

7<sup>th</sup> Annual Iowa Falls Prevention Coalition Symposium

**PREVENTION WEEK:**

**It's All About the Fall**

**SEPTEMBER 20-24, 2021 • VIA ZOOM**



# Schedule of Events

## Who Should Attend?

Iowans interested in falls prevention, such as family caregivers, health care practitioners, persons who work with older adults, students, and community members of all ages, should attend this free event!

## Registration

All attendees must register for the symposium online. Please use Google Chrome to open the link.

**Registration link for Professionals.** For professionals who wish to receive CE's or Certificates of Completion appropriate to their discipline, please register using the above link.

**Registration link for Family Caregivers.** For questions about family caregivers registration, please contact Kathleen Lee, at [kathleen-lee@uiowa.edu](mailto:kathleen-lee@uiowa.edu) or by calling 319-384-5681.

## Continuing Education Credits

Partial credit will be awarded; attendees must fill in the number of hours they watched presentations delivered from 1 to 4 p.m. on September 20<sup>th</sup>, 22<sup>nd</sup>, and 24<sup>th</sup>. Each hour of content watched by the attendee counts for 1.0 CE. Each attendees full name must appear in their Zoom window.

**Nursing credit** The University of Iowa College of Nursing is an Iowa Board of Nursing provider #1. With full time attendance for the sessions carrying credit, 9.0 contact hours will be awarded. All sessions Monday, Wednesday and Friday will carry nursing credit.

## Cancellation

To cancel your registration, contact:

**Professionals:** Please contact Molly James, [molly-james@uiowa.edu](mailto:molly-james@uiowa.edu).

**Family caregivers:** Please contact Kathleen Lee, [kathleen-lee@uiowa.edu](mailto:kathleen-lee@uiowa.edu)



## Monday, Sept 20

### Professional

**12:45 p.m.** Moderator Welcome

**1:00 p.m. KEYNOTE**

### Fall Prevention, Opportunities in Medicare Quality Improvement and Managed Care

Paul Mulhausen, MD, FACP, AGSF  
Chief Medical Director at Iowa Total Care

**Objectives:** Participants will be able to work with the Medicare Quality Improvement Organization to effect and strengthen Fall Prevention Efforts and they will be able to recognize ways that Medicare Advantage plans can support and reinforce efforts to systematically effect Fall Prevention initiatives.

**2:00 p.m.**

### Harnessing Habit for Increasing Physical Activity and Preventing Falls

Alison Phillips, PhD Social Health/ Psychology

**Objectives:** Participants will be able to identify the importance of physical activity and state the reasons why increasing physical activity can be difficult. They will also be able to identify the ways in which developing habits around physical activity can help individuals be and stay active.

**3:00 p.m.**

### Assistive Technology Solutions or Fall Prevention

Tracy Keninger, Assistive Technology Lending Library

**Objectives:** Participants will be able to identify 25 assistive technology solutions related to fall prevention and they will be able to identify accessibility and inclusion techniques for people with disabilities in fall prevention.

**4:00 p.m.** Moderator Wrap

## Tuesday, Sept 21

### Care Giver

**11:45 a.m.** Moderator Welcome

**12:00 p.m.**

### Avoiding Falls and Keeping Safe at Home

Physical therapists, Stacy Koenigs, PT, MPT, Kalais Slaubaugh, PT, DPT, and Tyler Reid, PT, DPT, Rock Valley Physical Therapy

**Objectives:** Participants will be able to identify when an assistive device will be helpful and they will also be able to identify how to make their home safer and reduce tripping hazards

**1:00 p.m.**

### Purpose and Programs for Elderly and Disabled Iowans and their Caregivers

Kay Vanags and Stephanie LaBenz,  
Aging Resources of Central Iowa

**Objectives:** Participants will be able to describe the services that the Older American's Act funds as well as be able to explain how to access caregiver and wellness programs.

