

North Carolina Falls Prevention Coalition Minutes
Thursday, June 23, 2011
Triangle J Council of Governments, Durham, NC
4307 Emperor Blvd., Suite 110, Durham, NC

| Time | Topic | Leader(s) |
|-------------|---|---|
| 10:45-11:00 | Networking | All |
| 11:00-11:10 | Welcome, Introductions, and Housekeeping | Sharon Rhyne NC Division of Public Health |
| 11:10-11:45 | Medicare and Falls: Understanding What's Covered | Carol Siebert, The Home Remedy/ AOTA |
| 11:45-Noon | Assessing the Burden of Falls on Medicaid | Terri Pennington, Susan Bostrom, and Peggy Scott, NC Division of Medical Assistance |
| Noon-12:20 | Lunch | |
| 12:20-12:50 | Falls Practice Improvement Network/Community FP Training | Tiffany Shubert, UNC Institute on Aging/Carolina GEC |
| 12:50-1:00 | Matter of Balance Update/New Be Active Project | Leslie Richmond, Be Active NC |
| 1:00-1:10 | Falls Prevention and Advocacy News from Washington | Ellen Schneider, UNC Institute on Aging/Carolina GEC |
| 1:10-1:30 | Falls Prevention Awareness Week 2011 | All |
| 1:30-1:55 | Falls Prevention News | All |
| 1:55-2:00 | Next Steps | Sharon Rhyne, NC Division of Public Health |
| 2:00-3:00 | Coalition Workgroup Breakouts | All |

Attendees

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| Jane Armstrong Triangle J AAA | Jane Painter, East Carolina University |
| Kim Bailey Duke University Hospital | Walter Palmer UNC-CH Doctoral Student |
| Shannon Barkwell UNC Health Care Trauma Program | Renee Patton, WakeMed |
| Lynn Barringer Metrolina Falls Prevention Coalition/Duke University NP/CNS | Terri Pennington, NC Division of Medical Assistance |
| Sue Blalock UNC School of Pharmacy | Scott Proescholdbell, NC Division of Public Health |
| Susan Bostrom, NC Division of Medical Assistance | Kate Queen Physician/Rheumatologist/Med West |
| Cris Clarke, Carolina Geriatric Education Center | Christa Ann Rhodes Liberty Home Care and Hospice |

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| Brenda Clatworthy, WakeMed Health and Hospitals | Sharon Rhyne NC Division of Public Health |
| Alan Dellapenna NC Division of Public Health | Lesley Richmond Be Active NC |
| Richard Duncan Universal Design Institute | Ellen Schneider UNC Institute on Aging |
| Audrey Edmisten NC Division of Aging and Adult Services | Lori Schrodt Western Carolina University |
| Sandra Jean Evans Duke Raleigh Hospital Wellness Center | Peggy Scott, NC Division of Medical Assistance |
| Mary Hildebrand, East Carolina University | Leigha Shepler, Safe Kids Guilford County |
| Rebecca Hunter Center for Aging and Health, UNC-CH | Tiffany Shubert, UNC Institute on Aging |
| Joyce Loeb sack Triangle Senior Services | Carol Siebert North Carolina Occupational Therapy Association |
| Vicki Mercer Allied Health Sciences at UNC Chapel Hill | Jennifer Smith, Eastern Carolina Injury Prevention Program |
| Elizabeth Merrill, UNC | Anna Stein, NC Division of Public Health |
| Debbie Miller, Guilford County EMS | Christina Weaver Moses Cone |
| Bryan Monroe, Meridian Senior Living | Jennifer Woody NC Division of Public Health |

Welcome, Introductions and Housekeeping

The meeting was called to order by Sharon Rhyne, NC Division of Public Health. Sharon welcomed all new and returning members, and attendees then introduced themselves. Sharon thanked Be Active NC for sponsoring lunch and Triangle J for providing meeting space.

Medicare and Falls: Understanding What's Covered

Carol Siebert, The Home Remedy/NC Occupational Therapy Association, provided an overview of Medicare policy issues that support or prevent appropriate interventions that address prevention of falls in the elderly. Carol's slides were sent with the minutes.

Assessing the Burden of Falls on Medicaid in NC

Terri Pennington, NC Division of Medical Assistance (Medicaid), discussed Medicaid's analysis of Medicaid falls data for the state from 2007-2009. Limited data is available for ages 65+ since most falls for that age group are covered by Medicare. For the data they analyzed, the number of falls between males and females were evenly split. For females 65 and under, the average cost of a fall was \$7,100-7,600 per incident; for males 65 and under, it was \$9,000-9,800. After discharge, 65% went home with self-care, 14-17% went home with home health coverage, and 7-10% went to a skilled nursing facility. The team is conducting a focus care study to see how falls are affecting Medicaid patients; results from the study will be available in December.

Carolina Geriatric Education Center Falls Practice Improvement Network Update

Tiffany Shubert, Carolina Geriatric Education Center and UNC Institute on Aging, reported that the Carolina Geriatric Education Center is collaborating with most of the Area Health Education Centers (AHECs) in the state to conduct various aspects of falls education and training. Area L will be conducting certified nursing assistant training using the National Council on Aging/PHI model, and will be converting the training to an online version. Trainings will take place on Tuesday, September 27th 2011 and Tuesday, February 14 2012. The online content will be on AHEC Connect by June, 2012. Wake AHEC is conducting Continuing Care Retirement Community (CCRC) training with Leading Age as partners. Trainings will be available to all CCRCs in the state, and will be offered in Winter/Spring 2012. Eastern AHEC is working with assisted living facilities and has developed online content for aides in ALF. Eastern will host their annual senior health fair on Tuesday September 27th and will also host a daylong symposium on March 28th to engage members of the region to look at what evidence-based programs can succeed there, what infrastructure needs to be in place, and different exercise programs to see which ones are available in their area for community dwelling seniors and for homebound seniors. Southern Regional AHEC is conducting physician training, and Mountain AHEC is focusing on physician practices (modifying electronic medical records to include falls screening) and community training.

