

#18250

## ***The 5Ms of Geriatrics: The Missing Link in Movement System Framework***

**Section:**

Geriatrics

**ID:**

18250

**Session Title:**

The 5Ms of Geriatrics: The Missing Link in Movement System Framework

**Type:**

Education Session

**Content Level:**

Intermediate

**Session Description:**

Many APTA Academies and academic programs have been working toward development of movement system models and diagnoses. Few models have considered the complexities of aging that influence movement efficacy and function. The APTA Geriatrics Movement System Taskforce presents a movement system framework incorporating the APTA patient/client management process, the WHO biopsychosocial model of health for patient centered care, the WHO International Classification of Functioning, Disability, and Health (ICF), HOAC II, and incorporating the Geriatric 5Ms (What Matters Most, Medications, Mind, Multi-comorbidity, and Mobility). As a first step in examination, movement analysis targeting ICF levels of activity and participation best reflects older adults desire to be independent as long as possible. Observation of movement facilitates hypotheses about underlying contributors to movement dysfunction, informs further examination using tests and measures to confirm the hypotheses, and potentially codifies specific movement system diagnostic labels for interventions to maximize functional outcomes. Members of the Task Force will present the theoretical basis for a novel approach to movement system assessment in aging adults. Case studies then illustrate the application of the framework from a clinical lens

**Sub-Section:**

Other

**Copyright Permission:**

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**Differential Diagnosis Content (in minutes):**

60

**Teaching Method:**

Case Study, Lecture, Panel Discussion and Question and Answer

## **Assessment of Learning:**

Audience Polling and Practical Application

## **Session Outline:**

1. Introduction: Evolution of the movement system, diagnosis, and models in geriatric physical therapy practice (**10 mins**)

2. The development of the movement system framework for aging adults (**40 mins**)

a. existing movement system frameworks: the missing content

b. considerations distinctly contribute to the movement system framework for aging adults

c. models used in the development of the movement system framework for aging adults: ICF, bio-psychosocial model of health, SDOH, HOAC II, and 5M of Geriatrics

3. Application of the Model

**Case 1:** Outpatient/Community-based Setting (with Q & A): **30 mins**

**Case 2:** Inpatient Rehabilitation (with Q & A): **30 mins**

4. Key take away points and next steps:**10 mins**

## **Objectives:**

- 1. Explain how movement system frameworks must incorporate the complexities of aging as a foundation for patient centered care.
- 2. Evaluate how models informing provision of physical therapy care (the APTA practice management process, the WHO bio-psychosocial model for patient-centered care, the International Classification of Functioning, Disability, and Health (ICF), social determinants of health, the HOAC II, and 5M of Geriatrics) contribute to a movement system framework for aging adults.
- 3. Discuss and promote the Geriatric 5Ms as a means to focus clinical decision making in physical therapy care of older adults.
- 4. Discuss the clinical application of the movement system framework for aging adults in a series of case studies.

## **References:**

- Lusardi MM, Hartley GW, Leach SJ, Gras LZ, Larkin M, Miller KL, Quiben M. The Case for Developing a Movement System Framework for Older Adults. *Phys Ther* 2023. In press.
- APTA Guide to Physical Therapist Practice 4.0. American Physical Therapy Association. Accessed March 23, 2023. <https://guide.apta.org/chapters>.
- Deutsch JE, Gill-Body KM, Schenkman M. Updated Integrated Framework for Making Clinical Decisions Across the Lifespan and Health Conditions. *Phys Ther* 2022;102:1-17. Doi: 10.1093/ptj/pzab281.
- Quinn L, Riley N, Tyrell CM, et al. A framework for movement analysis of tasks: recommendations from the Academy of Neurologic Physical Therapy's Movement System Task Force. *Phys Ther*. 2021;101(9). doi: 10.1093/ptj/pzab154.
- McClure P, Tevald M, Zarycki R, et al. The 4-element movement system model to guide physical therapist education, practice, and movement-related research. *Phys Ther*. 2021;101:1-10.

- Criss MG, Wingood M, Staples WH, et al. Special Interest Paper APTA Geriatrics' Guiding Principles for Best Practices in Geriatric Physical Therapy: an executive summary. J Geriatr Phys Ther. 2022;1-6. doi:10.1519/JPT.0000000000000342
- Tinetti M, Huang A, Molnar F. The geriatric 5M's: a new way of communicating what we do. J Amer Geri Soc. 2017;65(9):2115. doi: 10.1111/jgs.14979

**Slot:**

Thursday, February 15, 2024: 8:00 AM-10:00 AM

Primary Speaker

Myla Claire Quiben, PT, DPT, MS, PhD (UNT HSC)

**Speaker Bio:** Myles Quiben, PT, PhD, DPT, MS is Professor, and Associate Dean of the School of Health Professions at the University of North Texas Health Science Center, teaching clinical medicine, cardiopulmonary, geriatric, and neurologic physical therapy. She is a board-certified clinical specialist in Neurologic and Geriatric Physical Therapy. She serves on the movement system taskforces in the Academies of Neurologic Physical Therapy and Geriatric Physical Therapy. Dr. Quiben is an advanced simulation instructor, a TeamSTEPPS trainer, an APTA Clinical Instructor Trainer, and serves ACAPT as Chair of the National Interprofessional Education Consortium (NIPEC). She serves on the board of the Foreign Credentialing Commission on Physical Therapy and is a Fellow of the Education Leadership Institute, the National Academies of Practice, and the Texas Physical Therapy Association. She completed a Fellowship in Geriatric Research at UT Health in San Antonio, obtaining an MS in Clinical Investigation. Scholarly activities include movement and functional outcomes, simulation and interprofessional education in physical therapy, frailty and multimorbidities, health and wellness, differential diagnosis, and leadership and faculty development.

