

## New Hampshire Falls Risk Reduction Task Force

### Meeting Minutes

12/1/15

Present: Sharil Cass, Judy Cote, Dawna Pidgeon, Al Willis, Debra Samaha, Karen Anderson, Joan Barretto, Mary MacCaffrie, Lora Wise, Rebecca Sky, Beth Slepian

1. Request for presentation from Beth Cella-Portland Maine-National Safety Council of Northern New England-she saw Dr. Lurie's talk and would like someone to present about a "slips, trips and falls simulator" and were interested in the ActiveStep. She sent Deb an article from 2012-referenced "falls simulator". Dr. Lurie would be interested in speaking. Dawna will contact Beth Cella to find out exactly what they are interested in having as presentation.
2. Grant Updates
  - a. Foundation for Healthy Communities Grant
    - i. Through training phase to run MOB and TJQMBB. 12/15/15 is final refresher for the FHC trained grant. Now in support phase
    - ii. Planning an implementation meeting 12/14/15 with DCHA grant on day before refresher for both MOB and TJQMBB trainees
    - iii. Pulling in data now-looking good
  - b. DCHA Grant
    - i. Been through MOB and TJQMBB training. Goal to start teaching first of January. Three refreshers coming up-December 7<sup>th</sup> next one.
    - ii. Will have someone starting at DCHA in January for data entry
    - iii. Video-Tomie dePaola video won 2<sup>nd</sup> place. There was a \$500 prize- Lora reported we are donating that to the Haven in the Upper Valley-an organization helping disadvantaged individuals. Will do a balance day there as well-many older adults.
      1. Members are encouraged to post the video on their websites-Lora can send file but it is also on YouTube link. Judy found it on Concord Hospital website. Rebecca will put it on their YouTube channel as well. Here is link: [https://www.youtube.com/watch?v=Kwg8zAw\\_rSE](https://www.youtube.com/watch?v=Kwg8zAw_rSE)
    - iv. Will be working on a primary care education video to increase referrals into programs. NY State did one that was very popular. We will incorporate some self screening tools-will be hosted on NH Falls Task Force Website
      1. Question-could this be integrated into VA system-Karen said this will be possible and will get on primary care agenda. Karen will give Lora the VA contact.
        - a. Home based primary care-nurses in that program can be a good contact
    - v. Working on developing toolkit for marketing and implementation.

1. Have had a couple of “Balance Days” that includes falls screens (Falls questions + physical screen-TUG and sit to stand) and information about programs. > 60% of those screened signed up for programs
- vi. Lora went to GSA a few weeks ago-went to a lot of falls talks-she reported we are doing a lot compared to other states
- vii. Lora wrote article in Parkinson’s Disease newsletter about programs-last count 66 responded they were interested in MOB and/or TJQMBB

### 3. Website

- a. We accidentally downloaded copyrighted picture to the website-Debbie Love removed
- b. Cost for domain name has come due-task force is without funds-due in March-Lora said the DCHA grant can help cover this cost.
- c. Will have meeting after Task Force meeting to:
  - i. Help make public piece more interactive and helpful
  - ii. Will work on self screening tool embedded
  - iii. Would like to make the maps live and not static-may do zip code lookup. Will have links to current sites providers for MOB and TJQMBB.
  - iv. The FHC and DCHA grants are collaborating with NH Falls Task Force to update and maintain website initiatives
  - v. Can email Debbie or Rebecca Sky about small changes i.e. words being cut off in drop down menu

### 4. Training Updates

- a. Quarterly Meetings-
  - i. Next is Data Meeting 3/1/15. Lora has received minimal information from Joanne-can recycle some of contact information but she needs speaker contact information and outline of the day to complete registration for that program. Deb will email Joanne and Lora to connect.
    1. Joanne will do one presentation on the Wisdom Database
    2. MOB – Keliane and Rebecca comparing NH Data to National Database. Beth will speak with Keliane
    3. Keliane was going to speak with Chief Andrus re: Concord Fire initiative
    4. Christine McDonough- DHMC ED data
    5. TEMSIS-Nick Mehuri-Joanne will contact
    6. E-911-Joanne will do slides
    7. Hillary Hawkins-Trauma Registry Data- Dawna will follow up-all set? Lora reports will need to all present from Concord.
    8. BRFSS- ? Joanne
- b. May 3<sup>rd</sup>-Obesity and Sarcopenia-Dr. Batsis and Dawna Pidgeon
- c. September-Pharmacy-? Pharmacy school-Lora has started-could also be pharmacist from DH doing med review in coordination with the Falls Clinic. Might also include the ED pharmacy project-could be a conference topic as well
- d. 11/1-could be Diane Sherman talking about Parkinson’s Disease resources around the state and information from the article