A training manual, power point presentation, and interactive online learning module will be available by September 1, 2011. The target audience for these materials is community providers who are interested in hosting a falls risk screening. The materials were also developed to facilitate partnerships between community and healthcare providers. When individuals download these materials, they will be strongly encouraged to partner with a healthcare provider to host a falls risk screening during the month of September.

In July, there will be training available on translation of falls prevention research to practice through the American Physical Therapy Association: www.ptnow.org.

For additional information about the Falls Practice Improvement Network, please contact Tiffany at tshubert@med.unc.edu.

Matter of Balance Update/New Be Active Project

Lesley Richmond reported that she is entering all data for A Matter of Balance (MOB) in the state into Salesforce. Over 100 new MOB participants were recently entered.

Lesley is working on a pilot to implement a “placemat program” that features various exercises on both sides of a placemat. Results of the initial study were published by Dr. Patricia Brill in 1999. The exercises can be performed at home after participants take MOB. Leslie would like to work with other partners to disseminate the program, so please contact her if you are interested in learning more about the program (Lesley@beactivenc.org).

Falls Prevention and Advocacy News from Washington

Ellen Schneider reported the following falls prevention news from Washington:

- The National Council on Aging sent a May 26 Action Alert, “**By June 3: Ask Your Senators to Support Falls Prevention Funding**”, to capitalize on a time-sensitive opportunity for Senators to provide Sen. Harkin (D-IA) who chairs both the Labor, HHS, and Education Appropriations Subcommittee (important to CDC funding) and the Health, Education, Labor and Pensions Committee (important to Prevention and Public Health Fund funding). The Action Alert had five action steps that requested grassroots advocacy with Senators not later than June 3rd. As a result, Senators Mikulski (D-MD) and Kohl (D-WI) both identified fall prevention as priority in their letters to Senator Harkin.
- The Prevention and Public Health Fund (PPHF) was established under Affordable Care Act as mandatory spending (unlike Appropriations) to fund state and community initiatives in health promotion, disease and injury prevention.
 - Increasing funding levels set at: FY10 \$500M, FY11 \$750M, FY12 \$1B, continuing with a ceiling of eventually \$1.5B per year
 - President’s FY12 Budget, released in February, allocates \$20M from PPHF to unintentional injury.
 - Currently, \$148M supports all injury funding, of that \$132M supports all unintentional injury, and of that about \$2M for fall prevention. In this fractured climate the hope is that \$20M increase from President’s budget remains intact and larger portion of it increases the \$2M FP line item.
- NCOA and others are also looking at Title III-D funds (funded through the Older Americans Act), which historically have been flat. There is a growing understanding of importance of evidence-based health promotion and disease prevention programs, and HHS Asst Secretary Greenlee recently testified on evidence-based programs. The funding may be targeted so that a larger percentage must be spent on evidence-based programs, which could increase the availability of funds for FP programs in NC and across the nation.

Falls Prevention Awareness Week 2011

NC Falls Prevention Week will be held September 19-24.

Leigha Shepler, Safe Kids Guilford County and Guilford County FP Coalition chair, reported that they will be conducting a resource fair during FP Awareness Week. They will be featuring Tai Chi, home safety, and other segments on FP.

Greenville (Eastern FP Coalition) will be holding its third annual exposition during FP Awareness Week. They will be offering free screenings, checking feet, checking vision, and conducting bone density tests.

The Metrolina Falls Prevention Coalition will have an expo on September 21st. They will have door prizes, a room of tables with various FP information, and speakers conducting presentations on various FP aspects. Lowe’s is donating grab bars as giveaways for the event.

All Falls Prevention Coalition members and their organizations are encouraged to observe Falls Prevention Awareness Week in some capacity. FPAW ideas are available at <http://www.healthyagingprograms.org/content.asp?sectionid=69&ElementID=814>.

Coalition Member Falls Prevention News

Members shared falls prevention news from their organizations. A few highlights:

- Scott Proescholdbell, NC Division of Public Health, reported that NC was one of four states to receive a small five year grant for surveillance. Falls often are not coded well, and it is important to have high quality coding. As part of the grant, he will be extracting falls data for analysis.
- Christa Rhodes, Liberty Home Care and Hospice, discussed a FP flyer that Liberty is distributing to centers, nursing home, and numerous facilities on NC and SC. Please contact Christa if you would like copies of the flyer (ChRhodes@libertyhomecare.com).
- Rebecca Hunter, NC Healthy Aging Network, reported that HAN has a new partnership with the Easter Seals Project Action on environmental policy change, transportation, etc. The project will be piloted in the summer, will have a user's guide, and will falls risks included.
- Vicki Mercer, UNC-CH, discussed the CHAMP project in McDowell County. Participants are screened for falls risks, and people at increased risk have the opportunity to take the Otago program which is held in community centers. Letters are sent to participants' physicians to let them know the results of the screening. The program is being done in partnership with Be Active Appalachian State. Over 150 people have been screened thus far.

Next Steps

The next NC Falls Prevention Coalition meetings will be held on September 1st and December 7th. All meetings this year will be held from 11 am-3pm at the Triangle J Council of Governments. Many thanks to Jane Armstrong and Triangle J for donating the meeting space.