The 5th Annual Iowa Falls Prevention Coalition Symposium

Up for the Challenge; Down with Falls
Friday, July 19, 2019

FFA Enrichment Center - (DMACC Ankeny Campus), 1055 SW Prairie Trail Pkwy., Ankeny, IA 50023

June 2019
Did you know?
• Falls can be devastating.
• Fall-related care is expensive.
• Falls can be deadly.
• Falls are preventable.

Falls are a major threat to the health and independence of older adults. Nearly 1 out of 3 older adults fall each year, but half of those who fall never report or discuss their falls. Between 2010-2014, lifetime costs associated with fall injuries among Iowans ages 65 and older were over $3.5 billion— but falls are not an inevitable consequence of aging (IDPH, 2018).

Join the Iowa Falls Prevention Coalition for its fifth annual symposium – Up for the Challenge; Down with Falls – and help us work toward developing a system that screens older Iowans for fall risks and makes referrals to appropriate evidence-based falls prevention programs that have been proven to significantly reduce the risk of falls and fall-related injuries.

The Iowa Falls Prevention Coalition’s mission is to foster collaboration among state, community and health care system partners to reduce falls by building awareness and providing education about falls prevention.

The symposium’s goal is to help create an integrated, evidence-based Falls Prevention Network in Iowa.

At the conclusion of the symposium, participants will be able to:
• Explain the evidence-based benefits of the Walk with Ease program for improving the health of older adults and the affect on fall risk.
• Adopt simple workflow strategies that will help all staff address fall prevention techniques.
• Identify opportunities for community collaboration and falls prevention referral.
• Discuss and review considerations and techniques for working with chronic disease populations in the aquatic environment.
• Use a standardized assessment tool to screen for or assess frailty in clinical settings.

This project was supported in part by grant number 90FP0031 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 2

Location:
FFA Enrichment Center
(DMACC – Ankeny Campus),
FFA Enrichment Center,
1055 SW Prairie Trail Pkwy.,
Ankeny, IA 50023
(Circled in yellow)
Driving directions:
http://www.ffaenrichmentcenter.com/contactus.aspx
Who Should Attend?
This conference is designed for aging network, health care and public health professionals; students; evidence-based falls prevention program leaders; representatives of the disability community; elected officials; insurance representatives; and caregivers.

Continuing Education Credits:
IBON Provider #94 awards 3.0 contact hours for this conference which must be attended in-full. No partial credit will be awarded.

Handouts:
Handouts, as permitted by the speakers, will be made available the day of the event.

Registration:
You may register online. The registration fee is $50 per person. The fee includes conference program content, materials, boxed lunch, refreshments and CEUs. Register online at https://register.extension.iastate.edu/fallprevention. Walk in registration will be available the day of the event for $50, but meals and materials are not guaranteed to be available.

Sponsors:
For a contribution of $500-$999, your package will include the organization/company logo on the symposium program, sign board, and this website. This level also includes exhibitor registration.

For a contribution of $1,000 or more, your package will include all of the above, 5 minutes to address symposium attendees, and one additional participant registration.

Contact Maggie Ferguson at maggie.ferguson@idph.iowa.gov for more information about sponsorships.

Exhibitors:
Vendor/exhibitor registration of $100 includes one 6-foot exhibit table with chair and registration for one representative (includes lunch and refreshments). Additional representatives must be registered at $50 each. Exhibit tables available on a first-come, first-served basis. Registration opens at 8:00 a.m. Exhibitors may set up no earlier than 7:00 a.m.

