

## Story County Fall Prevention Coalition (SCFPC)

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

### **Spring/ Summer 2024 Meeting (May 21, 2024)**

#### Meeting Notes

##### Attendees:

Eric Adelmund, Assistant Director Home Health/ Story County Public Health  
Abbie Berryhill Coniglio, ISU Program Manager  
Tricia Colman, Trauma Program Coordinator, Mary Greeley Medical Center  
Dr. Sherri Flugrad, Emergency Medicine Physician  
Dr. Michael Kitchell, Neurologist  
Vickie Newell, Manager Older Adult and Volunteer Services Mary Greeley Medical Center  
Matthew Peterson, Director of Rehabilitation and Wellness Mary Greeley Medical Center  
Hannah Behrens, Physical Therapy Mary Greeley Medical Center  
Angela Simmering, Story County Extension  
Dr. Colleen Schwartz, ISU Clinical Integration Coordinator, KIN  
Rhonda Smith, Heartland Senior Services  
Dr. Greg Welk, ISU Distinguished Professor & Researcher, KIN

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

General Welcome & Introductions - Colleen Schwartz

The overall goals of the coalition were shared, and introductions were conducted as there were many new attendees. The overall goal of the 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. We welcome broader involvement over time so attendees are encouraged to share.

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

###### **1. Story County Falls Prevention Coalition – Colleen Schwartz**

- Announced most action items from February 2024 meeting were completed (Senior Expo Community Outreach, Fall Screening Events, Instagram and Media Draft Plan, and Promote referrals to HUB to Fall Prevention Programs and Arthritis Appropriate Evidence Based Interventions).
- Shared personal story of Nana who fell over the weekend. She was discharged with no falls prevention information. Staff shared sometimes 10 falls per day come into ER.
- 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. Our county level work is first in state.
- Discussed need for understanding what falls prevention efforts are being utilized.
- **Please complete survey /Landscape Analysis and forward it to colleagues in at least two other Iowa counties.** [https://iastate.qualtrics.com/jfe/form/SV\\_2m1O8QHj7qc1S3c](https://iastate.qualtrics.com/jfe/form/SV_2m1O8QHj7qc1S3c)
- Announced State of Iowa Falls Prevention Symposium September 25, 2024. Our coalition will present on the formation of a county wide falls prevention coalition on the University of Iowa Virtual Platform

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

Inpatient / Primary Care – Matt Peterson shared on behalf of Matt Aitchison on current inpatient fall prevention efforts. Working together on a county falls prevention coalition with evidence-based interventions continues to be a priority.

Emergency Room – Tricia Colman / Sherri Flugrad discussed major factors in falls for prevention efforts. Most falls seem to happen in nursing homes. What is the program delivery there? They commented that a large number of falls (in all ages) are dog related. What is the possibility for increased public awareness? Incidence is also more common in morbidly obese population. What are falls prevention programming strategies for this group?

Home Health / Story County Public Health – Eric Adelmund discussed public senior health screens with fall risk and connection with partners such as MGMC PT, ISU

MGMC Physical Therapy – Matt Petersen encouraged increased frequency and opportunities for collaboration with Story County Public Health and home health. Meetings between Matt, Eric and Greg will continue. He described the equipment to reduce gravity for obese patients to increase physical activity and reduce fall risk. Discussed HIRTA and transportation coalition.

Updated on the Iowa Community HUB – Colleen provided an update of the HUB. Increasing referrals to Arthritis-Appropriate Evidence Based Interventions are a priority. See attached slides on why our involvement in the landscape analysis survey is important.

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. Open Discussion Opportunities

- Dr. Kitchell brought up strategies for referral promotion to trigger BPA in EPIC after fall risk establishment in over 65 population. Dr. Kitchell endorsed the Bare Bones / newsletter article outreach to medical community. Also, Grand Rounds (with hybrid option) could be timely to provide updates on falls prevention. Also interested in how the age adjusted data in the state of Iowa Falls data is determined.
- Jenni Talbott was unable to be present but announced (via email) encouragement of Bare Bones. She also mentioned that she will introduce the coalition to new CMO, Dr. Shah at the next meeting. Discussed upcoming June 4th Clinical Quality meeting that will discuss EPIC workflow possibly identifying hip and/or knee arthritis to connect BPA to HUB / Falls Prevention Arthritis Appropriate Evidence Based Interventions.
- Great discussion was had on focus areas for Story County Falls Prevention Coalition moving into this Fall. 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. Can use physical activity vital sign as part of in clinic screening.
- 60 Forward building is slated to be open in August. Educational room and classes are being planned. Working with MGMC programming. Discussed possibility of having this be the primary location for falls prevention education and evidence-based intervention classes (Tai Chi for Arthritis and Falls Prevention, Walk With Ease, Matter of Balance) and helpful classes such as gentle yoga.
- Discussed walking and walking track options for Story County.

## 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](mailto:colleen8@iastate.edu) with thoughts, event notifications and suggestions.

---

## Action Items

1. Plan and Host future 2024 Meetings (Mary Greeley Medical Center – Matt)
  - o Tuesday 8/6/24 Atrium A/ Teams, 10am - 11am
  - o 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, Walk With Ease Opportunities. Everyone is welcome to forward falls prevention activities for posting (Colleen)
3. Operationalize plans for clinical referrals through the HUB. Facilitation of clinical integration meeting set (Jenni/ Greg/ Trina/ Colleen)
4. Promote clinician provider knowledge of using the HUB model for referral to community interventions including falls prevention by completing brief CME Medscape activity designed to educate [https://www.medscape.org/viewarticle/983780\\_sidebar3](https://www.medscape.org/viewarticle/983780_sidebar3). Members of coalition encouraged to complete and brainstorm ideas for dissemination. (All)
5. Complete Landscape Analysis to assess the strengths, resources, and needs to support statewide Arthritis Appropriate Evidence-Based Interventions (AAEBIs) and Falls Prevention Programs. [https://iastate.qualtrics.com/jfe/form/SV\\_2m1O8QHj7qc1S3c](https://iastate.qualtrics.com/jfe/form/SV_2m1O8QHj7qc1S3c) webinar by our Story County Fall Prevention Coalition members from ISU U-TuRN, ISU Extension, Iowa Community HUB is attached. Please give it a read or watch.(All)
6. Promote clinician knowledge of fall risks and interventions by publishing Barebones articles. Will update and repurpose Dr. Kitchell's 2022 Frailty and Falls article. (Mike/Jenni Talbott/ 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, follow-up educational opportunities include educational event 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/> (Abbie/ all)
8. From Winter: Inclusion of pharmacists on the Story County Falls Prevention Coalition. (Matt Aitchison)
9. 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 Story County presentation (All)
10. Continue our efforts and enthusiasm to make Story County as falls free as possible. Looking forward to hearing of our efforts and progress in August!