Attend and earn CEUs!

iOwa stands up to prevent falls

SHARING THE VISION, EXPANDING OUR REACH

2nd Annual Symposium • Friday, July 8, 2016
Des Moines Area Community College – Ankeny Campus

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. One out of every 27 Iowa residents aged 65 or older is hospitalized for a fall-related injury at an average cost of $26,388 – but falls are not an inevitable consequence of aging.

Join the Iowa Falls Prevention Coalition for its second annual symposium – Sharing the Vision, Expanding Our Reach – 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:

- Identify how restorative sleep interventions can help reduce the risk of falls
- Discuss the process for determining the root causes of institutional falls and identify interventions
- Describe three evidence-based falls prevention programs
- Identify environmental fall hazards
- Recognize the role of vision as a risk factor for falls
- Define how medication management can be used to help reduce the risk of falls
- Describe how vestibular system rehabilitation is a component of falls prevention
- Discuss how an interdisciplinary team can decrease the risk of falls

Attention Stepping On, A Matter of Balance and Tai Chi for Arthritis Program Leaders: Plan to attend a special Leader Recognition session on Thursday, July 7, from 5-8 p.m. at the Hampton Inn & Suites. The event will highlight the achievements of the programs and provide information on successful marketing and retention for evidence-based programs. There will be an opportunity to network with other leaders and light refreshments will be served.

This project is supported by grant number 90FP0003-01-00, financed solely by Prevention and Public Health Funds, from the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Falls Free®
Iowa Falls Prevention Coalition

SYMPOSIUM AGENDA

8:00 a.m. Registration

9:00 a.m. Welcome/Opening Remarks
Joel Wulf, LISW, ASW-G, CAS, Assistant Director, Iowa Department on Aging

9:10 a.m.

Keynote Address: "Preventing Falls by Restoring a Good Night's Sleep"
Sue Ann Guildermann, RN, BA, MA, Director of Education, Empira, Inc.

Sleep is an integral component of health and its value doesn't diminish as one ages. Research has shown a healthy night's sleep is important to reducing falls among the aging. In this session, you'll learn how the Circadian rhythm operates within the body, the four stages of sleep and the top 10 disturbances of sleep. You'll also learn interventions to improve nursing facility residents' sleep and wake periods to promote healthy brain function, emotional well-being and physical health.

10:10 a.m. Morning Break

10:25 a.m. Breakout Session #1

OPTION A: "Getting to the Root Cause of Falls: A Falls Prevention Program"
Sue Ann Guildermann, RN, BA, MA, Director of Education, Empira, Inc.

Preventing falls in nursing homes is of critical importance, but doing so requires a number of tools and activities to achieve success. This session discusses how to use root cause analysis to determine the causes of resident falls; identify the correct interventions to better manage the likelihood of falls; investigate the internal, external, clinical and operational systems factors that may have contributed to a fall; and match interventions to the causes of falls. Over time, facilities can achieve the goal of falls reduction and improve the quality of care and life for its residents using these tools.

OPTION B: "The Role of Vestibular Rehabilitation in Falls Prevention"
Michael Herrington, MPT, Physical Therapist, CHI Health/Immanuel Rehabilitation Institute

Dizziness is often related to impaired balance, falling and fear of falling. Maintaining balance requires sensory input from the vestibular system, which is the balance system of the inner ear. This session explores vestibular disorders; the benefits of vestibular rehabilitation treatment strategies to correct potential problems before a serious fall; and how healthy vestibular systems are vitally important to freedom of movement.

OPTION C: "Medication and Falls Prevention"
Kristin S. Meyer, Pharm D, CGP, CACP, FASCP, Assistant Professor of Pharmacy Practice, Drake University College of Pharmacy and Health Sciences

One common cause of falls among the aging – medication – is often overlooked by health and residential facility professionals. This session explores how medications and their side effects contribute significantly to the risk of falling in older adults. It will detail chronic conditions that may predispose patients to falls and how proper medication management can minimize fall risk. You'll learn about medications implicated in falls and strategies to decrease their use, as well as how a collaborative approach to addressing medication administration and management can reduce the incidence of medication-related falls among the elderly.

