

## **New Hampshire Falls Risk Reduction Task Force**

### **Meeting Minutes**

**November 1, 2016**

**Attendees:** Jason Aziz, Debra Samaha, Sharil Cass, Linda Cook, Beth Slepian, Michelle Dow, Karen Conlon, Susan Turner, Kathleen Mullen, JoAnne Miles-Holmes, Judy Cote, Anne Diefendorf, Laura Hagley, Karen Anderson, Joan Barretto, Kendra Viviers, Lora Wise, Rebecca Sky, Tim Hesselton, Dawna Pidgeon, Keliame Totten

1. Presentation by Diane Sherman, Coordinator Parkinson's Disease and Movement Disorder Center at Dartmouth-Hitchcock on Falls in PD
  - a. We can post presentation on the website
  
2. Conference Evaluations- September 15<sup>th</sup> Annual Conference
  - a. Overall positive reviews people felt:
    - i. Met learning objectives
    - ii. Met needs and interests
    - iii. Much of audience felt they had some or substantial knowledge of topic and then most felt they had some or substantial knowledge gain
  - b. Critiques:
    - i. Some were hoping for inpatient falls topics
    - ii. A lot felt the conference did not apply to them- Lora suggests maybe next year we might have a more focused topics
  - c. Suggestions for future topics from surveys
    - i. Medications (both interest and not)
    - ii. Dealing with challenging families
    - iii. Yoga and Balance
    - iv. TBI and Falls
    - v. PD
    - vi. Inpatient focus
  - d. 120 participants (130 with staff)- 84 evaluations returned
  - e. Question – what will you do differently-many said refer to community based programs
  
3. Brainstorming for next conference
  - a. Possibly some inpatient focus-possibly two tracts-one could be inpatient
  - b. Continuum of care-perhaps synthesized case
  - c. Lora recommends keeping it simple- not too many speakers
  - d. Deconditioning- topic-may be a good bridge between the two- happens on inpatient and in outpatient
  - e. Possibly link a continuum of care in the morning and then focus on inpatient/outpatient split in the afternoon

- f. Lora would like to have it totally planned by spring to allow proper advertising time
  - g. Deb-maybe have a subcommittee for conference planning-please let Deb know if you are interested and we can start meeting after the first of the year
4. Jason- in Doctoral program at Tufts, they will be submitting an NIH grant in January
- a. LIFE study-Researches on his team were PIs in that study
    - i. Exercise intervention-reduction in falls and improvement in balance and gait speed ~ 10 years ago
    - ii. Next stage from research-how generalizable it is for different parts of nation- especially rural communities. His lab applying for NIH grant to see if same changes occur in rural communities
  - b. Joanne can help with baseline data with state characterization
  - c. Possibly greater Concord, Hanover, Seacoast
  - d. If interested- contact [Jason—jaziz@crhc.org](mailto:Jason—jaziz@crhc.org)
5. Quarterly educational planning
- a. Brainstorming for next year
    - i. MS community based falls program
    - ii. Community health intern presentation
    - iii. Direct entry to Nursing program-Karen
    - iv. New London ER project update
    - v. Dr. Wilcox and UNH program, possibly TBI program
    - vi. Lori Connor – pharmacy update
    - vii. River Valley Community College
    - viii. Keene-Lifelong Learning with MOB
  - b. Quarterly Schedule
    - i. March 7th-Data Meeting
      - 1. Possibly New London ED Data added
    - ii. May 2<sup>nd</sup>
    - iii. November 7<sup>th</sup>
  - c. Subcommittee will work on planning
    - i. Joanne, Lora, Dawna, Deb talk after
6. Training Updates
- a. MOB October 6 and 7 with new sites- GSIL state wide program is new, St. Josephs – Hillsborough county-Greenville for first program-these partners had participated in previous business acumen grant-focused on sustainability
  - b. TJQMBB Refresher 3 coming up December 12<sup>th</sup>
  - c. Possibly new TJQMBB Training-Rebecca has three on wait list
7. Website update

- a. Please let Deb know if there are suggestions, feedback, etc for website-is shared responsibility for us all

8. Member updates

- a. Linda Cook-accepted invitation to Keene state college CALL program for adults 55 and older for coach training for MOB in January and the opportunity to hold a MOB class in March. With current coaches work with Bond Senior Center in Peterborough and Senior Center in Keene.
- b. Susan Turner – in Portsmouth-John Wilcox on committee, VNA, Homemakers, -Seacoast Public Health Network-
  - i. Look at what people are using for assessments and what they will do after this- people will use what they want-She works for community health center
    - 1. Deb reminded about STEADI toolkit and online training
  - ii. Now working on handout for what to do if falls risk identified and what to do after a fall-looking to educate medical providers
  - iii. Last thing will look at is pharmacy
  - iv. Were hoping this group could help with training in Senior Centers
    - 1. Currently MOB- but difficult for paying instructors
    - 2. Need to find mechanism for TJQMBB- will talk with DCHA
- c. JoAnne-new hospital data will be available by end of the year
- d. Judy-handed out 50 surveys for Rebecca/FHC- 30 returned
- e. Sharil-had 22 surveys returned for FHC/Rebecca
- f. Laura Hagley-falls screening-8 older adults – anticipating starting TJQMBB, November 10<sup>th</sup> doing a combination presentation at Claremont Senior Center for Hand Therapy and TJMBB
  - i. Phrase “Would you like to take our balance challenge” better than “would you like a falls screen”
- g. Karen Anderson-spoke with home based primary care group-presentation-emphasized need for increased mobility in the home
- h. Lora-recently took and GEC sponsored a Hoarding problem-increase fall risk, increases response time of emergency services- all felt this could be good for a presentation as well
- i. Rebecca-grant will be coming to an end December 31<sup>st</sup>-will work on partners to make sure they are on good footing. Dartmouth will help support during the length of their grant

9. **Next Meeting:** December 6<sup>th</sup>, 29 Hazen Drive, Concord, NH