**APTA Geriatrics**

*Residency and Fellowship SIG Membership Meeting Meeting Minutes—*August, 22, 2023

Virtual Zoom Event

1. Call to Order, attendance, and welcome (19:31 pm EST)
   1. Missy Criss, R/F SIG chair ([mcriss1@chatham.edu](about:blank))
   2. Lexi Woywod, RF SIG student liaison ([alexis.woywod@duke.edu](mailto:alexis.woywod@duke.edu))

Excused Absence: Jill Fitzgerald (Vice-Chair) and Emma Phillips (Secretary) and Sarah Smith and Jason DeCesari (Nominating Committee

* 1. Member Attendees: (total 12)
     1. Nicole Thompson
     2. Cynthia Barros
     3. Kathy Brewer
     4. Missy Criss (Chair)
     5. Gerri Grzybek
     6. Julie Hartman
     7. Sharon Kimble
     8. Traci Norris
     9. Minnie Rafael
     10. Jayna Rogers
     11. Anne Samson
     12. Alexis Woywod

1. Chair Criss extended welcome to Alexis (Lexi) Woywod, our student liaison. Lexi introduced self as a 3rd year student at Duke University
2. **Mission (Purpose of the R/F SIG**): The purpose of the R/F SIG shall be to provide a forum through which individuals having a common interest in post-professional residency and fellowship education in geriatric physical therapy may meet and promote excellence and the advancement of the specialty of geriatric physical therapy via the growth and development of accredited residency and fellowship post-professional educational programs.
3. **Inter-SIG Journal Club – Hosted by RF SIG May 2024**
   1. May 21, 2024 –  [Perceived Neighborhood Walkability is Associated with Recent Falls in Urban Dwelling Older Adults](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjournals.lww.com%2Fjgpt%2FFulltext%2F2022%2F01000%2FPerceived_Neighborhood_Walkability_is_Associated.7.aspx&data=05%7C01%7CMCriss1%40chatham.edu%7Ca60e4035048b431f247908dba2a4d9b6%7C076cd512fb8b45c194da36c5ccee5ae6%7C0%7C0%7C638282601161207470%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ft4azJoaSSGmz7Kci0usiEY8EaOL38vybqoDQvs5Yh8%3D&reserved=0). Blackwood, Jennifer; Suzuki, Rie; Karczewski, Hannah. Journal of Geriatric Physical Therapy. 45(1):E8-E15, January/March 2022.
   2. Process
      1. Case study presenter ID’ed by November 2023
      2. Case study due to GeriNotes March 2024
   3. Who would like to do our RF SIG journal club in May 2024?
      1. Could we also start a list of residency programs/people interested in doing journal clubs in general? Who feels they could have their resident do this as a residency requirement? Guaranteed publication in GeriNotes! Do we want to identify programs and put programs on a ‘rotation’ for such activities?

For this activity, it COULD be a collaboration between a Geri Resident and a resident from another program, such as ORTHO or NEURO

* + 1. Chair Criss highlighted that this a wonderful opportunity to work with Gerinotes editor Michelle Stanley in publications. Previous residents have identified this as a positive experience.
  1. \*\*there has also been a request from the BoneHealth SIG (contact Lisa Hamilton [lisahamiltonpt@gmail.com](mailto:lisahamiltonpt@gmail.com) or Kathy Brewer [brewer.kathryn@mayo.edu](mailto:brewer.kathryn@mayo.edu)) for a resident to do the case study for their journal club.
     + 1. Date of presentation is: January 16, 2024
       2. Article is: Wingood M et al. *Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review*. *J Geriatr Phys Ther* 2023;000:1-11
       3. Time Frame: identify individual ASAP, latest end of September 2023
  2. What to write about in the case study? Clinical application – did you try the techniques/test/intervention? How did it go? Was it easy/hard? Do you have a critique when it comes to clinical applicability or pt population that it might be used for? Do you think the intervention is able to be done in the clinic in the same way it was done in research?

1. **GeriNotes Residency Corner Program**

Purpose: Increase translation of evidence in Geriatric Physical Therapy to the everyday health of older adults.

