



STANDS UP TO PREVENT FALLS

First Annual Symposium • July 10, 2015 • Hawkeye Community College

Did you know?

- Falls can be devastating
- Falls can be deadly.
- Fall-related care is expensive
- **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 first annual symposium – Iowa Stands Up to Prevent 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 make a significant impact on reducing 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 characteristics of local falls prevention coalitions
- Adapt strategies to prevent falls for persons with disabilities
- Discuss a process for fall risk screening, assessment and referral
- Identify environmental fall hazards
- Describe three evidence-based falls prevention programs
- Recognize the role of EMS in falls prevention
- Define the roles of vision and medications in falls prevention

Participants will receive a complimentary CDC STEADI (Stopping Elderly Accidents, Deaths & Injuries) toolkit.

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.





CONFERENCE AGENDA

8:00 a.m. Registration, Continental Breakfast, Exhibits

9:00 a.m. Welcome
Barb McClintock, Chair, Iowa Falls Prevention Coalition

9:05 a.m. Opening Remarks
Donna Harvey, Director, Iowa Department on Aging

9:10 a.m.  Keynote Address: "Falls Prevention: An Update of National and State Initiatives"
*Kathleen Cameron, BS Pharm, MPH, Senior Director, National Council on Aging/
National Falls Prevention Resource Center*

Ms. Cameron is the Senior Director at the National Council on Aging, where she oversees the Administration on Community Living's funded falls prevention grant at the National Falls Prevention Resource Center. In this position, she has the opportunity to work closely with falls prevention programs nationwide.

10:15 a.m. Morning Break

10:30 a.m. Breakout Session #1

OPTION A: Fall Risk Screening, Assessment & Referral

"STEADI Toolkit: Practical Uses Across Settings"

Cyndi Rohret-Schmidt, MEd, MHA, CHPN, CHPCA, Improvement Advisor, Iowa Health Care Collaborative

"Falls Prevention in the Emergency Room"

Elizabeth Folger, BSN, PCCN, Iowa Methodist Medical Center

OPTION B: Local Falls Prevention Coalitions

"Building a Local Falls Prevention Coalition"

Kathleen Cameron, BS Pharm, MPH, Senior Director, National Council on Aging/National Falls Prevention Resource Center

"Local Falls Prevention: The Johnson County Experience"

Joyce Eland, BSN, Quality Manager, Johnson County Visiting Nurses Association

OPTION C: Evidence-Based Falls Prevention Programs: Panel Discussion

Matter of Balance

Melissa Adams, Outreach and Volunteer Service Coordinator, Heritage Area Agency on Aging

Tai Chi for Arthritis & Falls Prevention

Janet Buls, BA, Northeast Iowa Area Agency on Aging

Stepping On: An Evidence-Based Falls Prevention Program

Cheryl Lillegraven, MS, ARNP, ACNS-BC, UnityPoint Health – Des Moines

12:00 p.m. Lunch, Networking Discussions, Exhibits



CONFERENCE AGENDA

1:00 p.m.

Breakout Session #2

OPTION A: Falls and the Role of First Responders

"An 'Aging' Iowa EMS Delivery System"

Iowa State Senator Jeff Danielson (District 30), Firefighter, City of Cedar Falls

"Building Falls Prevention into Paramedicine"

Linda Frederiksen, RN, BSN, MPA, NRP, President, Iowa Emergency Medical Services Association

OPTION B: Falls and Environmental Hazard Analysis

"The Slippery Slope of Aging: Preventing Slips and Falls as Iowa Ages"

Larry Readout, Senior Engineer, EMC Insurance Companies

OPTION C: Sustainability for Falls Prevention Programs

"Falls Prevention in Oregon: A Systems Change Update"

Lisa Shields, Senior Falls Prevention Program Coordinator, Oregon Public Health Division, Injury and Violence Prevention Program

"Creating a Quality-Driven Falls Prevention Coalition"

Kate LaFollette, RN, Telligent Healthcare Intelligence

2:30 p.m.

Afternoon Break

2:40 p.m.

Breakout Session #3

OPTION A: Evidence-Based Falls Prevention Programs: Panel Discussion

Matter of Balance

Melissa Adams, Outreach and Volunteer Service Coordinator, Heritage Area Agency on Aging

Tai Chi for Arthritis & Falls Prevention

Janet Buls, BA, Northeast Iowa Area Agency on Aging

Stepping On: An Evidence-Based Falls Prevention Program

Cheryl Lillegraven, MS, ARNP, ACNS-BC, UnityPoint Health – Des Moines

OPTION B: Short- and Long-Term Options for Adaptability

Jane Evans Gay, Director, Iowa Program for Assistive Technology (IPAT), University of Iowa Children's Hospital Center for Disabilities and Development

OPTION C: Vision and Medications: Panel Discussion

Lucas Cook, OD, Cedar Valley Eye Care

Justin Rash, Pharm D, Vice President of Clinical Services and Consultant Pharmacist, Martin Health Services

Pamela Wong, Pharm D, MPH, BA CHES, Director of Clinical Services, NuCara Pharmacies

4:10 p.m.

