



**North Carolina Falls Prevention Coalition Minutes
Tuesday, February 19, 2019**

**Triangle J Council of Governments
4307 Emperor Blvd., Suite 110
Durham, NC 27703**

TIME	TOPIC	LEADER(S)
1:00-1:15	Welcome, Introductions	Sharon Rhyne, NCDHHS- Division of Public Health
1:15-1:30	Healthy Aging NC Updates <ul style="list-style-type: none"> • Launch of new website for NCFPC • Falls Prevention Awareness Week 2018 summary 	Ellen Bailey, NC Center for Health and Wellness
1:30- 2:15	Regional Falls Prevention Coalition and Member Happenings; Break	Regional Representatives and Coalition Members
2:15-2:30	NC Falls Prevention Coalition Strategic Plan Update	Rebecca Freeman, NCDHHS- Division of Aging and Adult Services
2:30-3:20	Comprehensive Post-Acute Stroke Services: The COMPASS Study and Falls Prevention	Dr. Pamela Duncan, Principal Investigator Wake Forest Baptist Health
3:20- 3:30	Meeting Dates/Closing Comments	Sharon Rhyne

JOIN THE CONFERENCE CALL:

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2019 MEETING DATES: May 22, August 28, November 20.

Many thanks to the Triangle J Council of Governments for providing this space!



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Aging and
Adult Services



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Public Health



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Welcome/Attendees: Rebecca Freeman, DAAS

In Person:

Ellen Bailey	NC Center for Health and Wellness at UNC Asheville
Rebecca Freeman	NC Division of Aging and Adult Services
Cris Henage	UNC Geriatrics Workforce Enhancement Program
Lindsay Bailey	UNC Trauma, Triangle Fall Prevention Coalition
Tricia Smar	Duke Trauma, Triangle Fall Prevention Coalition
Mary Hall	Vidant Health, Eastern NC Fall Prevention Coalition
Glen Newman	Vidant Health
Emmanuel Quenum	Greene County Health Department
Angela Rogers	YMCA Triangle
Anna Spear	UNC Doctoral student in physical therapy - working with Vickie Mercer on CHAMP program.
Pamela Duncan	COMPASS Study, Wake Forest Baptist Health

Via Go-to Meeting:

Nicolle Miller	NC Center for Health and Wellness at UNC Asheville
Ashley Price	Triangle J Area Agency on Aging
Anne Glass	UNC Wilmington
Crystal Cheek	NC Division of Services for the Blind
Alvonia Baldwin	Durham Center for Senior Living
Audrey Edmisten	NC Division of Aging and Adult Services
Lori Schrodtt	Western Carolina University
Diane Saccone	Western NC YMCA
Ellen Schneider	UNC, National Council On Aging
Martha Zimmerman	McDowell County Balance

Healthy Aging NC Updates: Ellen Bailey, NC Center for Health and Wellness

- **Launch of new website for NCFPC** – ncfallsprevention.org
Same address, New Look. Thanks to Janice Self on the Healthy Aging NC (HANC) team for her technical support in the transition, and to Nicolle and Rebecca for providing with past minutes, presentations to post on the new site. Much of the information was transferred over from the previous google site, but there are many new additions.
The links at bottom of home page also correspond to the tabs at the top. Click on Logo to return to Home at any time.
- **About Us:** Includes goals, local and regional coalitions w/ contact info- can link to them or have capacity to give each regional coalition their own page.
- **Local/Regional Coalitions:** Page – If any regional coalitions would like an informational web page link on this state page, there is space sharing possible via the state page. One page

per regional coalition, it would be the same look and it would be an informational page only, no extra tabs, you would need to create/provide content for the page, but it could contain links. Analytics would be available for the page. We cannot manage communications for the page, so any links for emails, etc. would need to be directed to and handled by the local/regional coalition.

- **Statewide Contacts:** – Steering Committee contact info listed here.
- **Data:** All transferred from previous google site. Hope to have this updated in the next few months following the strategic planning retreat.
- **Resources:** HANC, NCOA Injury Free NC (NC Division of Public Health, Injury and Violence Prevention Branch), webinars and past presentations. *Suggested to add Enhance Fitness, relabel Otago Exercise Program, and CHAMP, add short description for each.
- **Falls Prevention Awareness Week (FPAW):** info from previous years listed.
 - **2018 summary** is available on the new website. 37,887 individuals across the state were reached through coalition members FPAW activities who responded to survey. The summary report available on the website was compiled by NCOA based on our state's survey responses for FPAW. The summary doesn't mention every single press release or activity that happened, but presents a global picture of efforts across the state.
- **Action Plans:** Lists past action plans.
- **Meetings-** Upcoming meetings, agenda, directions, past minutes and presentations, statewide summits
- **New listserv link** will be sent out soon as well.