* 1. Please encourage faculty and residents to submit. GeriNotes editor is wonderful to work with – it is a great learning experience! Great on CV/resume!
  2. From prior member meeting: Many don’t know what is involved in Geriatric PT and we need to get the word out! Some ideas for writing up in the Residency corner: senior athletes, wellness; manual PT techniques are used in Geriatric PT; information on technology use; neurologic aspects of geriatrics, not just stroke; The areas where Geriatric Rehab occurs
  3. [https://geriatricspt.org/members/publications/gerinotes/Author-gerinotes.pdf](about:blank)

1. **Update on Podcasts** – Jenny Cabrera Jennifer Cabrera ([jennycabrera@bellsouth.net](mailto:jennycabrera@bellsouth.net)) and Jenny Pearcy, liaisons
   1. Two posted on our webpage, APTA-G willing to share again on social media: <https://aptageriatrics.org/sig/residency-fellowship-sig/>
   2. ***Can we see how popular they were, have they been accessed? How many hits.*** Missy will ask APTA-G for this info
2. **FYI - Residency Fellowship Education Research Collaborative** – engaging colleagues in collaborative research initiatives. Virtual symposium 2 part series – Tue Sept 5, 7-9 pm ET, Sat Sept 9, 11-2pm ET; Tuesday is overview, Saturday is workshop to develop specific research questions, teams and project concepts. [RF.Reserach@APTAEducation.org](about:blank)
   1. This is free – interested parties should sign up!
   2. Missy signed up
   3. Possible qualitative research study to do a root cause analysis to assess student views on Geri residencies and Geri practice.
      1. Volunteers: Jeny Pearcy, Emma Phillips

**New Business**

1. **Why Residency webinar by the RF SIG**
   1. Planned for October 3, 8pm EST – coincides with opening of applications on RFPTCAS; purpose is to discuss residency programs in general (not specific programs) and drum up interest in geriatric residency attendance
   2. Small group working on this, headed by Cynthia Barros – if you have residents or are a director and would like to be on a panel discussion – contact Cynthia at [ptcynthia1@gmail.com](mailto:ptcynthia1@gmail.com)
   3. PLEASE get the word out on your social media, invite local PT programs and their students
   4. Residency Directors – there will be a survey emailed to you soon. Results will be reported in AGGREGATE to inform those interested in residency. Please complete this survey as we will use the info for discussion with interested candidates
2. **Student Liaison** – Lexi Woywod ([alexis.woywod@duke.edu](mailto:alexis.woywod@duke.edu))
   1. She has requirements to post on APTAG social media periodically – besides our upcoming webinar – ideas for her? Suggestions: Inform interested parties on how to apply? interview current/past residents to highlight benefits of the experience?
3. **Website/page** – needs an update, last dated posting there is from 2021!!!
   1. ***Ideas for content? We need to increase our communication to our membership to increase participation.*** 
      1. Student Corner on the Webpage by Student Liaison/current residents?
      2. More Podcasts (we are the only one with interactive media)
      3. Have a short intro on website on residency requirements, what you get to do, where you get to practice, what makes a good residency candidate?
      4. More Suggestions for website:

* highlight resources on how to build a program
* faculty /program development
* how to be a mentee
* The Education Academy has a Residency/Fellowship SIG group as well. Suggest adding a link to that site as another available resource
* Feature new/current officers
* Highlight residency projects ; how to do this? Google form?survey?
  + What’s unique about your residency capstone projects
* Add : abstracts /book reviews pertinent to residency/age related learning such as reflections on aging; add the human side of geriatric practice; the collective experience
  1. ***Who can take lead? Looking for Volunteers*** *GeriAcademy Staff member, Will Mossa will assist with implementation; we need ideas from members on what we want to see on the pages.* ***Please contact Missy if you would like to be a part of this subcommittee***

1. Ideas From last member meeting - Linda from ABPTRFE (maybe do brief short videos, could be accessed by PT programs) on ways to increase interest:
   1. ***Do we want to follow up on this? If so, how? The geography is limiting applicants, ageism. First step should be webinar to drum up interest (IN PROGRESS)***
2. Other suggestions/residency idea sharing from meeting:

* Encourage access to the website
* Develop a Test your Knowledge exercise ; myths about aging; CEEAA information; this may peak interest (Idea for Lexi social media posts?)
* How do we engage residents in community and interprofessional activities? *One program collaborates with their Area Agency on Aging; the resident participates in community education event and teaches at the entry level PT program*
* One program offers a resident/GCS professional mixer; lit review; residents meet local certified clinicians and broaden network of colleagues
* In programs, does everyone have an “advocacy” component for a requirement? Ideas: attend local professional association meetings; join a committee for the state APTA such as practice committee; Dependent on what is available in your area/institution….one program has their resident join their PM&R committee to collaborate with other professionals; one program is hosting a debate, much like the Oxford debate, for the first time this year;
* One program has a collective meeting of ALL types of PT practice residents, ie Geri plus Ortho, Neuro, etc; case presented; discussion through their perspective specialty lens
* Discussion on how to gain access to students for promotion of residency: short power point? Talk to faculty member that teaches Geri or Leadership, ask for time to speak; OR bring food and meet interested students at the end of their classroom day schedule.

1. **Meeting structure**: Meet quarterly, alternating between leadership and members
   1. *Next meeting:* ***4th Tuesday 630-730 CST***
   2. *DONE February Member – after CSM usually, Feb 28*
   3. *DONE May Leadership – May 23*
   4. *DONE August Member – Aug 22*
   5. *November Leadership – Nov 14 (to avoid holiday)*

***Action Items:***

1. ***Volunteer needed to present the Case Study portion of the* Inter-SIG Journal Club – Hosted by RF SIG May 2024;** 
   1. May 21, 2024 –  [Perceived Neighborhood Walkability is Associated with Recent Falls in Urban Dwelling Older Adults](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjournals.lww.com%2Fjgpt%2FFulltext%2F2022%2F01000%2FPerceived_Neighborhood_Walkability_is_Associated.7.aspx&data=05%7C01%7CMCriss1%40chatham.edu%7Ca60e4035048b431f247908dba2a4d9b6%7C076cd512fb8b45c194da36c5ccee5ae6%7C0%7C0%7C638282601161207470%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ft4azJoaSSGmz7Kci0usiEY8EaOL38vybqoDQvs5Yh8%3D&reserved=0). Blackwood, Jennifer; Suzuki, Rie; Karczewski, Hannah. Journal of Geriatric Physical Therapy. 45(1):E8-E15, January/March 2022.
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January 16, 2024; Article is: Wingood M et al. Screening for Osteoporosis Risk Among Community-Dwelling Older Adults: A Scoping Review. *J Geriatr Phys Ther* 2023;000:1-11

Time Frame: identify individual ASAP, latest end of September 2023

Interested? Contact Missy Criss at [mcriss1@Chatham.edu](mailto:mcriss1@Chatham.edu) ASAP

1. **Residency Directors** – there will be a survey emailed to you soon. Results will be reported in AGGREGATE to inform those interested in residency. Please complete this survey as we will use the info for discussion with interested candidates.
2. ***Website/Page Update: who will volunteer?*** *Suggestions for content that needs updated; staff will assist with implementation Contact: Missy Criss at* [*mcriss1@Chatham.edu*](mailto:mcriss1@Chatham.edu)

**Adjourn Meeting: 20:27 pm EST.**

Directory of Programs

[https://accreditation.abptrfe.org/#/directory?f-accredited=true&f-candidate=false&f-developing=false&f-fellowship=false&f-residency=false&s-specialty=Geriatrics](about:blank#/directory?f-accredited=true&f-candidate=false&f-developing=false&f-fellowship=false&f-residency=false&s-specialty=Geriatrics)

Candidate/Developing Programs

[https://accreditation.abptrfe.org/#/directory?f-accredited=false&f-candidate=true&f-developing=false&f-fellowship=false&f-residency=false&s-specialty=Geriatrics](about:blank#/directory?f-accredited=false&f-candidate=true&f-developing=false&f-fellowship=false&f-residency=false&s-specialty=Geriatrics)