Closing Remarks / Evaluation / Distribution of STEADI toolkits

4:30 p.m.

Adjourn



CONFERENCE DETAILS

CONFERENCE LOCATION

The conference will be held at Tama Hall (Building #7 on the map to the right) at Hawkeye Community College.

PARKING

Enter the Hawkeye Community College campus from East Orange Road using the East (Main) Entrance. Drive east on College View Road to Parking Lot J.

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 0.66 Continuing Education Credits (CEUs) by Hawkeye Community College IBON Provider #5. 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.

REGISTRATION

Registration is limited to 200 participants, so early registration is recommended. The early registration fee is \$35 per person (apply the class code "FALLS" to obtain the \$35 rate). After July 1, the registration fee is \$50. The fee includes conference materials, continental breakfast, lunch, refreshments and CEUs. Register online at www.hawkeyecollege.edu/go/NEI3A-conference. If you have any special accommodation needs, please contact Hawkeye Community College at (319) 277-2490 in advance.

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.

CANCELLATIONS

Cancellations received at least five working days prior to the event (by July 3, 2015) will be entitled to a full refund.

ACCOMMODATIONS

A block of hotel rooms has been reserved for conference attendees at the Isle Casino Hotel Waterloo (777 Isle of Capri Blvd., Waterloo, IA 50701). The government rate is \$59.99 + tax per night and the standard group rate is \$79.99 + tax per night. Conference rates expire June 19, 2015. Reservations may be made by calling (800) 843-4753.

EXHIBITORS

Exhibit tables are available by contacting Mark Hanson at (515) 210-7008 or mhanson@i4a.org. The exhibit fee is \$100, which includes one 6-foot skirted table, chair, access to electricity and one complimentary conference registration.





FEATURED SPEAKERS

Melissa Adams

Melissa has a BA in Health Promotion with an emphasis in Women's Health. She has worked at the Iowa Braille and Sight Savings School, Multiple Sclerosis Society and has been with Heritage for the past five years. She is a Master Trainer in Chronic Disease Self-Management program, Matter of Balance Program and is a Leader with the Stepping On Program.

Janet Buls

Janet has a BA in Family Services and is a Certified Personal Trainer and an ACE Group Fitness Instructor. Janet is a certified Tai Chi for Arthritis Instructor through the Tai Chi for Health Institute. She has been a Master Trainer in two evidence-based programs since 2010: Chronic Disease Self-Management Program and A Matter of Balance. She has been helping people live healthier lives for 24 years. At Northeast Iowa Area Agency on Aging, Janet is involved with health promotion, including improving walkability in communities and promoting Blue Zones.

Kathleen A. Cameron, BS Pharm, MPH

Kathleen A. Cameron has over 25 years of experience in the health care field as a pharmacist, researcher and program director focusing on falls prevention, geriatric pharmacotherapy, mental health, long-term services and supports and caregiving. Ms. Cameron is currently Senior Director at the National Council on Aging (NCOA) where she oversees the Administration on Aging-funded National Falls Prevention Resource Center. Ms. Cameron was previously with JBS International as director of a SAMHSA-funded technical assistance center aimed at educating the aging network, mental health providers and policymakers about behavioral health conditions among older adults. She has also held positions at the American Society of Consultant Pharmacists Foundation and the National Council on Aging. She has served as a consultant to various aging and health care organizations in the Washington, D.C. area.

Lucas Cook, OD

Dr. Cook attended UNI and received a Bachelor of Arts in Biology. He worked at Cedar Valley Eye Care as a technician while finishing at UNI and then went to Memphis, Tenn., where he received a Doctor of Optometry degree from the Southern College of Optometry. He completed externships in Nashville, Tenn., and Chandler, Ariz. He currently works at Cedar Valley Eye Care and is involved in family eye care, specialty contact lenses and co-management of ocular disease.

Senator Jeff Danielson

Iowa State Senator Jeff Danielson (D) is serving his third term for District 30, which includes Hudson, Cedar Falls and Waterloo in Black Hawk County. He is also a professional firefighter with the City of Cedar Falls and an adjunct professor of public policy at the University of Northern Iowa. He earned a degree in Public Administration (summa cum laude) and a master's degree in Public Policy from the University of Northern Iowa.

Joyce Eland, BSN

Joyce Eland is the Quality Manager for Johnson County Visiting Nurse Association where she's worked since 1976. She manages the performance improvement program and ensures continued Medicare certification and ACHC accreditation; functions as compliance officer, HIPAA officer, CLIA director and specialist for infection Control, OSHA and ethics; develops clinical and administrative policies and procedures; leads staff in-service programs; and provides nursing oversight of community programs.