Cancellation:
If you need to cancel your registration, please contact registrations@iastate.edu. You will be refunded your fee less processing. Substitutions welcome at any time; please contact registrations@iastate.edu to make a substitution.
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<td>7:45 - 8:50 a.m.</td>
<td>Registration and light breakfast/visit exhibitors</td>
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<tr>
<td>8:50 - 9:00 a.m.</td>
<td>Welcome/Opening Remarks - Margaret DeSio &amp; Trina Raske-Suchan, Co-Chairs, Iowa Falls Prevention Coalition</td>
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<tr>
<td>9:00 - 9:15 a.m.</td>
<td>Stepping On &amp; Matter of Balance demonstration - Margaret DeSio &amp; Kathy Lee</td>
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<td>9:15 - 10:15 a.m.</td>
<td>Keynote - The Frailty Syndrome: Clinical Implications for Fall Prevention and Building Resilience! - Dr. Paul Mulhausen, MGS, Telligen</td>
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<td>10:15 - 10:30 a.m.</td>
<td>Break - Visit exhibitors</td>
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<td>10:30 - 11:30 a.m.</td>
<td>Iowa Pharmacists Efforts in Falls Prevention</td>
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<td>Anthony Pudlo &amp; Matthew Pitlick, Iowa Pharmacy Association</td>
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<td>11:30 - noon</td>
<td>General Session: Round Table Discussions</td>
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<td>12:00 - 12:30 p.m.</td>
<td>Lunch - Provided</td>
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<td>12:30 - 12:45 p.m.</td>
<td>Tai Chi for Arthritis and Fall Prevention Demonstration - Becky Robel</td>
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<td>12:45 - 1:45 p.m.</td>
<td>A. Remembering When TM PLUS: A referral infrastructure to connect older Iowans to evidence-based falls prevention programs - Rebecca Bucklin, University of Iowa &amp; Sonita Oldfield-Carlson, Milestones Area Agency on Aging</td>
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<td></td>
<td>B: The Walk with Ease Program &amp; Aquatic Exercise for Fall Prevention - Trina Radske-Suchan &amp; Mary LaBarre, Community Health Partners</td>
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<td>1:45 - 2:00 p.m.</td>
<td>Break - Visit exhibitors</td>
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<td>2:00 - 3:00 p.m.</td>
<td>General Session - More than One Way to Support Fall Prevention in Your Organization - Sarah Pavelka, Pavelka's Point Consulting LLC</td>
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<td>3:00 p.m.</td>
<td>Symposium Wrap-Up / Evaluation / CEUs</td>
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## Breakout Agenda for Iowa Falls Prevention Coalition Symposium

### Friday, July 19, 2019

<table>
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| **Welcome/Opening Remarks:** | Presenters: Margaret DeSio & Trina Raske-Suchan, Co-Chairs, Iowa Falls Prevention Coalition  
**Session Time:** 8:50 - 9:00 a.m. |
| **General Session:** | Stepping On & Matter of Balance Demonstration  
**Presenter:** Margaret DeSio & Kathy Lee  
**Breakout Session Time:** 9:00 - 9:15 a.m.  
**Course Description:** This demonstration will provide hands-on experience with exercises taught as part of the Stepping On and Matter of Balance evidence-based falls prevention classes. |
| **Keynote:** | The Frailty Syndrome: Clinical Implications for Fall Prevention and Building Resilience!  
**Presenter:** Dr. Paul Mulhausen, MGS, Telligen  
**Breakout Session Time:** 9:15 - 10:15 a.m.  
**Course Description:** In this session, participants will review the Frailty Syndrome, the definition of frailty, the cycle of frailty and a clinical tool used to assess for the presence of frailty. The relationship between frailty and fall risk will be discussed. The participants will become familiar with the prevailing management strategies for frailty and potential approaches for prevention of frailty will be discussed. Lastly, participants will receive a refresher on the potential for physical activity, healthy nutrition, and mindfulness to build resilience and strategy to prevent or postpone frailty.  
**Objectives:** After participating in the session, the participant will be able to:  
- List three of the five criteria that define frailty: weight loss, exhaustion, slowness, low activity level and weakness.  
- Use a standardized assessment tool to screen for or assess frailty in clinical settings.  
- Globally discuss prevailing management strategies for frailty, especially the role of strengthening exercises and protein/calorie supplementation.  
- Discuss the role of regular physical activity, dietary approaches to nutrition, and mindfulness stress reduction in the development of resilience and healthy aging to counteract frailty. |
| **Break/Visit Exhibitors** | Time: 10:15 - 10:30 am  
**Lunch - provided** | Time: noon - 12:30 p.m. |
| **General Session:** | Iowa Pharmacists Efforts in Falls Prevention  
**Presenter:** Anthony Pudlo & Matthew Pitlick, Iowa Pharmacy Association  
**Session Time:** 10:30 - 11:30 a.m.  
**Course Description:** Efforts by Iowa pharmacists to aid in falls prevention will be discussed including medication deprescribing, their medication safety and effectiveness strategy, and opioid stewardship. |
| **Round Table Discussions** | Session Time: 11:30 a.m. - noon  
**Course Description:** During this session, attendees will have the opportunity to network with others in their area of the state to discuss current and potential falls prevention activities, including falls prevention awareness day, evidence based practices, community-based falls prevention strategies, and facility-based falls prevention strategies. |
| **General Session:** | Tai Chi for Arthritis and Fall Prevention Demonstration  
**Presenter:** Becky Robel  
**Session Time:** 12:30 - 12:45 p.m.  
**Course Description:** This demonstration will give attendees an opportunity to experience the movements utilized for falls prevention using Tai Chi for Arthritis. |
Breakout Agenda for Iowa Falls Prevention Coalition Symposium

**Breakout Sessions**

**A: Remembering When TM PLUS: A referral infrastructure to connect older Iowans to evidence-based falls prevention programs**

