

NH Falls Risk Reduction Task Force

Meeting Minutes

2/2/16

Present: Keliene Totten, Karen Anderson, Judy Cote, Karen Conlon, Sharil Cass, Dawna Pidgeon, Al Willis, Debra Samaha, Pam Heckman, Mary MacCaffrie

1. Al sent out Thank You notes to Task Force members' CEOs last week
2. Annual Falls Conference
 - a. September 15th, at SERESC in Bedford NH confirmed
 - b. MS and Falls initiative
 - i. Dawna has contacted MS Society
 - c. DM-Keliene reported for Beth Slepian
 - i. Potential speaker and topic: Barriers to Older Adults Participating in Programs, Sheri Kiami, professor at Northeastern in PT, Rehab and Movement Sciences, chronic diseases woven throughout talk
 - d. Case Management
 - i. We want to wait to hear from Anne Diefendorf-see what FHC is doing at their program with regards to case management at their upcoming conference.
 - ii. Sandra Lowery is president of CCMI Associates, an independent case management service. Keliene Totten will follow up with Beth Slepian on this contact as a potential speaker at conference after we determine what FHC is doing.
 - e. Anne to follow up general chronic disease information
 - f. Grant Updates- FHC and DCHA
 - i. May include Concord promotional video as a deliverable for PHN grants
 - g. Pharmacy
 - i. Dawna asked DHMC pharmacist from Falls Clinic-will either do September quarterly or Falls Conference-he is speaking with his supervisor
 - h. Faces of Falls
 - i. Concord Hospital physician x 35 years, mother fell-article was written-he is doing something for the Foundation for Healthy Communities. His mother would not be comfortable speaking. Deb passed out the article
 - ii. Possibly a slide show-Sharil will be in charge of creating
 1. Anyone who has a story about falls and willing to have a face shot and brief story can be in the show-some positive stories as well. One thought-Falling monologues. Possibly a tribute to Margo. If you do get a picture, need to get a release

- 2. Fire marshal had a fall on ice-Mary reported-? If he would be willing to be a “face”
 - 3. See if people willing to share age, name, line about what happened, what could have prevented
 - iii. Suggestion for Senior Moments acting group-we did have them partner with us a few years ago. It could be worth contacting them to see if they are doing something around falls. Pam will contact them for more information. Maybe not for the conference but for another event. Possibly falls awareness week. Maybe promotional for classes
 - i. Possible displays
 - i. LifeLine
 - ii. New England Quality Improvement association (long term care facilities)
 - iii. Possibly YakTrax
 - iv. ? of charging- will check with Lora Wise for guidelines for displays/vendors
 - v. Possible displays programs/PHN grant displays
 - vi. ServiceLink-Karen will check with Wendy
 - j. Show PSA video
 - k. APTA CSM topics- Dawna to check it out
 - l. Poster presentations
 - m. Audiology- Karen reported she contacted two individuals-possibly display
 - i. Concord audiology-Eliza Evans
 - ii. New England Audiology & Hearing Aides- Beth Ann Jacques
 - n. Pam reported long term care association Autumn conference is the day before ours.
 - i. Dawna will ask Lora if we know how many LTC attendees we had. If we don't know this it may be something we could ask in the future.
3. Quarterly Sessions
 - a. Deb passed out agenda for Data Meeting
 - i. Location: Foundation for Healthy Communities, 125 Airport Road, Concord
 - ii. All must pre-register-either in person or by Web-Ex- and let Tim Hesselton know
 - 1. Dawna reported for Lora-people must download ahead of time and should try it prior to that day
 - 2. Lora has submitted for CMEs
 - iii. If presenting or know someone presenting-please see if people can embed anything around cost in the talk i.e. savings, cost for implementation. Need to update falls issue brief next year for the state and need include cost information
 - iv. Deb will ask Debbie Love to post on the website
 - b. May 3rd -Obesity and Falls- John Batsis and Dawna Pidgeon
 - c. September 6th -still planning- ? ED follow up phone calls or Public Health Network grant projects- if we have pharmacy at conference, members like the PHN grant project idea
 - d. November 1st - Diane Sherman- NH PD and DHMC PD Program coordinator will speak about PD and Falls and PD resources around the state
4. CDC Falls Compendium

