

NH Falls Task Force
Meeting Minutes
1/2/18
DHHS/Room 312
9-11 a.m.

Present: Neil Moore, Elida Gagnon, Debra Samaha, Dawna Pidgeon, Sharil Cass, Matt Petrin, Keliane Totten, Rachel Elliott, Anne Diefendorf, JoAnne Miles-Holmes

1. Literature Review- “Implementing STEADI in Academic Primary Care to Address Older Adult Fall Risk”, Innovation in Aging, 2017- Deb presented
 - a. Dawna reported D-H does not have the module activated but they are looking into it. Discussion- possibly we can do a survey in terms of who in NH that has Epic embedded and are using it.
 - b. Article:
 - i. Compares 12 item Stay Independent question and more brief 3 question in algorithm- they wanted to see if 3 was enough
 - ii. STEADI successful adoption into primary care- 64% screened, more research needed to address poly-pharmacy with high risk patients
 1. 3 questions reduced time but Stay Independent allowed for more information to provider to discuss with patients
 - c. Reviewed we are advocating for people to be trained in STEADI
2. New England Evidence-Based Learning Collaborative
 - a. Jennifer Raymond started. Jennifer is the Director of the Healthy Living Center of Excellence in MA. First meeting was November 2nd. States shared information as to what is happening- Renee Pepin from DCHA represented NH
 - b. Anna Guest, from Southern Maine Agency on Aging (ACL grantee) is organizing a webinar with a topic of state falls coalitions, when started, how started, structure and goals, etc. Deb and Dawna invited to present- will send out more information when we receive it.
3. Education Session December 4th
 - a. Anne- possibly embedding and using Epic STEADI module in NH
 - b. Anne- models of pharmacy embedded into falls efforts
 - c. Small groups- In Patient Mobility- getting focus group together- discussion –this may be better for full day topic
4. Falls Question from a community member – Long Term Care Center falls team member asked question below and Pam Heckman – NH Nursing Home task lead, QI project coordinator answered
 - a. Question: Are there any statistics on acceptable falls percentage at SNF/census month?

- b. Response- No known acceptable falls %, can get state and national average from CASPAR report (17 measures including falls); Currently quality measure for falls shows comparison group state average at 54.3%, national average 45.5%
 - c. Pam will join at March data meeting- not presenting- could ask her if more questions
5. March Data Meeting
- a. Confirmed: Anne Diefendorf, Keliene Totten, Gerry Christian- Trauma Registry, Kathleen Mullen (need COI)- hospitalization, death, E911 (no new BRFSS, Dawna Pidgeon and Tim Hesselton- Balance Day and TJQMBB/MOB outcomes, (will not have TEMSIS), Lora- Falls conference evaluation
 - b. Will need to get flyer out soon
 - i. Dawna will confirm with Tim if we can call in remotely –? if need to sign up ahead of time and put it on the flyer
6. Chief Andrus- continues to look at Falls statistics for Concord – recently updated, Concord with increasing aging population
7. Website updates Kathleen Mullen
- a. Kathleen sent some updated data for Issue Brief and for the website
 - b. Will need to circle back to NCOA re: NH Updates-posted on their website
 - c. Dawna will check with Tim and see if he can come back in February to make final changes
 - d. Deb will follow up with Renee- “what to do if you fall” and Keliene will do the “caregiver section”. Dawna and Tim will update screening section.
 - e. JoAnne will send a summary to Tim- how to use the WISDOM database and who would be contact person- will be Lynn Clement so he can add that contact information with link to WISDOM location on our web site.
 - f. Could we add a section on web site to help recruit volunteer coaches for Matter of Balance and TJQ:MBB?
8. Annual Conference
- a. Discussed the possibility of splitting into two conferences- Dawna reported for Lora that this might be more beneficial to attendees. The group discussed and all agreed this could be fine
 - b. Possible Topic: early mobility on inpatient units- Anne reports she could help with this conference- could work with Lora- ? June option or earlier

- c. Home Modification Topic: Dawna reported on USC School of Gerontology – they have developed a five module on-line program where they issue an Executive Certificate in Home Modification Program. First 4 sessions are 2.5 weeks each (worth 12 CEUs) and course 5 is one week (worth six CEUs); \$200 for each of first four and \$175 for final- including final exam. They have also contracted with NCOA- National Resource Center- they list programs that include home modification information (MOB included)