11:55 a.m. Lunch

SYMPOSIUM AGENDA

12:55 p.m. Breakout Session #2

OPTION A: "The Slippery Slope of Aging: Preventing Slips and Falls as America Ages"

Larry Readout, Senior Engineer, EMC Insurance Companies

Slips and falls occur in many places – the home, the workplace and the community. There is a science to preventing falls and, in this session, you'll learn to recognize slip, trip and fall hazards as well as effective and proven prevention strategies. This will help health care professionals assess safety risks and recommend interventions to keep their clients safe. While no place can be made "fall proof," an eagle eye and knowledge of ways to correct hazards will go a long way toward prevention.

OPTION B: "Preventing Falls by Understanding Your Vision"

Lucas Cook, OD, Optometrist, Cedar Valley Eye Care

Older adults with vision loss are almost twice as likely to experience multiple falls as those with normal vision. In this session, you'll learn about the most common vision ailments affecting older adults; how each eye disease affects vision and mobility; and how health care professionals and others working with older adults can make referrals for the vision care they need to lead safe and healthy lives.

OPTION C: "An Interdisciplinary Approach to Falls Prevention"

David Demarest, Ph.D, Neurologist, On With Life, Inc.

Gail McGaughy, PT, C/NDT, CLT, CBIS, Physical Therapist, On With Life, Inc.

Sue Sandahl, MA, OTR/L, CBIS, Occupational Therapist, On With Life, Inc.

Tammy Miller, COTA/L, BS, CBIS, CCM, Certified Occupational Therapy Assistant, On With Life, Inc.

On With Life, Inc., offers a continuum of specialty services to people who have sustained a traumatic brain injury, stroke, tumor, aneurysm or other brain injury. In this session, you'll learn about the rehabilitation program the organization created to work in conjunction with a medical provider with the overall focus of falls prevention. Also highlighted in the session is On With Life's falls prevention and intervention programming.

2:25 p.m. Afternoon Break

2:40 p.m. General Session: "Evidence-Based Falls Prevention Programs"

Trina Radske-Suchan, Medical Program Executive, YMCA Healthy Living Center

Margaret DeSio, Contracted Services Director, Aging Resources of Central Iowa

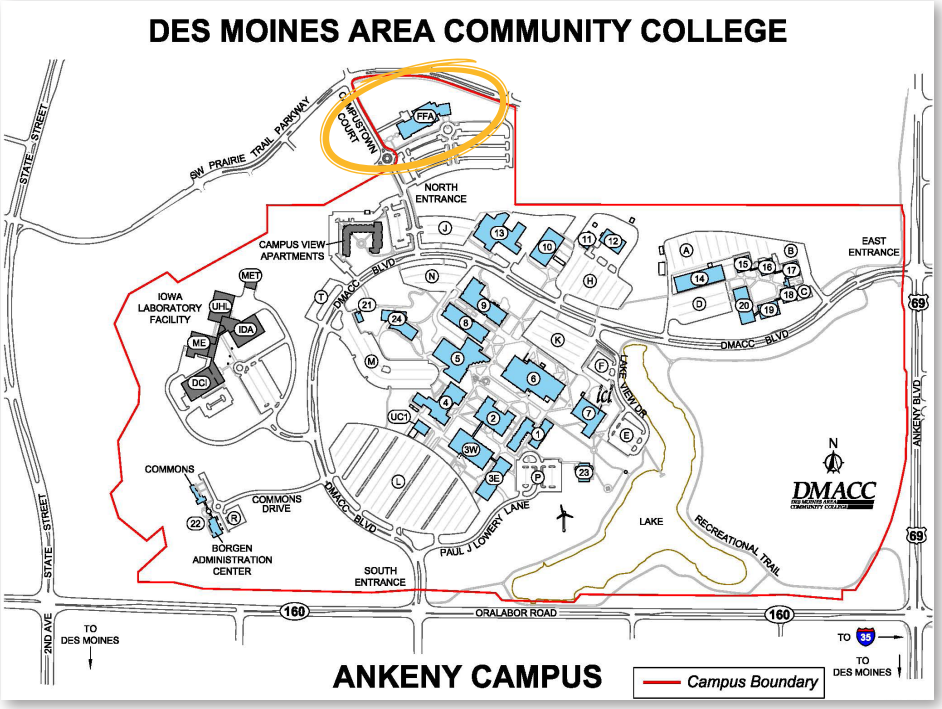
Barb McClintock, Chair, Iowa Falls Prevention Coalition

Evidence-based falls prevention programs (EBPs) offer proven ways to promote health and prevent disease among older adults. EBPs are based on research and provide documented health benefits. Since falls are highly preventable, EBP participants can lower their risk of falls and improve their overall well-being. For community and health care organizations, EBPs are beneficial in that they promote better health outcomes and positive health care experiences. This session will discuss and demonstrate three evidence-based programs (A Matter of Balance, Stepping On and Tai Chi for Arthritis), which are offered in communities throughout Iowa.