**Presenter:** Rebecca Bucklin, University of Iowa and Sonita Oldfield-Carlson, Milestones Area Agency on Aging

**Session Time:** 12:45 - 1:45 p.m.

**Course Description:** Falls are the leading cause of unintentional fatal and nonfatal injury among older adults (NCIPC) in the U.S. and Iowa. Injuries from falls can cause reduced mobility, impaired mental health and loss of independence (CDC) (1,2). Falls and fire prevention are essential for older adults’ health and independence, but are not always a primary concern for them. Our previous project used trusted fire service personnel as an entry point to engage older adults in falls prevention conversations by delivering the Remembering When TM program (RW). Through our current project, we are building a larger infrastructure of community partnerships called the Remembering When: Partners Linking you to Services (RW-PLUS) in two Iowa communities. Older adults at risk for falls are linked to the resources, organizations and evidence-based falls prevention programs available in their respective communities. A Stakeholder Advisory Board (SAB) that includes aging network and public health organizations (e.g., Iowa Department of Public Health, Area Agencies on Aging (AAA), Iowa Department on Aging, National Fire Protection Agency, Cedar Rapids Fire Department and Johnson County Social Services) guided the identification of pilot communities and strategies to build infrastructure. We will discuss the process of infrastructure building and implications of such infrastructures in expanding the reach of evidence-based falls prevention programs in Iowa communities from the perspectives of the Area Agencies on Aging and the University of Iowa research team that led the project.

**Objectives:** After the session, the participant will be able to:

- Identify the four main roles within the developed infrastructure that should be covered by community organizations and partners to link older adults to falls prevention programs using the RW-PLUS infrastructure model.

**B: The Walk with Ease Program & Aquatic Exercise for Fall Prevention**

**Presenter:** Trina Radske-Suchan & Mary LaBarre, Community Health Partners

**Session Time:** 12:45 - 1:45 p.m.

**Course Description:** Learn how you can integrate the Walk with Ease Program (WWE) into your work with patients and clients, and/or strengthen other community health efforts. The WWE program is evidence-based to improve your balance, strength and walking pace. It has been proven to decrease pain, stiffness and overall disability. This program is the intervention we’ve been waiting for to help people get moving in Iowa. Also during this session, discuss the benefits of aquatic physical therapy and aquatic exercise in reducing fall risk. This session will provide evidence-based research on the use of aquatic exercise specifically for individuals with the following chronic medical conditions: osteoarthritis, Parkinson’s disease and stroke. We will also discuss the use of aquatic exercise in a community wellness setting.

**Objectives:** After participating in the session, the participant will be able to:

- Explain the evidence-based benefits of the WWE program for improving the health of older adults and the affect on fall risk.
- Describe how to refer into the statewide WWE program and what is involved in the self-directed version.
- Describe the steps of implementing a participant-centered, community-based WWE program.

- Identify at least five community organizations to partner with when creating a referral infrastructure for falls prevention.
- Discuss at least two lessons learned from falls prevention infrastructure development in the Iowa pilot communities.
Breakout Agenda for Iowa Falls Prevention Coalition Symposium

**Break/Visit Exhibitors**
Time: 1:45 - 2:00 p.m.

**General Session:**

**More than One Way to Support Fall Prevention in Your Organization**
Presenter: Sarah Pavelka, Pavelka’s Point Consulting LLC

**Session Time:** 2:00 - 3:00 p.m.
**Course Description:** Falls-free organizations continually work to prevent falls and often, there is not a perfect set of interventions. Fall prevention requires a multi-faceted approach to meet the ongoing needs of those we serve. The unique combination of occupational therapy and continuous quality improvement (Lean) theories help your organization meet the ongoing challenges of fall prevention. During this session, participants will learn how to utilize this unique combination of clinical/therapeutic interventions and operational/environmental changes to prevent falls.

**Objectives:** After the session, the participant will be able to:
- Discuss how clinical and operations quality can be successful together to prevent falls.
- Illustrate fall prevention from a blend of clinical (therapy) interventions and operational (quality improvement) strategies.
- Reflect on therapeutic interventions that work for clinical plans.
- Adopt simple workflow strategies that will help all staff address fall prevention techniques.

**Symposium Wrap-Up / Evaluation / CEUs**

**Session Time:** 3:00 p.m.
**Description:** Attendees will complete evaluations and submit materials for CEUs.
Conference Speakers

Becky Bucklin
Becky Bucklin manages multiple community-engaged public health research projects throughout Iowa. She works to advance health equity and overall quality of life for Iowans through evidence-driven public health research.

