

APTA Geriatrics Balance and Falls SIG Annual Members Meeting

Tuesday, February 6th
7:00 pm CST



APTA Geriatrics
An Academy of the American
Physical Therapy Association

Welcome and Introductions

Chair: Heidi Moyer, PT, DPT

Vice-Chair: Haim Nesser, PT, DPT

Secretary: Beth Castellini, PT

Clinical Liaisons:

Stefanie Bond, PT, DPT; Heather Timothy, PT, MSPT; Anne Reilley, PT, DPT

Research Liaison: Jennifer Gindoff, PT, DPT, DHSc

Knowledge Translation Liaison: Deborah Constantine, PT, DPT

Community Liaison: Tammy McHugh, PT, DPT

PTA Liaison: Gina Henebury, PTA

Special Projects Liaison: Sterling Eckert, PT, DPT

Early Career Professional Liaisons:

Holly Bennett, PT, DPT, Kimberlyn Thomas, PT, DPT

Student Liaison: Sarah Roberts, SPT; Daniel Truong, SPT

Chair Updates

- Total Number of Members: 1,048 (964 in Feb 2023)
- BF SIG Tri-Alliance
 - APTA Oncology BF SIG
 - ANPT BF SIG
- Inter-SIG Cooperation
 - Monthly Challenge
 - Special Projects
- Goals: Growth and Sustainability

Chair Updates

Internal Growth/Updates

- Added 2 New Liaisons
 - Special Projects Liaison: Sterling Eckert, PT, DPT
 - Co-Student Liaison: Daniel Truong, SPT
- 2 Toolkits in Progress
 - Balance and Falls Management for Neurologic Conditions in Older Adults
 - Multi-Specialty NFPAW Toolkit

Chair Updates

- SIG-Sponsored CSM Programs for 2024
 - PRE-CONFERENCE COURSE: All Rise!
Evidence-Based Floor Transfer Training is Now in Session
 - Thursday 11am-1pm: Beyond the Clinic Wall:
Promoting Health and Wellness Across Populations at Risk for Falls
- APTA Oncology BF SIG Meeting: Saturday 1-2pm

Chair Updates

- Other CSM Programs of Interest for 2024
 - Thursday 11am-1pm: A Call for Physical Therapy Action on Hearing Loss, Balance Problems, and Falls Risk
 - Thursday 3-5pm: Untangling and Applying the Evidence Guiding Assessment of Balance and Walking of Persons Poststroke
 - Thursday 3-5pm: Help, I Need Ideas! 'Hiding' PT Interventions for Fall Prevention Guidelines in Fun Activities
 - Friday 3-5pm: Challenging Balance Exercise Prescription: Optimizing Therapist Measurement/Older Adult Self-Rating Balance Exercise

Chair Updates

Growth

- National Falls Prevention Awareness Week 2024
 - June: Kick-Off Call
 - NFFAW Multi-Specialty Toolkit Release
 - Multidisciplinary Speakers
 - September:
 - Journal Club: Tuesday, September 17th
 - Other plans to come!

Chair Updates

Sustainability

- Working more closely with APTA Geriatrics Board
- Consistency in Products
 - Tri-alliance Efforts: CSM, NFPAW efforts
 - NFPAW Kick-Off Call
 - Journal Club
 - Monthly Challenge
 - GeriNotes

Chair Updates

Efforts in Student Inclusion:

- 2 Student Liaisons
- Student Presenter for NFPAW Kick Off Call
- Student Production of
 - NFPAW Multi-Specialty Toolkit
 - Community Programs CSM Handout
- Early Career Professional Liaisons: Neuro Toolkit

Vice-Chair Updates

- Providing ongoing support to the Chair & Executive Team members as needed

Secretary Updates

- Maintains & Updates Monthly Challenge Email List
 - Sends out Monthly Challenges
 - Please choose an email that can accommodate “BCC” with attachments
 - Approximate number of returned or undeliverable emails is 2-3 per month
- Coordinates meetings and website updates with APTA Geri staff
- Maintains all meeting minutes and other records
- Supports Executive Team members as needed

Clinical Liaison Updates

- Current number of Monthly Challenge subscribers: 288
- Continued from last year: guest writers from other SIGs, as well as our student liaison
- Future Topic Ideas?
- Interested in becoming a guest writer?