4:10 p.m. Symposium Wrap-Up / Evaluation / STEADI Toolkits

4:30 p.m. Adjourn

SYMPOSIUM DETAILS



CONFERENCE LOCATION

The conference will be held at the FFA Enrichment Center on the Ankeny Campus of Des Moines Area Community College (DMACC) at 1055 SW Prairie Trail Pkwy., Ankeny, IA 50023.

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

This conference has been approved for 6.6 Continuing Education Credits (CEUs) by Des Moines Area Community College Board of Nursing Provider #22. Certificates will be awarded upon full completion of the program. No partial credit will be awarded. Other disciplines and participants will receive a certificate of attendance.

HANDOUTS

Handouts for the symposium will be made available online at www.iowaaging.gov/healthy-lifestyles/falls-prevention. Participants are asked to review handouts prior to the symposium and print desired handouts.

REGISTRATION

You may register online, by phone or by mail. The early registration fee is $35 per person (through June 30, 2016). After July 1, the registration fee is $50. The fee includes conference materials, continental breakfast, lunch, refreshments and CEUs. Register online at https://goo.gl/L1oATA; by phone at 515-964-6800; or mail your completed registration form (with check payable to DMACC Falls Symposium) to DMACC Falls Symposium, Attn: Continuing Education, 1111 E Army Post Road, Ste. 2004, Des Moines, IA 50315.

CANCELLATIONS

Cancellations received by July 1, 2016, will be entitled to a full refund. Notify DMACC Continuing Education.

ACCOMMODATIONS

A block of hotel rooms has been reserved for symposium attendees for Thursday, July 7, at the hotels listed below. Please reserve rooms by June 17, 2016.

Hampton Inn & Suites
$149.00 + tax
6210 SE Convenience Blvd., Ankeny, IA 50021
(515) 261-4400

Comfort Inn
$129.99 + tax
2602 Creekview Dr., Ankeny, IA 50021
(515) 963-9666

EXHIBITORS

Exhibit tables are $50 for for-profit organizations and are complimentary for non-profit organizations. There is a charge of $20 per person for lunch. For more information or to register as an exhibitor, contact available by contacting Mark Hanson at (515) 210-7008 or mhanson@i4a.org.

REGISTRATION FORM

If registering by mail, please complete this form and send it (with check payable to DMACC Falls Symposium) to:

DMACC Falls Symposium
Attn: Continuing Education
1111 E Army Post Road, Ste. 2004
Des Moines, IA 50315

Course Name: 2016 Iowa Falls Prevention Symposium
Class Begins: July 8, 2016
Course #: 34862

Registration Fee:
Through June 30, 2016 = $35.00
After July 1, 2016 = $50.00

PLEASE PRINT:

First Name: _____ MI: _____ Last Name: _____

Date of Birth: _____ Social Security Number: _____

Address: _____ City: _____ State: _____ Zip: _____

Home/Cell Phone: _____ Work Phone: _____

Email Address: _____

Iowa Resident: ☐ Yes ☐ No Hispanic/Latino ☐ Yes ☐ No

Please select the racial category or categories with which you most closely identify by placing an "X" in the appropriate box (check as many as apply):

☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American

☐ Native Hawaiian or Pacific Islander ☐ White

FEATURED SPEAKERS

Lucas Cook, OD

Born and raised in the Quad Cities, Dr. Cook attended the University of Northern Iowa, where he received his Bachelor of Arts degree in Biology and competed on the track team as a hammer thrower. He then went to Memphis, TN, where he received his Doctor of Optometry from the Southern College of Optometry. He completed externships in Nashville, Tenn., and Chandler, AZ, (focusing on ocular disease and visual therapy). Dr. Cook has worked at Cedar Valley Eye Care in Waterloo/Cedar Falls for the past two years, where he's involved in family eye care, specialty contact lenses and co-management of ocular disease. In his free time, he enjoys staying active outdoors (occasionally throwing a little hammer) and traveling with his fiancée.

