



NC Falls Prevention Coalition Meeting

March 22, 2012

Cary Community Center, Cary

Attendees

Kim Bailey, Duke Trauma Center
 Sue Blalock, UNC
 Toni Chatman, Wake AHEC
 Joshua Cohen, Mobile Rehab
 Craig DeBussey, NC Physical Therapy Association
 Dick Duncan, RL Mace Universal Designs Institute
 Audrey Edmisten, NC Division of Aging and Adult Services
 Kim Johnson, Piedmont Triad Regional Council AAA
 Jennifer Lanier, Pitt County Community Schools and Recreation
 Jennifer Martin, Advance Home Care
 Vicki Mercer, UNC Division of Physical Therapy
 Debbie Miller, Guilford County EMS
 Nicolle Miller, NC Division of Aging and Adult Services
 Walter Palmer, UNC Doctoral Student
 Kate Queen, Physician
 Christa Ann Rhodes, Liberty Home Care and Hospice
 Sharon Rhyne, NC Division of Public Health
 Lesley Richmond, Be Active NC
 Ellen Schneider, UNC Institute on Aging/Carolina Geriatric Education Center
 Tiffany Shubert, Carolina Geriatric Education Center
 Leigha Shepler, SAFE Guilford Safe Kids
 Jennifer Smith, ECIPP/Vidant Medical Center
 Meg Smith, Golden Eldercare Management, PC
 Rachelle Strachar, AARP
 Stephanie Strickland, NC Hospital Association
 Nick Turkas, Arthritis Foundation
 Brittany Watson, AARP
 Jennifer Woody, NC Division of Public Health

Agenda

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-Noon	Implementing the Otago Exercise Program into Home Health Practice: Lessons Learned	Jennifer Martin, Advanced Home Care
Noon-12:30	Lunch and Networking	
12:30-12:45	2012-2013 NC Falls Prevention Action Plan	Jennifer Woody, NC Division of Public Health

12:45-1:30	Coalition Workgroup Breakouts	All
1:30-2:00	Workgroup Reports and Discussion	All
2:00-2:20	Falls Prevention Updates Carolina Geriatric Education Center (CGEC) Falls Prevention Improvement Network A Matter of Balance 2012 Falls Prevention Awareness Week	Tiffany Shubert, CGEC Lesley Richmond, Be Active NC Ellen Schneider, CGEC
2:20-2:45	Your Falls Prevention News	All
2:45-3:00	Next Steps	Sharon Rhyne, NC Division of Public Health

Welcome, Introductions and Housekeeping

Sharon Rhyne, NC Division of Public Health, called the meeting to order and thanked Be Active NC for sponsoring lunch.

Implementing the Otago Exercise Program into Home Health Practice: Lessons Learned

Jennifer Martin, Advance Home Care, gave an information presentation about Otago, an evidence-based fall prevention program, and her organization’s experiences with implementing the program. Her presentation was sent with the meeting minutes.

Advance Home Care’s falls are decreasing—they cannot necessarily contribute the decrease to Otago, but it is a positive trend.

2012-2013 NC Falls Prevention Coalition Action Plan

Jennifer Woody, NC Division of Public Health, reviewed the 2012-2013 NC Falls Prevention Coalition action plan. The overall goal, “Reduce the unintentional falls mortality rate (per 100,000 population) from 8.9 (2009) to 8.0 by December, 2013” ties into the NC Injury Prevention Plan goal. The plan was sent with the meeting minutes.

Workgroup Breakouts

Community Provider Workgroup

One of the recommendations from the group from the last session was to begin an environmental scan to identify all the falls resources in counties throughout the state. It was decided that job was a bit too nebulous, and also quite large, and that maybe efforts could be focused differently.

Mountain AHEC has just completed all training materials for a healthcare provider to train a community provider to do a falls risk screening. It was decided by the group that it may be a better use of time and resources to identify 2-3 healthcare providers who may want to take this project on. If they were tasked

to find a senior center to partner with, then the scan could be limited to the county of that senior center.