Thank you to Ellen Schneider who has been managing the listserv. Please keep an eye out for an updated listserv address, which will be a google group instead of a unc.edu account. All members who were on the nofalls@listserv.unc.edu list will be automatically added to the new listserv. Any new person wishing to join can send a message to the “contact us” button on the website, bottom of the home page.

Regional Falls Prevention Coalition and Member Happenings:

Eastern NC Falls Coalition (Mary Hall/ Glen Newman): This year's FPAW focused on education- screenings, break reaction screening, medication reviews, balance/gait screenings. Attendance was smaller. Hope to get fall prevention messaging out during the year. Bringing Tiffany Shubert to Vidant to share Otago with all physical therapists, occupational therapists, and nurses this Saturday, later this year, will be branching out to others in community, TV and radio spots for falls week. They are conducting research to have a better referral from hospital to community services and are gathering who does what to understand landscape. Community program with Remembering When in senior housing. Used trained community college geriatric students to lead home inspections to identify risks.

UNC Wilmington (Anne Glass): interest in developing regional coalition. Wrote a grant to support, waiting to hear. Had falls events planned for fall but hurricane forced to cancel. Rescheduled for April.

Duke Trauma/Triangle Falls Prevention Coalition (Tricia Smar): Had their FPAW Expo-modeled after the Eastern NC Coalition at a DCSL (Durham Center for Senior Living). Next Triangle Coalition meeting is 3/5 at Triangle J AAA. Still hosting quarterly meetings. Data and website committees will link with NCFPC, sustainability, and FPAW. Triangle Coalition members submitted an application to NCOA Age in Action conference in July- hoping to present on how to form a coalition with leadership from trauma.

UNC/Geriatric Workforce Enhancement Program (Cris Henage): GWEP recently completed their Health Resources and Services Administration (HRSA) grant- falls prevention at Memorial Hospital on application.

Piedmont Triad Regional Council (Laura Plunkett via email): At this time, we still do not have a regional falls coalition for the Piedmont Triad. We are holding A Matter of Balance (AMOB) classes on a regular basis, and they continue to be our most popular workshop offered. There is an interest with the northwestern libraries in our region (Yadkin, Stokes and Surry counties) to have several staff trained in AMOB, and we are excited about this possibility. We were the host site for a Tai Chi for Arthritis for Fall Prevention instructor training on January 24 and 25th and there were individuals trained from across the state. If anyone is looking to connect or partner in the Triad region, they are welcome to reach out!

Western NC Falls Coalition (Martha Zimmerman): Spring falls conference planned for April 10th, supported by Mountain Area Health Education Center (MAHEC)- 1-day workshop, working on webpage. In McDowell County talking about having a local falls conference. Started Community Health And Mobility Partnership (CHAMP) and AMOB- doing well. Had 3 classes in 2018. Had Tai Chi for Arthritis (TCA)- getting more instructors trained. Thinks there is a coalition in Hendersonville. NC Physical Therapy Association trying to get AMOB approved for CEUs for PTs and PTAs. Tai Chi is already approved. Get updates on monthly challenges- looking at things to do with younger populations. Research shows you need to start interventions earlier. **Diane Saccone** added that there will be a conference at Blue Ridge Community college in Hendersonville, another event in May at YMCA campus to engage into AMOB. Hired TCA instructor so now that is available for Y members.

High Country Regional updates (Rebecca)- Nicole Hiegl hired new health promotion staff (Amber Chapman). **(Ellen)** There has been some interest from the Williams YMCA in Avery County and Appalachian Regional to discuss pathway opportunities and evidence-based falls prevention programs (EBFPP) and possibly re-energizing a High Country Falls Coalition.

Strategic Planning update: Rebecca Freeman

- Goals have been met from last action plan; Gap since last action plan.
- Coalition wanted trained facilitator. Emma Olson, NC Center for Health and Wellness (NCCHW) at UNC-Asheville), uses the Results-Based Accountability (RBA) framework.
- Partners funding project: NCCHW, UNC GWEP, NCDPH to be held at Extraordinary Ventures, Chapel Hill NC on April 4, 2019.

- Steering Committee spent a lot of time figuring out stakeholders to make sure all represented in strategic planning process. Honed down to a list for about 30 invitees, 25 is ideal for the RBA process. As of Friday 2/15, 11 positive RSVPs.
- At Triangle FPC meeting discussed having a draft of strategic plan available for June meeting with a final in December.
- Nicolle – will send invitation through Eventbrite, reminder to check spam. Might be heavy on PTs, may need to reach out to coalitions if we come up short on professions needing representation.
- The goal is to generate ideas for the strategic plan at a one day event, then form workgroups after that process. If you cannot attend or were not invited due to limited number for process, we will be more than happy to have your input to put these ideas into a 5 -year action plan.