Mary LaBarre, PT, DPT, ATRIC
Mary LaBarre, PT, DPT, ATRIC, is the Aquatic Program Director at Community Health Partners (CHP). Mary is a part-time physical therapist, specializing in aquatic-based rehab in the Des Moines, Iowa metro area. She works with a variety of patient populations including cardiopulmonary, orthopedic, neurological, general debility, sports medicine and chronic pain diagnoses. She also helps coordinate CHP’s evidence based aquatic fitness class at the YMCA of Greater Des Moines and other community locations. Mary is also teaching faculty of the Aquatic Therapy Rehabilitation Institute (ATRI) since 2012. Since Mary is a certified in aquatic therapy, she provides all aquatic training for CHP aquatic based medical programs. She is also leading the effort to expand CHP Aquatic Therapy through a satellite clinic model.

Dr. Paul Mulhausen
Dr. Paul Mulhausen is the Chief Medical Officer at Telligen, a health management firm serving a wide range of clients, including the Centers for Medicare and Medicaid Services, state Medicaid agencies, commercial health plans and provider organizations. Dr. Mulhausen has over 30 years of experience in healthcare; is board certified in both internal medicine and geriatric medicine; and is an accomplished clinician, medical educator and advocate for high-quality geriatric care. He is a widely-recognized expert in the care of the elderly and other vulnerable populations, providing leadership to numerous stakeholders in the healthcare community. Dr. Mulhausen is former chair of the American Geriatrics Society’s (AGS) Clinical Practice and Models of Care committee and currently serves on the AGS Board of Directors. Dr. Mulhausen currently provides primary care internal medicine and geriatrics services at Primary Health Care, a Community Health Center in Des Moines, Iowa. Dr. Mulhausen is a Fellow in both the American College of Physicians and the American Geriatrics Society.
Conference Speakers

Sonita Oldfield-Carlson
Sonita Oldfield-Carlson is the Evidence-Based Programs Coordinator for Milestones Area Agency on Aging, where she’s been leading falls prevention and chronic disease self-management programs for older Iowans for six years. She works with community partners to deliver evidence-based programs, and directly with persons age 60 and better to improve outcomes for healthy aging.

Sara Pavelka, PhD, MHA, OTR/L, CPHQ, FNAHQ
Sarah has over 20 years of experience leading and coaching in organizational performance and continuous improvement in business, industry, education and healthcare. Sarah is the CEO/owner of Pavelka’s Point Consulting, LLC; the program director for the MHA degrees at Walden University, improvement faculty for the Iowa Healthcare Collaborative; and an adjunct faculty member for the Healthcare Administration program at Upper Iowa University.

Dr. Pavelka’s extensive volunteer experiences include being a six-time National Baldrige examiner, as well as a seven-year state examiner for the Iowa Recognition for Performance Excellence. She was also the at-large director for the National Association for Healthcare Quality Board from 2014 to 2016. Sarah was also the past-president of the Iowa Association for Healthcare Quality Board; a task force member for the Iowa Hospital Association; and a member of the Des Moines University Alumni Board.

Dr. Pavelka has professional and academic experiences as a 13-year faculty member for the Master in Healthcare Administration program at Des Moines University. Her previous professional experiences include the Quality Management Director at the Iowa Foundation for Medical Care, Director of Business and Industry Relations for Pella Regional Health Center, and clinical experience as the Director of the Occupational Therapy department for Pella Regional Health Center in Pella, Iowa.

Sarah holds degrees in Biology and Psychology from Luther College; an Occupational Therapy degree from Concordia University-Wisconsin; MHA from Des Moines University, and a Ph.D. from Walden University. She is a Fellow for the National Association for Healthcare Quality (FNAHQ); a Certified Professional in Healthcare Quality (CPHQ); and has credentials in Occupational Therapy, Ergonomics, Lean, and Six Sigma Black Belt.

Matthew Pitlick, PharmD, BCPS
Executive Fellow, Iowa Pharmacy Association

Anthony Pudlo, PharmD, MBA, BCACP
Vice President, Professional Affairs

Trina Radske-Suchan, PT, CSCS, FMSC
Trina Radske-Suchan serves as the executive vice president and chief health officer for Community Health Partners (CHP). She received her Master in Physical Therapy from the University of Iowa and has dedicated most of her career to promoting and advocating for healthy lifestyles to reduce the burden of disease and disability on individuals and society. Trina is the co-chair of the Iowa Falls Prevention Coalition and has helped lead our three-year action plan, coordinating efforts with the Falls Prevention Statewide Strategic Plan. Trina has been directing chronic disease prevention and management programs since 2004 to address chronic conditions, health disparities and health-related concerns of aging populations in Iowa.

Thank you to our demonstration leaders, Margaret DeSio (Aging Resources of Central Iowa), Kathy Lee, MSN, RN (University of Iowa), and Becky Robel, BS, CPT, CEx (American Parkinsons Disease Association)