The group decided this was a reasonable use of time and Craig DeBussey and a representative from Liberty Home Care volunteered to take on this task. They were given the responsibility of contacting a senior center and setting up a date to offer a falls risk screening to their members. At the next meeting, we will regroup and figure out who will be doing the screenings, when they will be doing the trainings, and we will start to collect community-based resources.

One thing that was discussed extensively was “closing the loop”. When a senior attends one of these falls risk screens it is set up that they are given a letter to give to their doctor, but there is no follow up to see if this happens. Christina Weaver attended the meeting by phone and she mentioned at their screenings they actually send a letter to the doctor of the person who was screened and she shared different strategies that she had used to accomplish this. There was some concern that if we did this it would look like self-referral, however it was also discussed that if the screening letter was accompanied by a community resource letter, and the physician could choose wherever they wanted to send the patient, that we would avoid this issue.

Tasks

1. Craig will check with Elderfit about screening sites
2. Jennifer will make sure her replacement at Liberty Home Care will also check about screening sites
3. Moses Cone – Leigha Shepler and Christina Weaver will probably do a training
4. MAHEC will continue with the program and expand
5. Next meeting we will begin pulling together community resources and also create a timeline for the healthcare providers to offer trainings to the senior centers

Advocacy for Supportive Policies and Environments Workgroup

The workgroup decided that Falls Prevention Awareness Week (FPAW) will be held Monday, September 17th-Saturday, September 22nd. Ellen Schneider will obtain the Governor’s Proclamation. We will again focus on a different falls prevention message (exercise for strength and balance, medications management, home safety, etc.) each day of the week.

We need to find a person who has fallen (or their caregiver) and would be willing to be interviewed or would provide a quote. Additionally, we could interview an EMS person who picks up frequent fallers.

We will publicize FPAW this year by using social media and asking organizations to place information on their FaceBook pages. We will send out the FPAW survey questions earlier so that organizations can collect information to address the questions.

A team is working on a template for a walkability audit and a news release. The walkability audit is based on the AARP “Create the Good” walkability tool with a few additional questions regarding falls.

Falls Prevention Updates

Tiffany Shubert, Carolina Geriatric Education Center, reported that she has been conducting multidisciplinary training on falls prevention for various facilities. She conducted a training with Cone and will do another in April with Leading Age (Continuing Care Retirement Communities). One of the main goals of the training is to improve practice for FP. The facility has to send a multidisciplinary team to attend the training and must have a plan to address falls prevention in the facility. If anyone works with CCRCs, they can attend the training--they receive CEs and a free lunch. She has also conducted training to create falls prevention Master Instructors in the state. The training is done in one session. Master Instructors are then the Speakers' Bureau for the Falls Prevention Coalition.

On March 28th, Eastern Area Health Education Center is sponsoring an exercise symposium to address falls prevention. Attendees will identify issues for falls and implement ideas.

Lori Schrodt (Western Carolina University) is developing a falls risk screening for community service providers. She is ready to disseminate the material in the state. To have the training, community service providers need to partner with a health care provider. Outcomes are showing that the training works well. Western NC screened 300 people last fall using the community screening tool.

Online training for Otago will be available later this year. They are developing the online training that will be available free or for a minimal fee like \$15.00.

Lesley Richmond, Be Active NC, reported that 2,659 older adults have now participated in a Matter of Balance in the state. The number of participants has grown every year.

Ellen Schneider, Carolina Geriatric Education Center, announced that Falls Prevention Awareness Week will be held September 17-22 this year. She also briefly discussed the Falls Prevention Policy Toolkit that she recently co-authored with the National Council on Aging.

Jennifer Woody announced that the Funding Opportunity Announcement (FOA) for a CDC arthritis grant was recently released. The Division of Public Health is reviewing the FOA and will be applying for the \$250,000-\$500,000 grant.

Dr. Kate Queen discussed osteoporosis care and the fact that it typically does not adequately address falls. She has been working on integrating falls into osteoporosis care and recently won a clinical award for her work.

Next meeting

The next meeting of the NC Falls Prevention Coalition will be held on Tuesday, June 5th at the Triangle J Council of Governments from 12:30-3:30pm.