- a. They talk about TJQMBB- but they call it Tai Chi Moving for Better Balance. They list Dr. Li- mention him briefly then point to a contact in US through YMCA. Dawna has sent Dr. Li and email about it but has not yet heard back about it. What is in TJQMBB is not reflected in this compendium
5. UNH OT students submitted a report to the State House regarding their findings with a safety evaluation
6. Wednesday, May 18th, there will be a legislative health fair. Concord VNA will be there- BP/blood sugars. We are hoping UNH students would be there that day to do balance screenings. We would like to have a task force member to be there as well. John Wilcox, instructor at UNH has recently been trained as a MOB Master Trainer. Deb may be able to go but it is also same day as brain injury association.
7. TJQMBB and MOB Training updates
 - a. TJQMBB Third refresher will be 2/9. There will be a 2 day training workshop 5/16-5/17. This is first to be filled by strategic placement from DCHA grant to support and expand current grantee areas and some FHC needs. We can open it up after this.
 - b. DCHA will sponsor a coach training session March 7th in Lebanon for MOB
 - c. Discussed successes and challenges-a champion either as an instructor, administrator or site partner important. Programs should discuss sustainability lessons at the conference
8. Keliene reported the ACL Website Newsletter has some valuable information- Link: <https://public.govdelivery.com/accounts/USACL/subscriber/new>
9. Website
 - a. -maps- We will want “printable map” and “Interactive map” in same area. Dawna has spoken with Tim about putting printable maps back on the website. They TJQMBB and MOB maps need to be updated
 - b. Evidence Based Programming-may want to say “Falls programs” for general community members in that tab
 - c. Question was asked if we can put “search” on website-Keliene reported would be expensive to do
10. Question from Pam- if looking for it in your area- how do you find it?
 - a. Deb- making physicians aware of programs-working on creating a webinar
 - b. Karen has been talking with Wendy Altman (ServiceLink)-website links, trying to have someone involved with our Task Force
 - i. Deb-Wendy Altman is not on our email list-Karen will send Deb Samaha Wendy’s email
 - c. Local communities advertise
11. Falls Action Plan
 - a. Al will lead a discussion at the April meeting about the state action plan
 - i. Originally we were an education group. We are transitioning now with more community based interaction and screening-partially due to grants (FHC and DCHA)

- ii. Public Health block grant for falls-only 3-4 networks applied-went out to different networks to find out why more were not interested so that when 2016 \$ is available they may apply. (money had to go back to CDC)
 - 1. NH will work on better communication with the networks for next funding round
 - 2. This was the first time it had been offered to Public Health Networks

12. Updates

- a. Keliame-happy to share MOB promotional video-does have CRVNA information on it but basically it is about why participants like the program
- b. Karen Anderson-VA update next session; wonder if two conference groups could communicate in planning so topics don't overlap-Pam said she does not believe Falls will be included in their programming
- c. Pam Heckman- went to a conference-heard Sue Anne Guilderman who is a national speaker from MN- trying to bring her to 6 NE states on behalf of the New England Quality Innovation Network-Quality Improvement Organization. This organization is under the Centers for Medicare and Medicaid Services (CMS). This program would be for nursing homes. Looks at different assessments based on type of falls i.e. near bed or away from bed. She also speaks about eliminating alarms, improved sleep, etc. Deb-if it is after our conference, we could promote it there. Pam said they could promote ours if it is before. She can also send out word to the nursing homes as well. She can do flyers, possibly a free table.
- d. Judy-still working on ED project, will bring poster to conference on the process.
- e. Mary MacCaffrie-Debra Perot, executive director for Portsmouth Meals on Wheels, wants someone to do a 45 minute talk in April. Mary will do the Remembering When program. Mary has sent out a quote for placemat printing. Al spoke with Rhonda re: the contact last time we did this-she is getting back to Al.
- f. Sharil Cass-she completed her DPT program (Doctorate of Physical Therapy)! Congratulations!!
- g. Al-just completed annual report- highlighted a lot about falls. Once it has been approved by CDC Al will share it

13. Next meeting March 1, 2016 at the Foundation for Healthy Communities, 125 Airport Road, 9-12, Data Meeting