

Story County Falls Prevention Coalition (SCFPC)

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

Fall/Winter 2024 Meeting (November 12, 2024)

Meeting Notes

Attendees:

Matt Aithchison, Executive Director Operations Mary Greeley Medical Center
Abbie Berryhill Coniglio, ISU Program Manager, KIN
Tricia Colman, Trauma Program Coordinator, Mary Greeley Medical Center
Dr. Sherri Flugrad, Emergency Medicine Physician
Dr. Ellen Heikens, Pharmacist Mary Greeley Medical Center
Dr. Michael Kitchell, Neurologist
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. Colleen Schwartz, ISU Clinical Integration Coordinator, KIN
Dr. Greg Welk, ISU Distinguished Professor & Researcher, KIN

Welcome / Introductions

General Welcome & Introductions - Colleen Schwartz

The overall organization of our local Story County Falls Prevention Coalition was discussed. The National Council on Aging Falls Free Initiative encourages state models like the Iowa Falls Prevention Coalition but we are the first county coalition in the state and they have elevated our coalition as a model. Introductions were made of new attendees including Dr. Heikens.

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. Statewide Updates

Iowa Falls Prevention Coalition and Iowa HHS Partnership: Trina Radske-Suchan (Co-Leader of the Iowa Falls Prevention Coalition) shared results from the 10th Annual Iowa Falls Prevention Coalition Symposium. There were 103 attendees and Story County Falls Prevention Coalition participation was well represented at the podium with two sessions “Story County Falls Coalition Model for Local Coalition Development” led by Dr. Welk and “A Podiatrist’s Critical Role in Preventing Falls” by Dr. Schwartz.

Iowa Falls Prevention Coalition 3 year action planned 2021-2024 and strategic action plan draft for 2025-2027 were presented. See Link of Meeting Slides.

2. Research and Programming Updates: Summary of Key Accomplishments: Greg Welk shared updates from the CDC fall prevention project and emphasized that the coalition is a key part of the project and that our structure has been referenced in the annual reports to the CDC. Efforts are in progress on seeking additional funding for the Walk with Ease project but the ISU team is well positioned to continue to support Walk with Ease programming and the coordination of local fall risk screening events. The ISU team has built a robust training course for ISU students that involves a 1 credit training phase and a 1 credit practicum phase. The students enjoy the chance to be involved in research and community programming and it is envisioned that this infrastructure can continue to assist the coalition in carrying out the services that have been provided. Formalized partnership with local health care system for screening and referrals

3. Story County Falls Prevention Coalition Updates- Making Progress on Our Goals: Colleen shared the notes from the previous coalition meeting and announced that most action items from August 2024 meeting were completed. The discussion provided reminders of the stated goals for the coalition, and we will continue to elevate these and work together to accomplish them.

- **Promote Fall Risk Screening in the Community**
- **Promote awareness of fall risk issues among clinicians, organizations and individuals**
- **Facilitate clinical / community integration to foster referrals to fall prevention interventions**
- **Facilitate direct referrals through the HUB**
- **Establish procedures for monitoring and tracking fall risks and outcomes over time**

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

McFarland Clinic- Via email, Dr. 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. Via email Director of McFarland Clinic Population Health, Jessica McDaniel, will schedule a meeting to discuss progress.

Inpatient / Primary Care – Matt Aitchison reports Mary Greeley pharmacist Dr. Ellen Heikens will be the pharmacy representative 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 working with Lindsie Schoultz at MGMC. Amy Schweers discusses discharge planning with fall prevention.

Emergency Room – Tricia Colman / Dr. Sherri Flugrad discussed the importance of data better understanding fall prevention efforts. Knowing the incidence of location of falls is useful (home, nursing home, out in public). Public awareness continues to be important. The use of Epic to track data and number of repeat fallers would be helpful.

Physician Leader- Dr. Kitchell and Dr. Schwartz published Bare Bones Article on the SCFPC Frailty and Fall Prevention to McFarland Clinic September 2024, Dr. Kitchell presented Fall Prevention at Prime-Time Alive Lecture Series November 2024. Dr. Kitchell will plan a Grand Rounds in 2025 highlighting fall prevention interventions.

Home Health / Story County Public Health – Matt Peterson and Abbie Berryhill discussed public senior health screens with fall risk and connection with partners. Story City is now fully engaged. ISU Kinesiology Students have been trained and attend monthly clinics to fall screen and educate community on fall risk level. Matt emphasized the 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.

Walk With Ease – Abbie indicated that the trial is going well. The team is actively recruiting for the Spring Cohort and would welcome help with recruitment. There will be 5-6 locations in the Spring including new locations in Story City and Nevada. Two of them are in retirement centers (and are not for open enrollment) but this reflects broader community interest. 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 Community HUB – The Hub is the partner of the ISU UTuRN team on several of the CDC grants. The UTuRN team also serves as the lead of the Implementation and Translational Research subcommittee for the HUB to coordinate research and training of community-based organizations across the state to ensure fidelity of programming and better clinical impact. The Walk with Ease program and the coalition serve as an exemplary clinic-community partnership for the state and we are working to facilitate similar ones in other counties. Referrals to Walk with Ease and other evidence-based programs are currently 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/>

5. Synergistic Activities / Action Items For Future Promotion of Media Kits/ Fall Prevention Outreach Monthly Coalition Email with Meeting Reminder and Current Educational Articles

Action Items

1. Plan and Host future 2025 Meetings (Mary Greeley Medical Center – Matt & Colleen)
 - o Tuesday 2/18/25, Atrium A/ Teams, 12:30pm – 1:30pm
 - o Thursday 5/15/25, Atrium A/ Teams, 12:30pm – 1:30pm
 - o Tuesday 8/19/25, Atrium A/ Teams, 12:30pm – 1:30pm
 - o Tuesday 11/18/25, Atrium A/ Teams, 12:30pm – 1:30pm
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 (McFarland Population Health (Jessica, Anand / Greg/ Colleen/ Trina)
4. ISU Extension, HUB, ISU U-TuRN Translational Research Programming: Focus for community falls prevention screening is being set for January 2025, Walk with Ease programming November 2024- January 2025 (Greg, Abbie, Matt, Hannah)
5. Press Releases/ Media Outreach at ISU and MGMC. 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. Helpful resources please see Iowa Falls Prevention Coalition webpage for related resources <https://iacommunityhub.org/iafallscoalition/> (Colleen, Greg, Matt)

6. Assess current workflows to study referral incorporation to fall prevention evidence-based interventions in the community (Matt, Amy, Trish, Sheri)

Clinical Landscape Analyses - Please complete and forward to colleagues. https://iastate.qualtrics.com/jfe/form/SV_2m108QHj7qc1S3c