

New Hampshire Falls Risk Reduction Task Force

Meeting Minutes

11/3/15

Present: Lisa Ellis, Beth Slepian, Judy Cote, Karen Conlon, Michelle Dow, Sharil Cass, Al Willis, Debra Samaha, Karen Anderson, Rebecca Sky, Mary MacCaffrie, Brinn Chute

Dr. Lurie presented: Mobility Simulator for Falls Prevention: Project Update- Session was well received. After presentation monthly meeting proceeded.

1. Deb presented a research article-*Audiologists should approach patients from a vestibular/balance point of view*. Study used NHANES to determine those with 25 db hearing loss had increased risk of falling and risk increased with increased hearing loss.
 - a. We might want to recruit someone from audiology for our group-perhaps we can invite someone to join us
 - b. Dawna will follow up with Ashley Perez at DHMC-see if she or someone at a state level is interested and make sure she is on our task force list.
2. Deb passed out cost savings sheet from NCOA showing cost savings with MOB, Otago, Stepping on and TJQMBB
 - a. If anyone has information from their own institutional cost to run the program-cost/participant, please give to Rebecca Sky-she is looking at that as a part of the FHC ACL Grant.
 - i. Keliene is working on this with Concord Regional VNA with MOB.
3. Grant Updates
 - a. Rebecca-September had TJQMBB Training and has had one refresher. One program is up and running, two others on calendar to start. Have 11 MOB sights, North Country-some organizations are working together (Grant covers Carroll, Coos counties and city of Nashua).
 - i. Rebecca attended Trauma Medical Review meeting and gave updates.
 - b. Dawna-Dartmouth grant has had TJQMBB Training and one webinar follow-up with that group-14 trained, refreshers are scheduled. Will have MOB training November 9-10 and that is full at 20. Six counties covered under this grant (Sullivan, Grafton, Merrimack, Hillsborough, Cheshire, and Rockingham). Just started working on the screening part of the grant-have had a "balance day" and working on that model various settings for screening and recruitment into programs.

- c. NH Falls Task Force Website- will increase interactive piece with the community-will link Dartmouth/FHC websites to NH Falls Task Force and two grant groups will help with moving this forward-both grants working with task force.
 - d. Both grants working on a tool kit together.
- 4. Dr. Li came to NH last training-He has authorized Dawna Pidgeon to be a trainer for instructors. Our previous instructor, Lin Lin Choy, may stay in Oregon and not return to NH.
- 5. Please contact Deb with wishes for changes/concerns re: Website. Look at maps-let us know if programs need to be added. We are going to try having interactive maps. Debbie Love at CHI still works with this. She is also going to try to get some analytics on the site.
 - a. Kendra recently sent information re: CMC Falls Clinic. If others running falls clinics, please send info to Deb-will add to website.
- 6. Next Educational Session
 - a. March 1st-Data meeting-held at FHC-125 Airport Road in Concord
 - b. May 3rd, September 6th, November 1st
- 7. Submitted Tomi DePaola PSA to NCOA contest-should be hearing within the next month.
- 8. Group Updates
 - a. Brinn Chute- Seacoast Public Health Network
 - i. Did Falls Awareness Day event in September at Portsmouth Senior Center-Bill Buckley from Gateway did demo, Bone Builders demo, yoga, meditation, etc.
 - ii. Region has been asked to reduce ED admissions by 5% in 3 years.
 - 1. Portsmouth Hospital and Northeast (was Exeter).
 - iii. Sent Tomie PSA to public access channel.
 - b. Karen Anderson- Manchester Veterans Administration
 - i. Home Based Primary Care- out of White River Junction, falls initiative
 - ii. Manchester-gerontologist very interested-Tai Chi master
 - iii. Ritamarie Moscola-geriatrician-manager
 - c. Mary MacCaffrie- Fire Marshall's Office
 - i. Remembering When program; National Fire Protection Association puts on Remembering When conference every year-designed to be done with Fire Department and Home Care professional go as a team (Mary is NFPA rep for NH). Had New England training in March-three from NH-Jill Gibson Center trained in MOB and TJQMBB. Deb will send Mary maps-she is speaking in Ashland tomorrow.
 - ii. Has placemats designed to get out to older adults.
 - d. Dawna-DHMC- Falls Task Force
 - i. Working on ED screening for falls project. A pharmacist Intern will be making follow-up phone calls to help determine recommendation for additional follow

up for those identified as fall risk or who had fallen and gone to the ED. We will be piloting a mobility questionnaire as well to see if this can add any value to helping to determine best place to refer individuals. Part of screen will include 2+ falls combined with 6+ meds-Australian study found this increased risk of return to ED in individuals 70 and older.

- e. Michelle Dow-Concord Hospital
 - i. Concord Hospital ED on board-asking three falls questions- Mike Lynch, MD-ED chair-champion in ED.
 - ii. Population Health Falls Risk Prevention champion personnel.
 - iii. Getting new EMR-hopefully embedding screening into primary care, will have standard handouts across the institution as well.
 - iv. Michelle will present program gains at Concord Hospital for an upcoming Task Force meeting.
 - v. Center for Health promotion-screen-components of STEADI, senior fitness test, meds.
- f. Judy Cote
 - i. Has new ED director-Theresa Moulton-hoping to advance ED falls screen project.
 - ii. Matt Petrin, administrative director for rehab will be attending MOB training under Dartmouth grant.
- g. Beth Slepian-CRVNA
 - i. Public Health Grant-PSA campaign-increased referrals to MOB programs
- h. Al Willis-looking for data analyst to work under injury, National Death Reporting System-looking to interview.

9. Next Meeting December 1st, 29 Hazen Drive