

## Story County Falls Prevention Coalition (SCFPC)

*A community partnership to help reduce the risks and prevalence of falls in older adults*

### **Summer/Fall 2024 Meeting (August 6, 2024)**

#### Meeting Notes

##### Attendees:

Matt Aithchison, Executive Director Operations Mary Greeley Medical Center  
Dr. Hannah Behrens, Physical Therapy Mary Greeley Medical Center  
Abbie Berryhill Coniglio, ISU Program Manager, KIN  
Tricia Colman, Trauma Program Coordinator, Mary Greeley Medical Center  
Dawn Hales, Care Manager Population Health McFarland Clinic  
Dr. Sherri Flugrad, Emergency Medicine Physician  
Dr. Michael Kitchell, Neurologist  
Jessica McDaniel, Director Population Health McFarland Clinic  
Vickie Newell, Manager Older Adult and Volunteer Services Mary Greeley Medical Center  
Matthew Peterson, Director of Rehabilitation and Wellness Mary Greeley Medical Center  
Trina Radske-Suchan, Chair, Iowa Falls Prevention Coalition, Leader: Iowa Community Hub  
Amy Schweers, Acute Rehabilitation Nursing Mary Greeley Medical Center  
Dr. Anand Shah, Chief Medical Officer McFarland Clinic  
Angela Simmering, Story County Extension  
Dr. Colleen Schwartz, ISU Clinical Integration Coordinator, KIN

##### **Welcome / Introductions**

General Welcome & Introductions - Colleen Schwartz

The overall organization of our local Story County Falls Prevention Coalition from the National Council on Aging Falls Free Initiative to the Iowa Falls Prevention Coalition was shared. Introductions were made of Dr. Anand Shah, Chief Medical Officer McFarland Clinic and Lead of the Population Health Department. Other new attendees and members from the Population Health team included Director Jessica McDaniel and Care Manager Dawn Hales. The goal of the Story County Fall Prevention Coalition is to reduce the risks and prevalence of falls at a population level, and there is consensus that this requires a community-based approach. Our formalized Story County Falls Prevention Coalition creates the needed infrastructure to enhance clinical / community collaboration and optimize effectiveness.

##### **Announcements / Opportunities**

###### **1. Story County Falls Prevention Coalition**

- Announced most action items from May 2024 meeting were completed.
- Story County Fall Prevention Coalition aims to reflect locally the state vision of: lowans will have fewer falls and fall related injuries, maximizing their independence and quality of life.
- **Please complete new survey [Clinical Landscape Analysis](#) and forward it to medical colleagues in at least two other Iowa counties.**
- Announced "From Awareness to Action" 10<sup>th</sup> Annual Iowa Falls Prevention Symposium September 25, 2024 9am-4pm. 6 no cost CMEs. Our coalition will present the formation of a county wide falls

prevention coalition on the University of Iowa Virtual Platform. [Registration for Fall Prevention Symposium](#)

## 2. Update & Open Discussion on Clinical and County Fall Prevention Efforts

McFarland Clinic- Anand Shah reports BPA is working and looks forward to collaboration with ISU, the HUB and Story County Falls Prevention Coalition. The clinic, ISU and population health will work together to make it easier to refer patients through the Best Practice Alerts.

Inpatient / Primary Care – Matt Aitchison reports Mary Greeley Pharmacy Director Doug Wetrich with pharmacist Ellen Heikens will have pharmacy representation and residents on the Coalition. Working together on the county falls prevention coalition with evidence-based interventions continues to be a priority. Meetings will be scheduled for 2025. Suggests addition of ophthalmologist or optometrist to local coalition to address vision risk. Amy Schweers reports updated Hester Davis Falls Program will be reviewed and implemented this fall.

Emergency Room – Tricia Colman / Sherri Flugrad discussed the importance of data since a major factor in fall prevention efforts is knowing where falls occur. Knowing the incidence of location of falls is useful (home, nursing home, out in public) Currently address is not ideal indicator with many addresses not up to date. Most accurate address is from EMS. Over 269 ER fall visits from April to June. Public awareness is important. The use of Epic to track data and number of repeat fallers would be helpful.

Physician Leader- Mike Kitchell supports data study and identifying medical causes of falls such as syncope. Bare Bones Article on the SCFPC Frailty and Fall Prevention will go to Quality Control and aim for September publishing. A grand rounds in 2024-5 highlighting the progress of fall prevention interventions is a good idea and will be arranged.

Home Health / Story County Public Health – Matt Peterson, Hannah Behrens, Abbie Berryhill discussed public senior health screens with fall risk and connection with partners. Starting in September ISU Kinesiology Students will be trained and attend monthly clinics to fall screen and educate community on fall risk level. Matt emphasized importance of continuing community outreach with Iowa State University.

MGMC Physical Therapy – Matt Petersen encouraged continued opportunities for collaboration with Story County Public Health and home health with Iowa State University. Discussed HIRTA and transportation coalition. Hannah Behrens provided current resources. Population Health Jessica McDaniel is interested in transportation as well. Screening at Foot Clinic scheduled for Monday and continued collaboration to incorporate fall screening.

