tools.
- c. Students conducted 5 weeks of exercise to adults (many were older adults) in our Silver Fitness series as part of continuing community involvement.

Maine: Bill Anderson & Bernadette Kroon

- 1) Attendance at Maine APTA Spring and Fall conference with AGPT booth
- 2) Contacted the 4 new AGPT members in the state of Maine to inform about the benefits of their membership.
- 3) Setup infrastructure (email/skype) for state-wide collaboration and certification study group through EMHS (Eastern Maine Health System).

Michigan: Melanie Wells & Chris Hinze

- 1) Organize and participate in SAFE screenings at the Michigan Senior Olympics
- 2) Promote statewide involvement in Fall Prevention Day/Month

- 3) Chris presented on Community Design to various groups: MPTA Fall Conference and MPTA Western District.
- 4) Published a letter in Chapter newsletter educating APTA members about the Section Advocate program

Minnesota: Susan Priem & Amanda LaLonde

After initiating the quarterly AGPT MN newsletter, this year included maintaining the newsletter and continued effort to engage new and existing AGPT members. Both Susan and Amanda worked together to support efforts toward the 2016 MN Advocate goals.

Goal Progress for 2016

- 1) Engage and recruit members at the State of MN, MNPTA Annual Spring Conference. (met)
 - a. With materials obtained from the AGPT office, Susan and Amanda worked to talk up existing and potential members at the conference. The booth was one of the most visited at the conference and the President of the MNPTA spent time discussing ways to increase member engagement when visiting the booth. Giveaways and information provided:
 - i. AGPT luggage tags
 - ii. AGPT Pens
 - iii. Handout (with permission) on the weight of commonly used household products- for use by therapists
 - iv. GeriNotes and Journal copies for review
 - v. Information on the GCS exam
 - b. Due to the success of the booth and member feedback we were asked to return in 2017.
 - c. The \$50 advocate funds were used to have a drawing for 2, \$25 gift cards. Members were able to enter the drawing twice, non-members once.
- 2) Update GCS exam preparation resources bi-annually, providing members with updates as well as reminders for exam application deadlines. (met)
 - a. Provided GCS resource list and connected members who were interested in study support. Reminded members of deadlines for application as well as links for ABPTS.
- 3) Continue newsletter on a quarterly basis, including adding and welcoming all new members. (met)
 - a. With assistance from Karen Curran on new membership in MN we were able to reach new members and welcome them.
 - b. Newsletter continues on a quarterly basis, including links for geriatric resources in the community.
- 4) Identify 3-5 State of MN organizations that serve older adults and establish contact; promoting increased interaction on legislative matters specific to the older adult population. (ongoing)
 - a. Have reached out to local AARP office and identified AGPT and MN Advocate role. Plan to continue discussion on potential for collaboration and to identify ways to reach AARP members.

In addition to progress on all stated goals, both Susan and Amanda worked individually to address the needs of older adults in the community. Earlier in 2016, Susan went to the busy Minneapolis Farmer's Market to provide free falls screens for anyone interested. She, along with colleagues from Hennepin County Medical Center, assessed gait speed, grip strength, 4-square step test, and the 30-second chair rise. Norms were provided for all and discussion often followed; increasing awareness of the benefits of physical therapy and overall activity.

In November, Amanda presented a CE course focused on the management of older adults in the hospital. The course, titled, "Complex Patients, Complex Care: Evidence-Based Interventions for the Management of the Hospitalized Older Adult," was well-attended by PTs and OTs from the State of MN.

Mississippi: Mikki Gilliland

- 1) Provided balance screens and fall prevention education. (March 2016)
- 2) Provided educational session on fall prevention to local nursing home residents and family members. (June 2016)
- 3) Participated in National Fall Awareness on first day of fall by providing fall prevention education at local wellness center. (Sept 2016)
- 4) Sent emails to new state AGPT members.

