

APTA Geriatrics
Cognitive & Mental Health Special Interest Group Quarterly Meeting Agenda
January 22nd, 2024

Attendance

Missy Criss
Rashelle Hoffman
Alex Alexander
Riley Hooge
Ruth Haefner
Johann dela Paz
Barbara Wilson
Kurt Biebuyck
Bringa Johnson
Brad Abrams
Nicole Thompson

Old Business

- A. Housekeeping
 - a. Journal Club November 14th, 2023 7pm CST
 - i. Progression of Gait Changes in Older Adults With Mild Cognitive Impairment: A Systematic Review
 - b. The best in geriatric Physical Therapy Awards deadline for submission is October 25th, 2023
 - c. APTA Geriatrics elections deadline to vote is October 21st at 11:59pm
 - i. Members will receive a ballot via email on October 1st
 - ii. CMH SIG secretary on the slate
- B. Updates
 - a. Joint SIG Chair Meeting
 - i. Forums active
 - 1. Can make a CMH SIG thread
 - ii. Possibly adding another SIG on SNF/subacute care → needs to be voted on
 - iii. Bone Health SIG
 - 1. CSM presentation
 - 2. Need a volunteer for journal club January 2024
 - iv. Health and Wellness IG
 - 1. Annual exam check up promotion
 - v. Global Health Promotion SIG
 - 1. Needs a journal club presenter March 2024
 - 2. Cultural competency toolkit
 - vi. Residency and Fellowship SIG
 - 1. Why residency webinar → October 3rd 8pm EST
 - a. Free event

- b. Sign up: https://aptageriatrics.org/webcast-details/?webcastId=BD8EBF0C6FC27511BCA83AA93CD8DD2A&eventid=4331302&fbclid=IwAR2E3qdq2H_wMCMxmk6leXBhuSTJz6TJHhEb-OQkcoa24APLFsqktJMjUxLg

C. Current projects

- a. Brainiac Newsletter Q3
- b. Informational Video Taskforce
 - i. Working on providing pocket guides on standard measures for clinicians and students
 - ii. Plan to be completed by December 31st, 2023

D. Future projects

- a. Ideas?
- b. Educational resources for Academics
 - i. Handout with diagnoses for students
 - ii. PowerPoints on various topics
 - 1. Depression
 - 2. Anxiety
 - 3. Dementia
 - 4. Delirium
 - iii. Case studies from journal club
 - iv. Mental health resources
 - v. Curricular guides
 - vi. Lab ideas
 - vii. Lesson ideas
 - viii. Cases
 - ix. Assignments
 - x. Cutoff scores and norms
 - 1. Age norms for outcome measures per setting?
 - 2. Cheat sheet of cut off scores and MCID?
 - 3. ANPT
 - a. https://neuropt.org/practice-resources/anpt-clinical-practice-guidelines/core-outcome-measures-cpg?_gl=1*4n4loc*_ga*MzQzOTUyOTU0LjE2NzY4NTk0NTI.*_ga_K62XF6DY60*MTY5NDY1MjU3Mi4xLjEuMTY5NDY1MjY5Mi4wLjAuMA..&_gl=1*4n4loc*_ga*MzQzOTUyOTU0LjE2NzY4NTk0NTI.*_ga_K62XF6DY60*MTY5NDY1MjU3Mi4xLjEuMTY5NDY1MjY5Mi4wLjAuMA..
 - b. A lot of ideas on sample activities, videos, and lectures

New Business

A. Housekeeping

- a. Thank you to everyone who attend the journal club and Bringa for completing the case study
 - i. Next journal club November 19th, 2024
 - 1. Need volunteer-Brad Abrams volunteered brad@mobile-pt.com
 - 2. Articles to consider

- a. Effects of a 16 week multimodal exercise program on physical performance in individuals with dementia
 - b. Tackling dementia: a systematic review of interventions based on physical activity
 - c. Associations between cognitive function, balance, and gait speed in community dwelling older adults with COPD
 - b. New secretary → Katherine Calvert
 - i. GCS and certified lymphedema and wound care therapist
 - 1. Take minutes at meetings
 - 2. Send meeting minutes to VP and Jeanne Weiss and Will to be put on website and send to chair to put on google drive
 - 3. Share google drive email and password and canva login
 - ii. Thank you Sarah for all your hard work! You will be missed
 - c. CSM Boston Feb 15-17th
 - i. At least 25 Geriatrics courses
 - ii. Talk up CMH SIG and if interested in volunteering at AGPT booth please let me know
 - iii. Moderator: <https://docs.google.com/spreadsheets/d/15JRdFnyLtDsUYoIIXRn-pavcC0mh45NkkX5mQTWQHsc/edit?usp=sharing>
 - iv. Have fun!
- B. Updates
 - a. Pocket guides posted online to CMH SIG page
 - b. SNF SIG moving forward led by Greg Hartley
 - c. Forums are a great way to connect and communicate with others in APTA Geriatrics
- C. Current projects
 - a. Brainiac Newsletter Q1
 - b. Informational Video Taskforce --? May continue depending on feedback on current pocket guides
 - c. Increasing members and student members share the word!
- D. Future projects
 - a. Ideas?
 - i. Adding "in the news" section of the brainiac
 - b. Educational resources for Academics
 - i. Handout with diagnoses for students
 - ii. PowerPoints on various topics
 - 1. Depression
 - 2. Anxiety
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 - iv. Mental health resources
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 - ix. Assignments
 - x. Cutoff scores and norms

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 - b. A lot of ideas on sample activities, videos, and lectures
- xi. Possibly CEEAA course materials within handouts, would need to reach out to Greg Hartley about proprietary issues surrounding this