**APTA Geriatrics**

**Cognitive & Mental Health Special Interest Group Quarterly Meeting Minutes**

**April 8th, 2024**

**Attendees:**

Alex Alexander (CMH SIG Chair)

Riley Hogge (Student Liaison)

Nicole Thompson

**Old Business**

1. Housekeeping
   1. Thank you to everyone who attend the journal club and Bringa for completing the case study
      1. Next journal club November 19th, 2024
         1. Need volunteer
         2. Articles to consider
            1. Effects of a 16 week multimodal exercise program on physical performance in individuals with dementia
            2. Tackling dementia: a systematic review of interventions based on physical activity
            3. Associations between cognitive function, balance, and gait speed in community dwelling older adults with COPD
   2. New secretary 🡪 Katherine Calvert
      1. 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
      2. Thank you Sarah for all your hard work! You will be missed
   3. CSM Boston Feb 15-17th
      1. At least 25 Geriatrics courses
      2. Talk up CMH SIG and if interested in volunteering at AGPT booth please let me know
      3. Moderator: <https://docs.google.com/spreadsheets/d/15JRdFnyLtDsUYoIlXRn-pavcC0mh45NkkX5mQTwQHsc/edit?usp=sharing>
      4. Have fun!
2. Updates
   1. Pocket guides posted online to CMH SIG page
   2. SNF SIG moving forward
3. Current projects
   1. Brainiac Newsletter Q1
   2. Informational Video Taskforce --? May continue depending on feedback on current pocket guides
4. Future projects
   1. Ideas?
   2. Educational resources for Academics
      1. Handout with diagnoses for students
      2. PowerPoints on various topics
         1. Depression
         2. Anxiety
         3. Dementia
         4. Delirium
      3. Case studies from journal club
      4. Mental health resources
      5. Curricular guides
      6. Lab ideas
      7. Lesson ideas
      8. Cases
      9. Assignments
      10. Cutoff scores and norms
          1. Age norms for outcome measures per setting?
          2. Cheat sheet of cut off scores and MCID?
          3. ANPT
             1. [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](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)..
             2. A lot of ideas on sample activities, videos, and lectures

**New Business**

1. Housekeeping
   1. Journal Club
      1. November 19th 2024 7pm CST
      2. Gore, Shweta; Blackwood, Jennifer; Ziccardi, Tyler *Journal of Geriatric Physical Therapy.* 46(1):46-52, January/March 2023.. A[ssociations Between Cognitive Function, Balance, and Gait Speed in Community-Dwelling Older Adults with COPD](https://journals.lww.com/jgpt/Fulltext/2023/01000/Associations_Between_Cognitive_Function,_Balance,.6.aspx)
   2. CMH SIG Poll
      1. https://docs.google.com/forms/d/e/1FAIpQLSf5qQ3nlfUpFAzTxg3a9j3SThMBRNS8UYeDY-ptC\_82Ye-dVg/viewform?usp=sf\_link
2. Updates
   1. Pocket guides posted online to CMH SIG page
   2. SNF SIG started 🡪 can’t sign up just yet last I looked
   3. AGPT 🡪 7,343 members. 2nd largest behind ortho
3. Current projects
   1. Informational Video Taskforce --? May continue depending on feedback on current pocket guides
   2. Ideas for next fact sheet from student
      1. Pharmacology or pharmacology and balance/falls in those with dementia
4. Future projects
   1. Educational resources for Academics
      1. Handout with diagnoses for students
      2. PowerPoints on various topics
         1. Depression
         2. Anxiety
         3. Dementia
         4. Delirium
      3. Case studies from journal club
      4. Mental health resources
      5. Curricular guides
      6. Lab ideas
      7. Lesson ideas
      8. Cases
      9. Assignments
      10. Cutoff scores and norms