**Speaking Experience Level:** International conference

Co-Speaker

Susan Joy Leach, PT, DPT, PhD (University of New Mexico Physical Therapy)

**Speaker Bio:** Susan J Leach, PT, DPT, PhD is an associate professor in the Division of Physical Therapy within the School of Medicine, Department of Orthopaedics and Rehabilitation at the University of New Mexico. She received a BEd in Human Performance in 1990, a MS in physical therapy in 1992, a PhD in Kinesiology in 2009, and a DPT in 2019. Dr. Leach has been a physical therapist for over 28 years. For fourteen years, she specialized in the treatment of individuals with stroke and traumatic brain injury. Dr. Leach has been a Board-Certified Neurologic Clinical Specialist since 2000. Dr. Leach has been teaching neurologic content in entry-level physical therapy programs for 15 years. Her research interests are in assessment and intervention to improve health and physical functioning in patient populations and older adults at risk of sustaining physical injury due to increased fall risk. Dr. Leach has published and presented her research in both peer-reviewed journals and at national and international research forums.

**Speaking Experience Level:** Previous CSM

Co-Speaker

Marni Larkin

**Speaker Bio:** Marni Larkin BPhy is a Board Certified Orthopedic Clinical Specialist. Marni has a private practice, Gyrotonic Manhasset Physical Therapy, in Manhasset, New York in which the cornerstone of treatment is therapeutic movement within the biopsychosocial model. Her clinical career includes working in the home care and skilled nursing facility realm, the chronic pain program at the Hospital for Joint Diseases, and collaborating with the Harkness Center for Dance Injuries at NYU Langone. Part of this collaboration included a Presentation at the APTA 2018 NEXT Conference "A Movement System Approach to Clinical Practice." Marni's focus is for her clients to find joy in movement that then translates to enhanced activity participation outside the clinic. APTA ID: 456186 Otho Pain SIG, Geri,

**Speaking Experience Level:** Previous CSM

Co-Speaker

Gregory W. Hartley, PT, DPT, FAPTA (University of Miami, Miller School of Medicine, Department of Physical Therapy)

**Speaker Bio:** Greg Hartley, PT, DPT, FAPTA. Dr. Hartley is Associate Professor of Clinical Physical Therapy at the University of Miami Miller School of Medicine and is currently the Vice President (and immediate Past President) of APTA Geriatrics (Academy of Geriatric Physical Therapy). He is a Board Certified Geriatric Clinical Specialist, a Catherine Worthingham Fellow of the APTA, and a Distinguished Fellow of the National Academies of Practice. He is the founding Program Director of the first APTA accredited geriatric physical therapy residency in the U.S. Greg has participated in the creation of APTA Geriatric's evidence-based documents for falls screening and bone health. Clinically, he has practiced in home health, outpatient, sub-acute rehab, long-term care, acute care, and rehabilitation hospital settings. He has been an invited speaker at more than 125 state and national presentations. Dr. Hartley's clinical and research interests are in geriatrics, interprofessional education/care, clinical reasoning, and physical therapist professional and post-professional education

**Speaking Experience Level:** Previous CSM

Co-Speaker

Kenneth L. Miller, PT, DPT (Medical University of South Carolina)

**Speaker Bio:** Kenneth L Miller, PT, DPT. Dr Miller is a board-certified geriatric clinical specialist, advanced credentialed exercise expert for aging adults and credentialed clinical instructor from APTA. Dr Miller is an assistant professor at the Medical University of South Carolina in the division of Physical Therapy. His clinical focus is on best practices for use with the older adult population. He has spoken nationally and internationally on topics of gerontology including pharmacology, primary prevention, frailty, outcome measures, best practices, and pain management for the older adult. He is currently involved in research regarding student and early professional physical therapist's mental health, resilience, and burnout.

**Speaking Experience Level:** National conference

Co-Speaker

Laura Z. Gras, PT, DPT, DSc (Ithaca College)

**Speaker Bio:** Laura Z Gras, PT, DPT, DSc, is a Board-Certified Geriatric Clinical Specialist Emeritus and is a Professor and Department Chair of the Department of Physical Therapy at Ithaca College in Ithaca, NY. She is the course coordinator for Neuromuscular Foundations and Neurological Rehabilitation I.. She is a reviewer for the Journal of Geriatric Physical Therapy, the secretary of the National Interprofessional Education Consortium of ACAPT, on the nominating committee for APTA Geriatrics, and is on the Movement System Task Force for the Academy of Geriatric Physical Therapy. She has national and international speaking experience.

**Speaking Experience Level:** Previous CSM  
Co-Speaker

Michelle M. Lusardi, PT, DPT, PhD, FAPTA

**Speaker Bio:** Dr. Lusardi DPT PhD FAPTA is Professor Emeritus at Sacred Heart University where she coordinated the neurological rehabilitation PBL semester, and worked to insure that geriatric content was integrated across all semesters. Dr. Lusardi taught previously at the University of Connecticut. Dr. Lusardi presented the Carole B. Lewis Lectures at CSM 2023., She has been an active APTA Geriatrics Member for 40+ years; serving on the Board of Directors (2 terms) and as Chair of GeriEDGE, the Geriatric Movement System Diagnosis Task Force, and served as Editor of the Journal of Geriatric Physical Therapy. for seven years. Her research focus has been on functional assessment and determining risk of falls multiple platform and educational presentations at CSM, APTA NEXT, Gerontological Society of America and American Geriatric Society Conferences. Since retirement, she now provides presentations on balance & preventing falls in senior centers, libraries and other community settings.

**Speaking Experience Level:** Previous CSM