David Demarest, Ph.D

Dr. Demarest is the Director of Psychology and Neuropsychology Services at On With Life, Inc., a not-for-profit that specializes in rehabilitation of people who have sustained a traumatic brain injury, stroke, tumor, aneurysm or other brain injury. His responsibilities at On With Life include psychological services, including assessment; therapy; consultation in skilled nursing facility/special needs to infants, children, adolescents and adults; as well as clinical leadership for therapeutic treatment teams (Physical Therapy, Occupational Therapy, Speech/Language Therapy, Social Work, Music Therapy, Recreation Therapy). Dr. Demarest received a B.A. in Psychology from the University of Virginia, an M.S. in Clinical Psychology from the Virginia Commonwealth University and a Ph.D. in Clinical Psychology from West Virginia University. He completed a clinical internship at University of Oklahoma Health Sciences Center, Department of Psychiatry and Behavioral Sciences, and Veteran's Administration Medical Center and a Postdoctoral Fellowship in Rehabilitation and Neuropsychology, University of Missouri - Columbia, School of Medicine, Department of Physical Medicine and Rehabilitation, Division of Clinical Health Psychology and Neuropsychology, Rusk Rehabilitation Center.

Margaret DeSio, LMSW

Margaret is a Licensed Master Social Worker who graduated from Iowa State University with a master's degree in Family Environment with an emphasis in Gerontology. She has worked in social services for 35 years and in the field of aging for 30 of those years. Margaret has been a Master Trainer for A Matter of Balance since 2008 and was one of the first to coach classes in Iowa. She established the Case Management Program for the Frail Elderly at Aging Resources of Central Iowa in 1991 and continues her work at Aging Resources as the Contracted Services Director, overseeing funding to local providers of services to older adults in central Iowa.

Sue Ann Guildermann, RN, BA, MA

Sue Ann is the Director of Education and Quality Improvement for Empira, Inc., a quality improvement consortium of 28 skilled nursing facilities and five companies. Empira's primary activity is to develop and implement customized clinical pathways and educational programs from the most recent evidence-based practices in the field of gerontological research. It promotes health of the elderly by setting standards of clinical excellence in a variety of care delivery settings. Sue Ann's division produces educational programs and professional workshops for five long-term care companies; designs and presents clinical, operational and management seminars for professional organizations; edits, designs and authors educational brochures, professional articles and clinical manuals; and conducts corporate quality improvement needs assessments with targeted solutions. Sue Ann has worked in a variety of roles related to nursing, staff development, professional services and training. She has an associates degree in Applied Science, is a Registered Nurse, and holds a B.A. in Speech Communication and Education and an M.A. in Communication and Theater Arts.

Michael Herrington, MPT

Michael grew up in central Iowa and graduated from the University of Iowa in 1996 with a degree in Physical Therapy. He is in his 20th year of work in Omaha, NE, at CHI Health/Immanuel Rehabilitation Institute, where he has participated on his hospital's Falls Prevention team, implemented a balance and mobility clinic and lectured locally regarding balance and vestibular disorders. He has worked in acute inpatient rehab and is currently an outpatient therapist working with neurological cases, balance and vestibular disorders. Michael has completed basic and advanced vestibular training from Emory University and the University of Pittsburgh. He is also NDT trained.

Barb McClintock

Barb has been leading evidence-based programs since 2007, including Better Choices/Better Health (a chronic disease self-management program), A Matter Of Balance and Stepping On. This experience compliments her work in the aging network, where she served as a manager and administrator of Polk County Senior Services for more than 30 years. She currently serves as the chair of the Iowa Falls Prevention Coalition and as committee chair of Age-Friendly Greater Des Moines.

Gail McGaughy, PT, C/NDT, CLT, CBIS

Gail has specialized in adult neuro rehab since receiving her master's degree in Physical Therapy from St. Ambrose University in 1998. Gail spent two years at Genesis Medical Center in Davenport, IA, in inpatient rehab and hospital-based transitional skilled care, followed by 10 years at Aurora St. Luke's Medical Center in Milwaukee, WI, with a strict focus on inpatient rehabilitation. Gail returned to Genesis Medical Center for two years and finally landed in the outpatient neuro rehab division of On With Life, Inc. in Ankeny, IA. Gail was certified in NDT for adult hemiplegia in 2002, followed by NDT advanced gait in 2004. She has also taught various courses on gait and treatment of stroke in Wisconsin and was certified in lymphatic treatment in 2009 and LSVT BIG for Parkinson's in 2011. Along with colleagues, Gail helped create LSVT BIG program for Parkinson's Disease in the Des Moines area in October 2013.