5. Carbon Monoxide issue-may want to think about helping to link Remembering When/Falls in members falls programs. Mary is going to ask state rep for CO ED data-2015- how he got the data and will let Deb know
6. Annual Conference
  - a. Moving to September- Lora has asked SERESC for dates- Lora will let Deb know the held dates
  - b. Lora stated no specific requirement for topic- can bring 1-2 higher cost speakers in from out of state and the others local
  - c. Beth-pharmacy piece might be good. Lora reported pharmacists can now do annual wellness visits which includes falls screenings. May be able to attract more pharmacists to conference
  - d. Dawna brought up MS- Falls Program recently became aware- either quarterly or conference. Dawna will get more information. Michelle Dow running MS Clinic in Concord. Karen A. knows of an aquatic program for MS and will get us that information.
  - e. Karen A. suggested - Case management-coordinates services, home care management- could do different speakers- i.e. EMS- what is role, ED, Discharge or admit to hospital then discharge, home visits, outpatient- in case study format, then let people know services in the state. May have Chief Andrus and Trauma program at DH. May invite VT to talk about ACL program. Could have simulated patient or have someone to talk about actual experience.
  - f. Should show Tomie DePaola video
  - g. Deb-do we want to show "faces of falls" at conference? Lora-could we also do it in a bigger format? Telling stories. Karen Anderson-VA has Remember the Fallen in terms of soldiers.
7. Member updates
  - a. Deb Samaha-work with CO
  - b. Al- looking at state work plan and report to CDC
  - c. Mary MacCaffrie will go to Ashland with Judy Smith from Plymouth to do a Remembering When program. This program is meant for groups of people who are living in their home. Mary can send information about the program. Deb thought – link to the website. Mary will come up with a short description about the program and her contact information re: presentations
  - d. Joan Barretto
    - i. Belknap County Elder Services- trying to increase MOB classes-have done a coach training. Also working on general awareness of falls risk in the community. Carolyn Muller is on their committee and will be doing Remembering When presentations. They are also trying to increase awareness of home visitors i.e. meals on wheels, home support. They are proposing a day of general training as to what to be aware of for concern at first glance when entering a home with regards to falls hazard.

- ii. Joanne brought the "Falls House" model- has many falls and some fire hazards. They have had it at all MOB classes. It is available to have on loan-lives in Joan's office-can let Joan know.
  - 1. NH Falls Task Force has a similar house-safe and non-safe side-but it is very large. There has been damage over the years. Deb suggested we can produce more of the foam board pictures to give out to instructors.
  - 2. Mary-has a fire hazard house at Fire Marshall office-she will bring to the next meeting-this is available for loan as well. Mary will put this on the website as well-description/picture
- e. Judy
  - i. Had first ED director meeting toward falls screening project
  - ii. Some data back on alarm free nursing home-no escalating in number of falls but there is actually a drop
  - iii. Letters of appreciation-has been a year since those were sent. Wondering if we could do this again. Could send to director as well as a copy to task force member. Al will check with Rhonda re: the letter and see who it should come from- i.e.? Al or Rhonda from DHHS. Please send contact information for who letter should go to Deb Samaha (name and address)
  - iv. Tomie DePaola happy with publicity the PSA is receiving
  - v. Judy will email Steven Tyler and see if he is interested in PSA/falls
- f. Karen Anderson
  - i. TJQMBB instructor- Bill Desimone-difficulty putting it in place- Lora-Lessons learned with independent contractors-Lisa Ellis has contacted Dawna with his concerns-Dawna will follow up.
  - ii. Case management-there is a Case Management Society of New England-NH and VT combined-they often look for a monthly 1-2 hour training, and they have a one day seminar annually- Karen will email Maureen Ferguson's contact information to Deb. Deb will contact her to learn more about them and to let her know we can provide speakers.
- 8. Lora will review an article for February meeting
- 9. Next meeting January 5<sup>th</sup> , 29 Hazen Drive, Concord; 9:00-11:00