Elizabeth Folger

Elizabeth Folger has been a cardiovascular nurse for four years and an emergency room nurse at Iowa Methodist Medical Center for almost three years. She has a bachelor's degree in Nursing and is in her last semester of classes for a master's degree in Innovative. In addition, she holds Progressive Care Certified Nurse (PCCN) and Trauma Nursing Core Course specialty certificates.

Jane Evans Gay

Jane Evans Gay is the director of the Iowa Program for Assistive Technology (IPAT) at the Center for Disabilities and Development at the University of Iowa Children's Hospital in Iowa City. The IPAT helps Iowans of all ages find out about and get the assistive technology (AT) they need as part of their daily lives to learn, work, play and participate in community life safely and independently. A nurse by training, she has over 40 years of public health, home care and caregiver experience.

Linda Frederiksen, RN, BSN, MPA, NRP

Linda is the executive director of MEDIC EMS in Davenport, which is a pre-hospital emergency medical service that provides both emergency and non-emergency ambulance transportation, dispatching and electronic patient care record hosting services. Linda has responsibility for overall leadership and quality management of the company. She has been a board member of the Iowa Emergency Medical Services Association since 2004 and is currently serving as president.

Donna Harvey

Donna Harvey was appointed director of the Iowa Department on Aging by Governor Terry Branstad in January 2011. Prior to that, she served as executive director of Hawkeye Valley Area Agency on Aging from 1987 to 2011. She has also served as director of the Iowa Northland Regional Transit Commission; assistant director of Adults, Inc., where she supervised the operations of two adult day care programs and a day program for persons with disabilities and provided administrative oversight for Cedar Valley Hospice, the Iowa Brain Injury Association, and the Northeast Iowa Stroke Association; and administrative officer within the Iowa Department of Transportation.

Kate LaFollette, RN

Kate received her diploma from Iowa Methodist School of Nursing. During her 23 years as a nurse, she has worked in skilled care, in the adult medical/surgical clinic setting and as a director of quality. In her three years with the QIO, her work has been around community building, community coalitions and improving care transitions. She is a Master Trainer for TeamSTEPS and has been a Crucial Conversations Coach.

Cheryl Lillegraven, MSN, ARNP, ACNS-BC

Cheryl is a geriatric clinical nurse specialist at UnityPoint Health – Des Moines. She coordinates and assists with the implementation of evidence-based nursing care for older adults, including demonstration of expert clinical practice, integration of research findings into practice and the development/implementation of patient care standards to impact the quality of patient care. She regularly collaborates with other nursing leaders, physicians and various healthcare disciplines to improve quality patient outcomes and patient care delivery systems.



FEATURED SPEAKERS

Justin Rash, Pharm D

Justin Rash is a board-certified geriatric pharmacist with a doctorate in Pharmacy. Dr. Rash is the vice president of Clinical Services and a consultant pharmacist for Martin Health Services, serving 1,000 patients in 15 facilities each month. He serves on various boards and committees, both locally and nationally, representing pharmacy, senior care and long-term care. These committees currently include the Pharmacy Quality Alliance, American Society of Consultant Pharmacists, Iowa Pharmacy Association and Iowa Dementia Care Coalition, among other various geriatric-focused groups.

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 performs 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 Matter of Balance falls prevention program Coach/Trainer.

Cyndi Rohret-Schmidt, Med, MHA, BSN, CHPN, CHPCA

Cyndi Rohret-Schmidt is an Improvement Advisor for the Iowa Healthcare Collaborative where she acts as a resource, educator and support to hospitals in the state of Iowa utilizing and implementing evidence-based practices. Cyndi holds associate and bachelor's degrees in nursing as well as a master's degree in Education/Health Administration. Additionally, Cyndi earned Certified Hospice Palliative Nurse (CHPN) and Certified Hospice and Palliative Care Administrator (CHPCA) certifications.

Lisa Shields

Lisa Shields coordinates the Senior Falls Prevention Program for the Oregon Public Health Division Injury and Violence Prevention Program. Oregon aims to reduce falls and fall injuries in older adults by embedding falls prevention strategies into health care systems and linking clinical care to community programs. Lisa has presented for the Centers for Disease Control and Prevention (CDC), the National Council on Aging, the National Center for Health and Aging, the Western Pacific Injury Prevention Network and the South by Southwest Injury Prevention Network. Her work focuses on preventing injuries, improving health care quality and empowering seniors to stay healthy and maintain their independence.

Pamela Wong, Pharm D, MPH, BA, CHES

Pamela Wong is the Director of Clinical Services for NuCara Pharmacies. She travels to all 25 NuCara sites located in five states – Iowa, Minnesota, Illinois, North Dakota and Texas – to implement, manage and maintain clinical pharmacy services. Pamela is also founder/owner of PFW Consulting, LLC, and provides medication therapy management services to patients.

PROGRAM PLANNERS