Kristin Meyer, Pharm D, CGP, CACP, FASCP

Dr. Meyer is an associate professor of Pharmacy Practice at Drake University College of Pharmacy and Health Sciences, and a consultant to the Iowa Veterans Home. She precepts third- and fourth-year Pharmacy students in specialty geriatrics practice experiences at IVH in addition to various classroom teaching duties. Dr. Meyer is a graduate of Drake University and completed a Geriatric Specialty Pharmacy residency at the Central Arkansas Veterans Healthcare System and University of Arkansas in Little Rock. Her main areas of interest and expertise are Alzheimer's, Parkinson's and anticoagulation management. Dr. Meyer enjoys being active in the leadership and advocacy efforts of Iowa Pharmacy Association, American Society of Consultant Pharmacists and the American Association of Colleges of Pharmacy.

FEATURED SPEAKERS

Tammy Miller, COTA/L, BS, CBIS, CCM

Currently in her 18th year as a certified occupational therapy assistant, Tammy has had the opportunity over the years to work within a multitude of practice areas, including brain injury, geriatrics, pediatrics, home health, post-acute, long term care, outpatient and mental health. She has additional certifications as a Certified Brain Injury Specialist and Certified Case Manager and holds a B.S. in Health Science. For the past 12 years, Tammy has been working at On With Life, Inc., focusing on brain injury and neurological rehab. While at On With Life, she has had the opportunity to work in the inpatient rehab program as a certified occupational therapy assistant and in the case management department as the admission coordinator. She currently heads the outpatient program as the outpatient office manager.

Trina Radske-Suchan, MPT, CSCS, FMSC

Trina received a master's degree in Physical Therapy from the University of Iowa with emphasis in Sports Medicine & Orthopedics, Community Health & Wellness and Population Health. Her role as the Medical Program Executive at the YMCA Healthy Living Center in Clive, IA, includes providing oversight of the physical and aquatic therapy services and exercise and wellness programming for members with chronic disease and physical limitations. Trina manages the delivery of evidence-based programs to address chronic diseases, health disparities and health-related concerns of an aging population. She develops referral relationships and establishes referral processes with medical and community stakeholders while building partnerships to enhance support for the YMCA community health model.

Larry Readout

Larry Readout is a senior engineer at EMC Insurance Company in the Risk Improvement department. An industrial engineer, Larry develops EMC's Slip Prevention hazard assessment service and numerous slip/fall safety documents. He has performed on-site slip/fall assessments at hundreds of facilities in both the public and private sectors and conducts research on slip/fall hazards and mitigation. A popular public speaker, Larry has spoken to dozens of organizations and at safety conferences on slip/fall hazards and their prevention. He's a member of the ANSI sub-committee charged with developing a standard test method for footwear slip resistance. Larry holds the Certified Safety Professional (CSP), Certified Walkway Auditor (WACH) and Certified Playground Safety Inspector (CPSI) certifications and is a coach/trainer for the A Matter of Balance falls prevention program.

Sue Sandahl, MA, OTR/L, CBIS

Sue is a graduate of the University of St. Catherine. She has worked in multiple settings, including hospitals, long-term acute care, skilled nursing facilities, outpatient adult and pediatrics. Sue has been working at On With Life, Inc. for the past two years in the outpatient neurorehabilitation program, treating persons who have experienced stroke, traumatic brain injury, concussion, Parkinson's Disease and brain cancer. Sue has played an integral role in the development of the Falls Clinic at On With Life.

Joel Wulf, LISW, ASW-G, CAS

Joel Wulf has over 25 years of human services and administrative experience in both private industry and state government. As the Assistant Director of the Iowa Department on Aging, he is responsible for overall department operations and supervision of multiple statewide programs. Joel's experiences include Legislative Liaison/Government Relations, Special Projects Officer, Healthcare Administrator and Mental Health Therapist with a specialty in psycho-geriatrics. Joel has acted as a CARF surveyor and is an adjunct faculty member for University of Iowa School of Social Work, where he has taught public policy courses in the graduate program. He is a veteran of the United States Air Force who served both overseas and in the continental U.S. Joel holds a master's degree in Social Work and Certification in Aging Studies from the University of Iowa, is a Licensed Independent Social Worker and is an Advanced Social Worker in Gerontology.

Iowa Association of Area Agencies on Aging