Clinical Liaison Updates

Topics for 2024:

- January: Polypharmacy
- February: Proper Footwear
- March: Fear of Falling
- April: Heart Failure
- May: Student/Early Career Professional
- June: Vestibular
- July: Guest writer from Neurology BF SIG
- August: Guest writer from Oncology BF SIG
- September: Post Fall Root Cause Analysis
- October: Postural/Balance Strategies
- November: Dosing Balance Exercises
- December: Joint Replacements and Balance Training

Research Liaison Updates

- Answer member questions regarding balance and falls
- Publish findings in GeriNotes and assist with other research projects/GeriNotes submissions
 - 2023 articles:
 - Gindoff, J., Timothy, H., Moyer, H., Constantine, D. (2023). Safe Landing Strategies: Should We Teach Patients How to Fall? *Gerinotes*, 30(2), 20-24
- If you have questions about balance and falls in the older adult population, ask the research liaison by emailing agptbalanceandfallssig@gmail.com.

Knowledge Translation Liaison Updates

- Previous member of nominating committee
- Support executive committee with research and editing efforts and other tasks as needed
- Assist with development of NFPAW Multispecialty Toolkit
- Collaborate with Keith Avin on future CPG's related to falls
- CPG format incorporates the Geriatric 5 M's: Mind, Mobility, Multi-complexity, Medications, Matters Most

Community Liaison Updates

- Hosted the 2023 June NFPAW Kick Off Call
 - Guest Speakers
 - Cathy Ciolek: APTA Geriatrics President
 - Sarah Roberts: Student Perspective on Balance and Falls Management
 - Mindy Renfro: Environmental Modifications
 - Jen Nash: ANPT BF SIG Chair
 - Eric Galvez and Shweta Subramani: APTA Oncology BF SIG
 - Bringa Johnson: APTA Geriatrics State Advocates

Special Projects Liaison

- Hosted September GeriNotes Journal Club
 - Based on Perturbation Training Case Study
- Current Projects
 - **CSM Balance & Falls Tri-Alliance Community Program Review**
 - Quick reference guide to refer patients as a clinical reference.
 - **NFPAW Speciality & Settings Toolkit**
 - Clinician reference of screening, exam, and intervention tools across each PT setting
 - Looking for team members to help push this to completion
- Possible Future Projects
 - NSGA 2025 Volunteers
 - APTA Geriatric Mobility and Wellness Screen Delivery

Feel free to send any question/concerns to sterling.eckert@fyzical.com

PTA Liaison Updates

1. Latest toolkit being promoted and distributed to PT's and PTA's in clinics, hospitals and SNF's in the Northern California area, to nationwide networks of PTA's begun at CSM 2023, to creators/instructors of CEU courses, and also to PTA program(s) in California – and (eventually) beyond!
2. PTA Liaison is promoting membership in Geriatrics section, BF SIG and newly created SNF SIG to SPTA's and PTA's.
3. **Huge thanks** to everyone involved in the toolkit, GeriNotes, and ongoing research affecting, shaping, and guiding our daily treatments!

Early Career Professional Liaison Updates

- Neuro Toolkit
 - Parkinson's, TBI/Concussion, and Stroke
 - Development Update
 - Internal/Final Review - 2/2
 - Roll Out Spring 2024

Student Research Study

Title: DPT and PTA Student Perspectives on Professional Preparedness to Manage the Clinical Needs of Older Adults

Purpose: Assess the self-perceived levels of preparedness that students in Doctor of Physical Therapy (DPT) and Physical Therapy Assistant (PTA) programs experience in relation to preparedness to manage the clinical needs of older adults (people 65 years and older) in various physical therapy settings.

Student Research Study

Target population: DPT and PTA students in their final semester or up to 12 months post their graduation date

Link:

https://angelo.az1.qualtrics.com/jfe/form/SV_b48Bvl9OmatF2ei

Looking Forward to 2024

- Coming Soon!
 - Geri-Neuro Toolkit
 - NFPAW Multispecialty Toolkit
- Volunteer Opportunities
 - “Value of PT Project”
 - Community Programs Toolkit
- GeriNotes Presence
 - January: Medical Complexity and Falls
 - March: CSM On-Demand
 - May: Polypharmacy and Falls
 - More to come!
- NFPAW Kick Off Call: June
- Combined Sections Meeting Presence

New Business



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Thank You!

agptbalanceandfallssig@gmail.com



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