(We had a few extra minutes in between updates and the presentation. Glen suggested that we brainstorm ideas to be considered at the Strategic Planning Retreat in April. Thank you, Glen!)

Strategic Planning Brainstorm:

- Making sure that the full state is covered with regional coalitions – how to identify gaps, how to address them, how to support new coalitions. Create a formalized connection point for regional coalitions. Statewide conference, resource sharing or some back channel through state coalition.
- How to address the role of depression and anxiety in falls prevention?
- How can we better connect all the stakeholders – trauma centers, physicians, senior centers – how can we put the picture together to create a continuum of care across stakeholders?
- ***In 5 years, have an ACO pay for falls prevention programs! How do we make the business case to other payers? Seconded. Also, home modifications/universal design.
- How can we support/educate primary care providers and improve an understanding of their role, screening, assessment, education/training in med school? Maybe other healthcare professionals as well.
- Academic research institutions- have academic partners doing research work with us with dissemination across the state. Research helps inform dissemination across the state. How can we create models that get translated into sustainable programs?

Guest Presentation:

Comprehensive Post-Acute Stroke Services: The COMPASS Study and Falls Prevention, Dr. Pamela Duncan, Principal Investigator, Wake Forest Baptist Health

The NC Falls Prevention Coalition is only the second group to hear the Phase 1 results of this trial. The results were just presented at the International Stroke Conference and are being prepared for publication; therefore, the presentation slides cannot be released. General program overview notes below. Please visit the COMPASS Study website for more details on this project:

<https://www.nccompass-study.org/>

COMPASS aims to evaluate effective comprehensive transitional care post-acute stroke. Hospitals across NC were randomized.

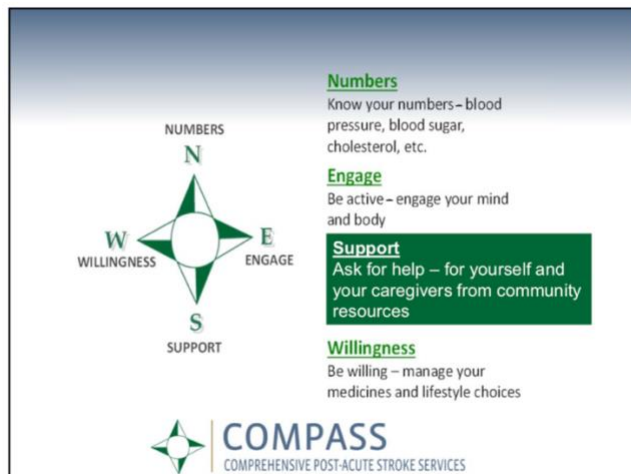
Overview of COMPASS and Falls Prevention:

Fall Prevention was integrated via falls assessment, fall risk and connection to community-based services via community resource networks, which includes local and regional fall prevention coalitions. Questions in follow-up visit post-stroke as well as via an algorithm detected falls risk. Algorithm is based on a physical assessment – unsteady, could you get out of a chair, how far can you walk, have you fallen in the last 3 months, etc. Pam is building a falls risk assessment based on COMPASS care plan w/standardized interview, etc. on which the algorithm was developed, to be integrated with EPIC. This will be a falls platform to assess falls risk in the clinical and community settings, that generates a care plan. May be available publicly for purchase in the future via Wake Forest Baptist.

Patients discharged to home were included in study, not those discharged to skilled nursing or rehab.

COMPASS Materials were developed with input from multiple stakeholders to create the same consistent messaging across provider, patient and caregiver materials. Know your numbers (especially blood pressure), Movement Matters, etc. Training materials will be released to the public in near future.

<https://www.nccompass-study.org/patients-and-caregivers/resources-for-patients-and-caregivers/>



E - Engage – How do I find my way forward? (Falls Prevention)

Created community resource directory, identified by zip code what resources were available, refer to evidence-based falls prevention program (EBFPP) in area. The study doesn't know much about program uptake at this point, did ask in follow-up calls, self-reported, could be idea for strategic planning to check program uptake?

Link on COMPASS page to EBFPP resources; included Otago & LiFE; LiFE program developed by Lindy Clemson in Australia, works on balance activities in context of daily living (i.e. at kitchen counter, at toilet).

Nicolle Miller from Healthy Aging NC presented a one-hour webinar to nurse coordinators about the EBFPPs available across NC.

Discussion of Phase I results.

CLOSING: MEETING DATES: May 22, August 28, November 20.

Please note change in meeting dates – moved from Tuesdays to Wednesdays so that DPH can attend.