

Story County Fall Prevention Coalition (SCFPC)

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

Winter 2024 Meeting (February 13, 2024)

Meeting Notes

Attendees:

- Eric Adelmund, Assistant Director Home Health/ Story County Public Health
- Matthew Aitchison, Executive Director Operations Mary Greeley Medical Center
- Tricia Colman, Trauma Program Coordinator, Mary Greeley Medical Center
- Amy Dagestad, Executive Director Inpatient Services Mary Greeley Medical Center
- Dr. Joy Doll, HUB Social Care Advisor
- Dr. Sherri Flugrad, Emergency Medicine Physician
- Dr. Michael Kitchell, Neurologist
- Matthew Peterson, Director of Rehabilitation and Wellness Mary Greeley Medical Center
- Trina Radske-Suchan, Co-Chair: Iowa Falls Prevention Coalition, Lead: Iowa Community HUB
- Amy Schwears, Acute Rehabilitation Nursing Mary Greeley Medical Center
- Angela Simmering, Story County Extension
- Dr. Colleen Schwartz, ISU Clinical Integration Coordinator, KIN
- Jenni Talbott, Chief Operating Officer McFarland Clinic
- Dr. Greg Welk, ISU Distinguished Professor & Researcher, KIN

Welcome / Introductions

- General Welcome - Matt Aitchison
- Goals for Meeting and Introductions - Colleen Schwartz

Collectively we aim to reduce the risks and prevalence of falls at a population level. 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.

1. Story County Falls Prevention Coalition – Colleen Schwartz

- **Announced** that all action items from November 23, 2023 meeting were completed.
- **Discussed** vision for Story County Fall Prevention Coalition to reflect locally the state vision of: Iowans will have fewer falls and fall related injuries, maximizing their independence and quality of life.
- **Announced** Iowa Falls Prevention Coalition Meeting is 3/14/24 8:30am-10am. All welcome.
- Presented state of Iowa and Story County hospitalizations and emergency department visits for fall related injuries- 2022
- **Discussed** proposed Story County Fall Prevention Coalition Goals & Roles
 - o Promote Fall Risk Screening in the Community
 - o Promote awareness of fall risk issues among clinicians, organizations and individuals
 - o Facilitate clinical / community integration to foster referrals and bi-directional feedback.
 - o Facilitate direct referrals through the Iowa Community HUB.

- o Establish procedures for monitoring and tracking fall risks and outcomes over time

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

- Inpatient / Primary Care – Matt Aitchison / Amy Schweers updated on decreasing injury with use of Fall Max. Discussed Hester Davis Fall monthly reports, evidence-based tool, with approximately 90% accurate scoring documenting age, past medical history and diagnosis. Medication is a significant consideration in fall risk.
- Emergency Room – Tricia Colman / Sherri Flugrad Discussed major factor of substance use and polypharmacy in falls and fall prevention. Spoke of increasing awareness of EPIC referrals to fall prevention programs/ Walk With Ease through the ER.
- Home Health / Story County Public Health – Eric Adelmund discussed successful Fall No More Program offering financial assistance to patients for devices such as walkers and reachers. He discussed Story County Public Health Keys Program and promoting fitness. He encouraged public health screens with fall risk and connection with Seniors in Story
- MGMC Physical Therapy – Matt Petersen has led PT component of community fall screenings x 2 in past month and encouraged increased frequency and opportunities for collaboration with Story County Public Health. Additional meetings between Matt, Eric and Greg were planned.
- Walk with Ease Update Clinical Trial - Greg Welk / Matt Petersen
 - o Greg provided an update on registrations and enrollment in the trial and introduced new evaluation and exercise prescription strategies developed by the PT team
 - o Matt shared additional information on the process and the focus on balance and the advantages of this for community-based programming like WWE.
- Story County Fall Risk Screening- Greg provided a brief update on the successful January and February Screening Events and indicated that efforts are needed to reach minority and at-risk populations that are harder to reach. Events outside of Ames may be needed.
- Updated on the Iowa Community HUB – Trina provided an update on the HUB infrastructure and partnerships for promoting more referrals. See slides.
- STEADI Fall Risk Training Course – Greg provided a brief update on the free online training course that his team developed which is now distributed through ISU Extension. Greg and Colleen will be working to enable completion of the course to count for CME and plan to work with ISU Extension and the HUB to enable further sharing of the training.

3. Reflections and Open Discussion

- Dr. Kitchell brought up strategies for referral promotion to trigger BPA in EPIC after fall risk establishment in over 65 population. Dr. Kitchell suggests Bare Bones / newsletter article outreach to medical community. Also grand rounds with hybrid option good to promote updates on fall prevention. Also interested in how the age adjusted data in state of Iowa Falls data is determined.
- Jenni Talbott encouraged Bare Bones and possible Grand Rounds video. Discussed upcoming discussion on best practices for workflow possibly identifying hip and/or knee arthritis to connect BPA to Hub / Fall Prevention. Meeting 12pm 2/29/24.

Wrap up

- Coalition provides opportunities for sustained, collective impact. Please share information, resources, and ideas on what you and your team is accomplishing or wishes to accomplish between meetings. Please email Colleen Schwartz, colleen8@iastate.edu with your thoughts, event notifications and suggestions.

Action Items

1. Plan and Host future 2024 Meetings (Mary Greeley Medical Center – Matt)
 - Tuesday 5/21/24 Atrium A/ Teams, 10am - 11am
 - Tuesday 8/6/24 Atrium A/ Teams, 10am - 11am
 - Tuesday 11/12/24 Atrium A/ Teams, 10am - 11am
2. Update Story County Falls Prevention Coalition meeting notes and upcoming events of Story County Fall Risk Screenings, Senior in Story Expo, Walk With Ease Opportunities. Everyone welcome to forward fall prevention activities for posting (Colleen/ Trina)
3. Operationalize plans for clinical referrals through the HUB. Facilitation of clinical integration meeting set 2/29/24 (Jenni/ Greg/ Trina/ Joy/ Colleen)
4. Promote clinician provider knowledge of using the HUB model for referral to community interventions including fall prevention by completing brief CME Medscape CPA activity designed to educate https://www.medscape.org/viewarticle/983780_sidebar3. Members of coalition encouraged to complete and brainstorm ideas for dissemination. (All)
5. Encourage inclusion of pharmacists on the Story County Fall Prevention Coalition. (Matt A)
6. Promote annual Iowa Falls Prevention Coalition State Symposium will be held Wednesday September 25, 2024. We are invited speakers to discuss our local coalition in time slot 11am-12pm. Please consider speaking/ contributing to our presentation (All)
7. Continue our efforts and enthusiasm to make Story County as falls free as possible. Looking forward to hearing of our efforts and progress in May!