

New Hampshire Falls Risk Reduction Task Force

Meeting Minutes

Oct 4, 2016

Attendee: Dawna Pidgeon, Sharil Cass, Judy Cote, JoAnne Miles Holmes, Amy Shields, Kathleen Mullen, Laura Hagley, Linda Cook, Anne Diefendorf, Keliane Totten, Karen Anderson

1. Reviewed conference. Positive feedback from group. Lora-collating feedback from conference-will discuss next month
2. MOB, Tai Chi Quan map posters available for loan- were presented at conference
3. Sandy- a MOB and TJQMBB participant, now TJQMBB instructor and champion for both programs spoke at the conference. All felt this was very powerful. We might look at ways to use her story for marketing, add video clip/story to website
 - a. Anne will check with Rebecca to see if there is a video-? At Memorial hospital that we could link to from our website
4. Injury Prevention Advisory Committee-State plan
 - a. Falls Section-Dawna and JoAnne presented to HHS Injury Prevention Advisory Council c- see separate sheet
 - b. Format issues-add website under objective 1; move Activity to L margin objective 3; separate objective 5+6 into separate boxes.
5. Falls Free-Data Brief(data sheet-blue; history of task force-white)
 - a. Posted pdf on NHRRTF website and NCOA website
 - b. ?add NH Falls Task Force website to data sheet
 - c. Format issue on page 2 on history sheet with Key Successes and Structure
 - i. Dawna will follow up to see if this can be corrected (was generated by NCOA from computer based form Deb and Dawna filled out)
6. Article by Dr Li-Implementation TCQMBB in Sr Centers in OR 2012-2016 reviewed by Dawna
 - a. 12 month intervention-6 month post intervention
 - b. Effectiveness and maintenance-77% of participants completed full year of program
 - c. Reach-90% enrolled that inquired about program
 - d. 89% of centers adopted during year; 55% adopted after first year
 - e. Functional measure-54% reduction of falls of participations- significantly greater reduction and 6 months and further at 12 months
 - f. There is a link to the article on the NH Falls Task Force website under research
7. Central Registry-starting to discuss in NH to help with referral process to evidence based programs
8. Referral to other programs after completion of MOB-“Bonus” class and have demos from TJQMBB
9. Otago-program in UNC trying to develop ways of providing in home to patients as well as community based. NH might consider for future support
10. Quarterlies Topics brainstorming:
 - a. MS Community Based Falls Programs,
 - b. Community health intern presentation

- c. Karen reported about Direct Entry in Master of Science in Nursing program at UNH, Gene Harkless-Director
 - i. Gene.harkless@unh.edu 603-862-2285
 - d. John Wilcox + student, OT professor at UNH
 - e. River Valley Community College-Kim Laura Boyle-Sharil contact-discuss developing evidence based program into community.
 - f. New London ER project update.
- 11. Annual conference-ideas**
- a. Stephanie Studinski: University of Pittsburgh-gait speed
 - b. Inpatient falls
 - c. Partnership for Patient-hospital engagement network
 - d. Across the continuum
 - e. Poster- update on New London ER project
 - f. MOB-exercise demo
 - g. Deconditioning
- 12. Next meeting Nov 1 at Foundations for Healthy Communities, 125 Airport Road in Concord. First hour of meeting will be presentation and second hour will be our Task Force Meeting. Presentation by Diane L. Sherman, PhD, Coordinator, Neurology Resource Center/Parkinson's Center. Title: "Interventions that reduce falls risk in people with Parkinson's disease."**

Those living with Parkinson's disease (PD) have twice the falls risk of age-matched peers. In this talk, you will learn about Parkinson's symptoms that contribute to increased falls risk. Assessing falls risk in Parkinson's patients. Useful interventions to reduce PD-related falls. Programs in NH for the Parkinson's community.

To pre-register for WEBEX option call Tim Hesselton at 603-653-3443 or email Timothy.M.Hesselton@Hitchcock.org

- 13. Member update**
- a. Karen-involving nursing and social work into getting home pt moving more
 - b. Judy-New London nursing home closed-hospital Recreation Therapist-is being trained in MOB. Restorative aides and ER program going well,
 - c. Linda Cook-adding MOB program in Peterborough Bond Wellness Center, Home Health Center-2 nurses trained, unsuccessful at Cheshire.
 - d. Amy-Tel-sitter video of high risk patients SNHH- Watch 10 patients at one time
 - e. Anne Diefendorf- Press Release from Partnership awarded grant