North Carolina: Joseph Libera

- 1) Four Older Adult Fall Risk Screenings throughout central NC.
- 2) Conducted three Older Adult Exercise Prescription Services in collaboration with local university Kinesiology Department.
- 3) Surveyed members regarding needs wants and desires as a member.
- 4) Personal contacts with over forty therapists to encourage recognition of geriatric practice on Move Forward database
- 5) Three seminars focusing on resources for older adults
- 6) Mentored three Physical Therapists interested in serving older adults in NC

New Jersey: Megan Valenzano & Ellen Macko

- 1) Led Geriatric Focused Course during APTANJ's Spring conference on Maintenance Care and the Older Adult
- 2) Met with NJ's Department of Human Services, Division on Aging services to explore opportunities for collaboration
- 3) Setup AGPT as a "Distributor" during APTANJ's fall conference

New York: Ryan Allison

- 1) Presented at a local senior center in Rochester, NY on Falls Prevention Awareness Day. This presentations included patient education handouts and a discussion on steps that community dwelling elders can take to reduce their fall risk.
- 2) Contacted local NYPTA district and sent out email bulletin to members about developing a GCS study group. Currently we have had one meeting and are planning for more after the new year.

Pennsylvania: Jennifer Sidelinker & Rebecca Tarbert

- 1) Monthly welcome email to new members, sharing AGPT and PA specific resources, welcoming communication, and offering support
- 2) Quarterly newsletter to entire PA AGPT membership including: state-specific legislative activity, events & education pertinent to the practice of geriatric physical therapy.
- 3) Falls Prevention Awareness Day:
 - a. focus for one quarterly newsletter
 - b. partnered with PA PT state chapter to identify and support a FPAD champion in each district
 - c. Supported district champions with resource tools via a toolkit, developed by PA state advocate, and posted on the PPTA website.
 - d. PA AGPT state advocate lead a webinar to support district champions and guide them through FPAD best practices and the toolkit resources
- 4) Attended the annual PPTA conference and hosted an AGPT booth
- 5) Submitted an article for Geri-Notes summarizing our PA activity – to be published in January 2017 edition

Tennessee: Gretchen Jackson

- 1) Falls Prevention Program utilizing variety of health care professionals including PT, OT, ST, RT, and nursing in a rehabilitation center with ALF involvement.
- 2) Initial communication with TN Chapter and several regional TN sections
- 3) Geriatric Chronic Pain Discussions with CEUs provided held at 2 area APTA chapter meetings.

Washington: Kele Murdin

- 1) *Completing necessary prerequisite work to create a Geriatric SIG in Washington (writing bylaws, writing statement of purpose, collecting signatures of interested PTWA members).
- 2) *Met with other interested therapists to create mission and goals for SIG once it is created.
- 3) *Wrote article on Sarcopenia for PTWA
- 4) *Gave in service to residents of local Assisted Living on the role of PT and process to start therapy.
- 5) *Attended local community 'Ready, Steady, Balance Prevent falls 2016' fair for National Fall Prevention Day and networked with local community organizations as part of gathering info for SIG.
- 6) *Send emails monthly to new AGPT members with link to sign Petition for SIG and offering my time for any questions. Keep a file of these emails for future blasts of SIG (potential).
- 7) *Reached out to PTWA Chair, Executive Director, SIG chair for help to create interest and formulate new SIG.

West Virginia: Corrie Mancinelli

- 1) PT Day of Caring – yardwork for older adults in Morgantown WV with PT students
- 2) Fall screens United Methodist Church Day Program for older adults with Cognitive Decline
- 3) Participation in Fall Screen for Fall Awareness Day

Wyoming: Nola Peacock

- 1) Spoke at "Dinner with a Doc" at Senior Center of Jackson Hole, 1/12/16.
- 2) Gave presentation "Therapeutic Lifestyle Changes For Your Heart" at Sublette County Senior Center and Marbleton Senior Center, 2/25/16.
- 3) Established a GCS study group, concluded 4/1/16.
- 4) Consulted on May Park Wellness Garden for Seniors, 8/11/16.
- 5) Consulted on community benches with Age Friendly Jackson Hole, 9/15/16.
- 6) Developed a collaboration between St. John's Medical Center and Senior Center of Jackson Hole for donation of Senior friendly gym equipment