

North Carolina Falls Prevention Coalition Minutes
Wednesday, August 29, 2018
North Carolina Institute of Medicine Conference Room
630 Davis Drive, Suite 100
Morrisville, NC 27560

Attendees:

In Person

- Nicolle Miller, NCCHW@UNCA
- Cris Henage, UNC GWEP
- Ingrid Bou-Saada, NCDHHS Division of Public Health
- Kathleen Cody, American Bone Health
- Ellen Schneider, UNC- NCOA
- Tricia Smar, Duke Trauma Center
- Emmanuelle Quenum, Greene County Dept. of Public Health
- Rebecca Freeman, NC Division of Aging and Adult Services
- Lindsey Bailey, UNC Trauma Program
- Jan Parker, NC DOI, OSFM
- Sharon Rhyne, NC Division of Public Health
- Debra A. Kosko, ECU GWEP

By Phone

- Toni Chatman, Wake AHEC
- Anne Glass, UNCW
- Lori Schrodtt, Western Carolina University
- Diane Saccone, Western YMCA
- Trina Bulluck
- Vicki Mercer, UNC CH
- Debra Cosco, ECU GWEP
- Martha Zimmerman, McDowell County
- Mary Hall, Vidant Medical Center
- Kristin Ferriter

Update

- Sharon gave brief history of Falls Coalition. There's been a steering committee since the beginning. Partner agencies include DPH, DAAS, GWEP. Now NCCHW is a partner. Brought falls prevention grant thus becoming poised as a leader for coalition. Recognized Ellen Schneider and Vicki Tilley for work as previous co-chairs. Stated Rebecca Freeman is serving as interim co-chair until Falls Coordinator position is filled at UNCA. This person will assume the co-chair position upon hire.

A Falls Prevention Program

- Anne Glass introduced presenter- Jessica van Hulst, former MA student, applied gerontology with interest in exercise and aging. Currently works as a rehab associate and teaching for UNCW. Completed research project in 2016 for MA paper.
- Power point presentation narrated by Jessica:
 - Discussed Fall Risk Assessment and Intervention Project
 - Examined A Matter of Balance, Tai Chi, Balance yoga on balance
 - At end, half reported improved balance. Not statistically significant b/c of small sample size.
 - Demonstrated improved balance confidence, Tai Chi had best results.
 - Established an interdisciplinary, coordinated protocol for implementing the program.

Update on NC Falls Coalition Strategic Plan

- Rebecca reported proposed strategy:
 - Plan for 1-day retreat focused on developing strategic plan
 - Hire a facilitator
 - Budget- \$8098.67

- NC Center for Health and Wellness- up to \$5000 from ACL Falls Grant
- Geriatrics Workforce Enhancement Program GWEP- \$2500
- Division of Public Health-\$598.67
- Timeframe- need to pay for before April 1 b/c of budget expiration dates
 - November or late March
- Location- preferably somewhere centrally located
 - Piedmont Triad Regional Council Area Agency on Aging in Kernersville
 - NC Rural Economic Development Center
- Hope for around 20 participants
 - NC Falls Prevention Coalition Steering committee members
 - Representatives from each regional Falls Prevention Coalition/organization
 - Medical professionals from a variety of professions (hospitals, 1st responders, etc.)
- Sharon asked for clarification of what would be accomplished in retreat. Group said strategic plan would be developed at that time.
- Ellen reported success in achieving previous plan's goals. Hopes to take new plan to next level. Said November/December was preference to build on momentum.
- Rebecca asked if consultant would write plan. Sharon said no. Will give guidelines/recommendations only.
- Cris said plan will help with next Geriatric Workforce Enhancement Program grant. Voted to work on it earlier.
- Lindsay suggested Hillsborough Hospitality as a venue. Contact Shannon Medlin.
- Nicolle suggested possible facilitator at UNCA to follow Results Based accountability framework. Not easy to do in one day.
- Tricia suggested adding an option for breakout for regional coalitions to get together during retreat. Nicolle said this might be better for a statewide conference. Has money to host. Rebecca suggested including the development of infrastructure of regional coalitions as goal of strategic plan. Sharon agreed breakout might not be option for this event but agreed it was important. Asked if regional coalitions should weigh into plan or be part of future plan. Rebecca suggested both- get their input, identify gaps, and address in plan.
- Should contact Rebecca if interested in serving on strategic planning committee or have suggested health professionals who should be involved. Sharon suggested regional coalitions should be able to identify others who can participate. Tricia mentioned reaching out to paramedic partners. Nicolle said need 1-3 good representatives. Also mentioned pharmacy.
- Martha Zimmerman, Western NC Falls Prevention Coalition, stated a primary care provider should be represented.
- Nicolle recommended Dr. Kate Queen- long time falls prevention advocate.
- Cris and Ellen will discuss good representatives of pharmacies, PTs, MDs.
- Ellen said there was a state pharmacy association conference that had a focus on falls prevention. Pharmacy association president supports falls prevention.
- Chris asked about time commitment. Ellen said less than 10 hours.
- Discussion included previous engagement with key state level leaders like former DPH and DAAS directors. Might be helpful to get buy-in and/or support from Betsey Tillson at DPH and new DAAS director Joyce Massey-Smith.
- Rebecca will send an ask out to listserv for what we are looking for. Hopefully will have an update for 11/7 meeting.

Falls Prevention Awareness Week

- Ellen presented power point about NCOA resources. A recording of the presentation is available at <http://healthyagingnc.com/webinars/>.
 - NCOA designates a day. NC designates a week.
 - National Falls Prevention Resource Center funded through ACL.

- In last 10 years falls death rates have increased by 30%. (CDC)
- NC data is in Governor's proclamation.
- 56.9% of TBI caused by falls in those over 65
- Medical cost 50% higher in NC than national.
- FACEBOOK live event 9/20 3 PM ET
- Twitter Chat ACL NCOA CDC and others 9/25 2:30-3:30, #FPAD2018
- Diane Saccone shared WN Council of Aging Awareness event + assessments, pharmacist to discuss medication management. Aging Projects- falls prevention conference on 9/20 with Lori Schrodt as keynote
- Lindsay Bailey shared Hillsborough event on 9/27, 1-5 PM with Orange County Department on Aging and county EMC, appointments. CARFIT, pharmacist, falls risk assessment.
- Kathleen Cody shared American Bone Health peer education, whole month of activities- "Stepping out Strong". Quick confidence inventory, balance assessments. "Road Map". 2 programs. Hoping to feed into MOB in future.
- Martha Zimmerman shared McDowell Senior Center has 7-hour screening, assessment, prevention. 9/29, \$25. Coordinated with MAHEC. Tiffany Shubert presenting OTAGO.
- Emmanuelle stated she is also a member of the eastern Carolina regional coalition. 9/24-25 education on falls prevention. Balance and exercise, home safety and meds, tai chi demos, vendors, screening. Greenville AHEC building
- Jane Parker shared events occurring through September, town halls in different state regions, will discuss falls prevention as one topic.
- Rebecca shared senior center survey of statewide events. More info on handout.
- Nicolle says UNCA has news feature on website. Can advertise these events, and with Facebook link. Could create a page and map (like EBP map).
- Nicolle reported they received CDC arthritis grant. 5-year grant, linking chronic pain, WWE, and Arthritis programs. ENHANCEFITNESS has been approved as an evidence-based falls prevention program. Linkages to physicians. Might get a health coach. Project officers from CDC is interested in bridging ACL and CDC work, also doing some work on opioids.

Last scheduled NC Meeting dates for 2018- Save the Date!! All from 1:00- 4:00 pm

November 7, 2018

Founding Organizations:

