

NH Falls Risk Reduction Task Force

Meeting Minutes

10/6/15

Present: Karen Conlon, Judy Cote, Keliane Totten, Dawna Pidgeon, Debra Samaha, Kendra Viviers, Joan Barretto, Beth Slepian, Rebecca Sky, Anne Diefendorf, Al Willis, Joanne Miles, Pamela Heckman

1. Deb is updating email list-reviewed ones to delete/add
 - a. Rebecca asked-should partner sites from grants be on the email list- Deb said would make sense-she would need permission to put them on the list
2. Falls work plan update-it is being revised by a core group-drives statewide activities- how we measure what we do in the state-important to know what partners are doing
3. Article Review by Dawna: *Engaging community organizations in falls prevention for older adults: Moving from research to action. Markle-Reid MF, et al. Can J Public Health: 2015; 106(4); e189-196. © Canadian Public Health Association*
 - a. Study Purpose: Explore community service providers' use of evidence based falls prevention (FP) interventions, attitudes toward implementation, knowledge and capacity for FP engagement, collaboration in FP and organizational readiness to implement FP Strategies.
 - b. General Findings: Both groups felt falls important but greater expectations and confidence in health sector, neither Health or other sector perceived more control, ease or expertise in providing FP activities, collaboration important-has been found to mitigate resource challenges and sustain efforts- however, less than 25% felt their organization's communication system supported exchange needed
 - c. General Recommendations: Public Health should lead the way to collaboration with the non-health sector in fall prevention initiatives and should tailor FP interventions for community settings
4. NH Falls Task Force could benefit from having a YouTube account-there is no cost to the task force- Deb will talk to Debbie Love about this
 - a. Will need to look at guidelines as to what to post
 - b. Permissions from individuals in clip before posting-whose organization this is done through
5. Falls Awareness Day events
 - a. Deb showed the Tomie dePaola PSA
 - i. YouTube link, https://www.youtube.com/watch?v=Kwg8zAw_rSE, is on the NH Falls Task Force website as well
 - ii. People should use it freely for messaging
 - iii. Judy wondered if we should make a new one yearly
 - iv. Rebecca reported that Lora submitted it to the AoA video contest
 - v. FHC will feature it on their website
 - vi. Lora-showing on two public access channels, other TV channels contacted but not able to make progress on other stations. Has not contacted PBS

- vii. AI-communications department-in DHHS-Facebook or twitter feed possible- AI will give them link
 - viii. Lora reported it is in internal systems on Assisted Living Facilities. Anne suggested sending it out to hospitals for internal systems. Anne will follow up on that. Lora reported she is working on DH dissemination
 - ix. Joanne-Wisdom data website can embed videos-Joanne will see if she can embed it there
 - b. Deb- Governor's proclamation, press release, lens cleaners/screen wipes, posted as many events that we knew about on the NH Falls Task Force website-at least 16 events
 - i. Deb spoke with NH 1 news in Concord (had spoken to WMUR-got nowhere), not sure it got picked up
 - c. Keliame- CRVNH
 - i. Havenwood Heritage Heights – Falling Monologues-60 people attended; 4 monologues-2 were actual falls experiences, 2 MOB attendees, was well received
 - 1. Deb sent out 25 letters to Senate and House legislative committees-Jim McKay, a representative, did come-talked to Keliame after, all got letters
 - ii. Home Depot event-race weekend-not as much foot traffic in the store as usual- did ~ 10 balance screens-one person suggested health sector should work to provide seating in the box stores. Home Depot wants to do this again.
 - iii. Discussion - ? Approach Steeple Gate Mall- ? hold MOB, TJQMBB, Demo-have a lot of space
 - d. Dawna-DHMC
 - i. Dawna gave a 1 ½ hour talk and exercise practice session to community, ~ 25 attendees at the Aging Resource Center (ARC)
 - ii. The ARC held screenings throughout the afternoon at a "Balance Day"-the first to model for the DCHA grant. Dawna trained non-clinicians at the center to do the TUG and 5 times sit to stand and used AGS question screen, had 27 screens
 - iii. Information, lens cleaners, brochures available in packets, info about evidence based programs; had 18 sign up for TJQMBB and 12 for MOB
 - e. Joan- Belknap and Merrimack County Senior Centers
 - i. Falls Awareness Presentations at all centers in Belknap County-attended by 20-60 people per session, interactive, interested in Matter of Balance
 - ii. Have an "Unsafe" dollhouse-fold up and portable-Amish made it for the group
 - 1. Joan will bring it to a Falls Task Force meeting-
 - iii. Quiz-trivia- prizes-successful
 - f. Rebecca reported that the Gibson Senior Center and Memorial Hospital did some presentations together
6. Senior Beacon publication-Pamela will follow up for possible article submissions
7. Keliame, Concord Regional VNA, brought marketing materials they developed through the Public Health Network grant- direct mailer (service area, 70 y.o. and up)- very well received, newspaper ads, brochure. There were also radio ads on public radio. They are creating a short video-"you are as young as you feel, you can do something to prevent falls". They worked with Square Spot design out of Manchester.

8. There will be two students from UNH (Deb contacted Therese Willkomm for this)-to work with Legislative nurse to do a fall risk assessment of the building as there have been some falls. Deb asked they share findings with the Falls Task Force
9. Community Education-perhaps look at getting information into the community i.e. podiatry-Deb wonders if there is a professional organization, dentist, hair dressers
10. Potential Quarterly Educational Sessions – Lora needs couple months lead on speakers
 - a. March 1- Data Meeting- Joanne suggests doing something additional/ different
 - i. Rebecca suggested a tour of “Wisdom”-Joanne will present
 - ii. FHC grant data compared to national- Rebecca will pull from National Database for MOB-Keliane and Rebecca will present
 - iii. Concord Fire for community falls prevention program. Rebecca- would be helpful to have TEMSIS data on Wisdom. Keliane will ask the Fire Chief to present and let Joanne know
 - iv. Christine McDonough- DHMC ED data- Dawna will ask and let Joanne know
 - v. TEMSIS-Nick Mehuri- Joanne will contact
 - vi. E911- gets delivered to Joanne-she can add slides
 - vii. Hilary Hawkins-DHMC Trauma Registry-Deb will contact Hilary and let Joanne know
 - viii. BRRFS-Joanne will get that data
 - ix. Joanne will let Lora know about confirmed speakers- will talk with her re: deadlines
 - b. May 3-Obesity and Sarcopenia; Dawna Pidgeon and Dr. John Batsis will present
 - c. September 6- Pharmacy
 - d. November 1-Community programs i.e. PD
 - e. Rebecca-FHC should be ready to host the quarterlies
11. Updates on grants
 - a. FHC Grant-
 - i. Held TJQMBB training with Dr. Li in September, trained 15 people-one has started a class
 - ii. Dr. Li agreed to have Dawna do training for NH after next week’s training
 - iii. Will hold refreshers-October, November and December
 - iv. National Data base-want entry forms up front then can put exit ones in the end. The forms will go to Rebecca and send it to Joanne
 - v. Question for Joanne-No new data from last fall-asked if Joanne can send the forms to Rebecca after she enters
 - b. Discussed state entry data vs. federal data
 - i. Do we want to continue to collect state data for TJQMBB? Pro-we want to keep something over time, it is in the state plan
 - ii. Rebecca will ask if Feds will still have a TJQMBB database when ACL ends
 - iii. We also do physical screens, Federal does not-it will help us with evidence based data
 1. Could look at screens + Feds
 - c. Dartmouth Grant

- i. Will hold training October 14-15 in Concord for TJQMBB-over full-permission for extra
 - ii. Will schedule three refreshers-December already scheduled
 - iii. Working on screening and coaching pieces of grant-held first Balance Day
 - iv. Working on combined meeting with Anne, Rebecca, Deb S and DCHA team to work together on coaching/implementation, etc.
- d. GWEP update (Geriatric Workforce Enhancement Program)
 - i. Two components-one GEC-still do continuing education, still called NNEGEC
 - ii. Second component-primary care re-design with focus on annual wellness, dementia, chronic care management, advanced directives, interprofessional teamwork
 - iii. 2 primary care cohorts-each with 10 DH primary care and 5 Dartmouth Co-op members

12. General updates from around the group

- a. Deb-CDC sent out information re: Burden of injury and cost of injury- falls are in some of the graphics-Deb will send them out with the minutes
- b. AI-partnering bicycling and pedestrian program, just finished rape prevention grant
- c. There is a regional fall meeting call-Deb will be on that call
- d. Annual Conference-Lora will contact SERESC, group can start to brainstorm topics/speakers
- e. Anne-FHC - Partnership for Patients received funding for another year, Dartmouth participating in Hospital Engagement Network-University affiliate; Adverse Event report going to HHS oversight committee (Anne may report at March meeting); Falls #2 adverse event in NH
- f. Kendra reported- Rock Steady Boxing-for people with Parkinson Disease, \$25/class. Program in Concord on Manchester Street, Friday afternoons, and one in Lebanon starting. It is an evidence based program. They have to get gloves and shoes as well. Instructors are trained through Rock Steady Boxing-certified instructors.
- g. Anne-How do we know where there are Falls Clinics in the state? We know there is one at CMC-how can we find out more? Anne may try to get more information from around the state. Dawna will ask Sandy if his is running the Nashua clinic. We would need a small descriptor and contact person for the Falls Clinic- sites should send to Deb Samaha and we can post on the website
- h. We are encouraging people to sign up for the quarterly in November-geriatric.edu- sign up for the session; they need numbers for CME paperwork, etc.

13. Next Meeting: November 3, 2015, 9:00 at DH Concord-last Quarterly for the year-Dr. Lurie and ActiveStep study results