<http://stopfalls.org/?s=home+modification+tools+program>

- i. Discussion - could this group come and do as an overview of content- possibly recruit for their program and then – what could they offer us?
 - ii. Dawna also reported on the CAPABLE program- ? If someone from this program could speak- Johns Hopkins- 5 month program- OT (six in-home visits), RN (four in-home visits), one handyman full day. They have training e-modules and in-person interactive Skype. Target homebound individuals on Medicaid
 - iii. Anne- we would need to invite other community groups to the conference (non-healthcare providers)
 - iv. Keliane- Belknap-Merrimack CAP is doing a pilot project with OT to develop home modifications- ? using funding to make some of the repairs
 - v. Keliane- Not aware that Mr. Fixit program still exists. JoAnne will follow up with Service Link to inquire about the availability of any Mr. Fixit type programs anywhere else in state.
- d. Matt- asked if there are any EMS with Mobile Integrated Care for home mod- Keliane waiting for state regulation change to fall into scope of practice- not currently active. Frisbie, Manchester, New London working on application. Anne- only three programs launched in NH- different topics. Nick Mecuri knows who the three are.
- e. Discussed possibilities of where to hold the conference now that SERESC is not available; Anne suggested The Amoskeag Falls Conference Center – off of 293- new Center- had 120 in a room- have internal catering operation. Plenty of free parking.

9. Member Updates

- a. Keliane- Concord uses paper form for fire department referrals. Derry uses process with TEMSIS- will connect. In Concord, the patient signs a release for Concord Fire to contact VNA for referral to VNA, VNA calls PCP- gets referral for home assessment. VNA would go to person to assess homebound status. Would refer to outpatient if not homebound. Concord aging- 60+ y.o. increase by 40% over past three years.
- b. Anne- Partnership for Patients- still not achieved reduction in Falls with Injury – identifying challenges. Mobility in Acute care setting is likely a large issue. Anne has pulled together five people for a focus group to

address this. These include: Elliot 5 years ago- Mobility Matters program- will share; Deana- Exeter, Wentworth Douglas- working on COE on mobility, Deb Sweetland/Mary Catherine Rawls DHMC

- i. Hard to find documentation of mobilization in EMR (other than if rehab involved)
 - ii. Keliane- saw a program in NJ- hired “Walking Aides” for mobilization
 - iii. Matt- there is a national program for volunteers to do this
 - iv. Sharil- at Cheshire, all admitted get an assessment- ? What happens beyond that. They are identified as a fall risk with a star on door- red blanket on bed, ? using sitters to assist
 - v. Adverse Event- falls with injury still #1 in NH- will be working with NH QA commission- presented to HHS oversight committee in November- Will look at publishing the report in June
 1. Would like to employ more family and caregivers to reduce falls in hospital setting
- c. Neil- Parkland CFO requested looking at starting Fall Prevention program. Dawna let Neil know about Chris O’Connell and DHMC Falls prevention work as a possible resource in terms of Trauma program
- d. Rachel- conducted a MOB class in Whitefield at a Senior living Center. She will have difficulty continuing this program with current population as they have severe disabilities. GSIL may be able to continue in the community but would need help with coach training? Difficult for Rachel to fit into her schedule
- i. Deb- maybe promote this as an option for caregivers of the severely disabled (same for TJQMBB) - caregiver needs to stay strong and not injured from a fall.
- e. Elida- next class Cathy Merra- nutrition site location in Greenville Falls- Beginning of Feb
- f. Dawna
- i. Dartmouth Centers for Health and Aging Falls Team went to Health Living Center of Excellence/ Elder Services of the Merrimack Valley last month for discussion re: HUB activities in MA- they have been doing this for a number of years- gathering information as DCHA is working on NH Hub plans
 - ii. The monthly Tech assistance webinars will begin this month and will be the 3rd Thursday of the month. Target audience- all evidence based program leaders in NH. After January, we will alternate MOB and TJQMBB focus.
 - iii. NH TJQMBB Refresher scheduled for February 7th, Granite YMCA in Manchester. There will be registration link soon.
 - iv. The DCHA Falls Team conducted a Balance Day training workshop- three hours to 4 community based groups- mostly community nurses- Grafton and Sullivan County and Hartford, VT, Windsor county.

- g. Matt - Setting 2018 MOB schedule- looking at sending another for Master Trainer training- hard to engage volunteers for coaching
 - i. Looking at Sullivan County for targeting volunteers
 - ii. Keliame doing a coach training coming up- won't be full
 - 1. They schedule classes around coaches schedules
 - 2. Suggestion - just do winter programs in housing units
 - 3. Retired health professionals are great- Deb- could we go through organizations to recruit retirees. i.e. NH Nurses Association- Joan Widmer- Anne will send contact information. APTA, AOTA, AARP- Deb and Dawna will work on a blurb. Keliame will ask NP coach if there is an APRN association.
 - iii. Maybe we can have a coaching webinar- invite Keliame.
 - iv. Deb will ask Elaine Frank if she knows anybody in the Newport/Claremont area that might consider becoming a coach

10. Next Meeting: February 6, 2018 9:00-11:00, DHHS, 29 Hazen Drive, Concord, NH.