Story County Extension- Angie Simmering answered the question, what is the role of Story County Extension. The website official description is “There is an extension office in all 99 counties of Iowa, which brings Iowa State University research-based educational experiences to Iowans. In turn, the extension communicates the needs of Iowans back to the university to help shape research and educational experiences. Extension offices are represented by 900 elected extension council members who promote and advance the reputation, interest and resources of Iowa State University”. Interns are helping with workload and may be able to increase focus on Evidence Based Interventions for fall prevention.

Walk With Ease- Abbie Berryhill and Colleen Schwartz for Greg Welk. The trial is going great with completion of a third cohort of participants. We are actively recruiting for the Fall Cohort and will have 2-3 locations. We are heading to other sites such as Nevada expanding the programming for broader arthritis care. Fall screening efforts are ramping up and we want help in promoting the upcoming sessions. We welcome help from clinicians to directly refer for fall screening or arthritis care.

Iowa Falls Prevention Coalition- Co-chair Trina Radske-Suchan has been involved with the Iowa Falls Prevention Coalition since 2012 and has served as co-chair for 8 years. The IFPC supports our local Story County Coalition and looks forward to promoting our involvement at the 10th Annual Falls Prevention Awareness Week Symposium. Spread the word to your contacts.

Iowa Community HUB – Trina Radske- Suchan is the President of the nationally awarded and recognized statewide Iowa Community Care Hub model. The Hub is the ISU UTuRN grant partner using translational science as a foundation that supports community-based organizations across the state with the delivery of Evidence-Based Interventions (EBI) at a scale needed to impact public health. It also has the potential to allow researchers to study implementation processes and program sustainability so that continual optimization and enhanced implementation of EBIs through the HUB occurs. Referrals to Walk with Ease and other evidence-based programs are facilitated through the Hub via varied referral mechanisms (website, HIE direct email, Findhelp/Unite Us, fax, referral order within EHR). Multi-directional e-referral being developed through Arthritis Care Model work with Primary Health Care. Website “Make a Referral” button available: <https://iacommunityhub.org/>

### 3. Open Discussion Opportunities

Improving physical activity and HUB referrals is key to addressing frailty, obesity and arthritis connected with falls. A key strategy is to identify frailty diagnosis as well as arthritis. Need to identify sedentary populations to address inactivity before risks arise. What are thoughts on physical activity vital sign as part of clinic screening as described in the pilot of a public health framework for collaborative arthritis management and wellbeing. Transportation to Evidence Based Interventions such as Walk with Ease is a challenge as well as transportation to appointments per population health and public clinics/ screenings. Abbie Berryhill outlined the hybrid Walk with Ease, virtual Walk with Ease and focus on meeting the community where they are.

---

### Action Items

1. Plan and Host future 2024 Meetings (Mary Greeley Medical Center – Matt)

- o Tuesday 11/12/24 Atrium A/ Teams, 10am – 11am
- o Schedule 2025 Quarterly Meetings

2. Update Story County Falls Prevention Coalition meeting notes and events of Story County Fall Risk Screenings, Walk with Ease Opportunities. (Colleen/ Abbie/ Trina)

3. Facilitate operationalized clinical referral plan with best practice alert for fall prevention and arthritis appropriate evidence-based interventions (AAEBIs) through the Iowa Community Care HUB. Look into PAVS (Physical Activity Vital Sign), PROMIS indicators (Anand/ Jenni/ Jessica/ Greg/ Colleen/ Trina)

4. Complete Clinical Landscape Assessment to assess the resources and needs to support statewide Arthritis Appropriate Evidence-Based Interventions (AAEBIs) and Falls Prevention Program. [Clinical Landscape Assessment](#) (All)

Contact Director of Nursing Education at ISU to involve nursing students in fall prevention education, awareness, and training. (Abbie)

5. September Fall Prevention Awareness Week / Month to promote clinician knowledge of fall risks and interventions by publishing Barebones articles. (Mike/(Jenni))

6. September Fall Prevention Awareness Week / Month to promote community knowledge of shoe gear choices to decrease falls will contact local shoe store to host event or distribute information. (Hannah/Colleen)

7. ISU Extension, HUB, ISU U-TuRN Translational Research Programming: Focus for community falls prevention screening is set for August 2024, Walk with Ease programming September- November 2024 (Angie, Greg, Abbie, Matt, (Eric), Hannah)
8. Carry-over from May 2024, follow-up educational opportunities include educational event/s on how to fall and safely get up, home safety - remove rug, how to safely walk the dog, add railings, non-slip bath mats. See Iowa Falls Prevention Coalition webpage for related resources <https://iacommunityhub.org/iafallscoalition/> (All)
9. Inclusion of ophthalmologist or optometrist and EMS / paramedicine on the Story County Falls Prevention Coalition. (All, Colleen)
10. Promote annual Iowa Falls Prevention Coalition State Symposium on Wednesday September 25, 2024. 6 Free CME, please promote/ forward the event. (All)