**2:00 p.m.**

### Fall Prevention and Other Caregiver Supports

Karen Coats and Sonita Oldfield-Carlson, BS  
Milestones Area Agency on Aging

**Objectives:** Participants will be able to describe the "Powerful Tools for Caregivers Program" and they will be able to locate all fall prevention programs through-out the Area Agencies on Aging.

**3:00 p.m.**

### Iowa Return to Community

Lisa Blazek, Elderbridge Area Agency on Aging

**Objectives:** Participants will learn about Iowa Return to Community (IRTC), how to access it, and how IRTC can aid caregivers.

**4:00 p.m.**

### Lending Library Short Talk

Jennifer Six, Assistive Technology Lending Library

**Objectives:** Participants will be able to identify resources to loan assistive technology devices and will view a demonstration of how to access assistive technology in the State of Iowa.

**4:20 p.m.** Moderator Wrap

# Schedule of Events

## Wednesday, Sept 22

Professional

**12:45 p.m.** Moderator Welcome

**1:00 p.m.**

### The Importance of a Fall Prevention Program

Brian Feist, BSN, RN & Becky Robel, BS

**Objectives:** Participants will be able to identify the physiological changes that come with aging and will be able to describe the value of a fall prevention program

### Tai Chi for Arthritis and Fall Prevention Demonstration

Becky Robel, BS

**2:00 p.m.**

### About Stepping On: Excellence in Fall Prevention

Stacey Clough, BS

**Objectives:** Participants will be able to identify components of the "Stepping On" program and be able to identify the evidence supporting the efficacy of "Stepping On".

### Fall Reduction Intervention for Community Dwelling Elders: Impact of Frailty and Vestibular Dysfunction on Fall Prevention Program Outcomes

Colette Galet, PhD

**Objectives:** Participants will be able to describe the purpose, design and results of the study and will be able to identify the benefits of participation in the evidence-based fall prevention program, "Stepping On", to community dwelling elders.

**3:00 p.m.**

### Expect More: How to Work with Pharmacists to Improve Patient Outcomes

Keisha M Troendle, PharmD, Staff Pharmacist, Medicap Pharmacy

**Objectives:** Participants will be able to identify the different services pharmacies provide to patient's, outside of dispensing medications, and they will be able to determine ways pharmacist and other health care providers can work together to result in better patient outcomes.

**4:00 p.m.** Moderator Wrap

## Thursday, Sept 23

Care Giver

**11:45 a.m.** Moderator Welcome

**12:00 p.m.**

### Fall prevention at Home & Around

Sydney Moore, OTD, OYR/L, CHES, CEAS, occupational therapist and founder of Happy at Home Consulting

**Objectives:** By the end of this presentation, attendees will be able to identify 3 solutions to common household hazards. Following the presentation, attendees will define 3 strategies to improve fall risk in the community.

**1:00 p.m.**

### Supporting Caregivers Caring for a Loved One with Dementia and Creating Dementia Friendly Communities

Kristie Wiltgen, LBSW and Megan Zimmerman, LBSW  
Northeast Iowa Area Agency on Aging

**Objectives:** Participants will be able to define "Dementia Friendly Communities" and describe special issues relating to care of someone with dementia.

**2:00 p.m.**

### Elder Abuse Prevention and Awareness

Laura Kriegermeier, Elder Rights Coordinator at Heritage Area Agency on Aging

**Objectives:** Participants will be able to describe the Elder Abuse and Prevention Awareness Program and learn how to document various types of elder abuse.

**3:00 p.m.**

### Stress Busters: Coping with Caregiving

Sheri Johnson, Connections Area Agency on Aging

**Objectives:** Participants will be able to describe the evidence-based Stress Busters Classes and will be able to list techniques to reduce stress.

**4:00 p.m.**

### Lending Library Short Talk

Jennifer Six, Assistive Technology Lending Library

**Objectives:** Participants will be able to identify resources to loan assistive technology devices and will view a demonstration of how to access assistive technology in the State of Iowa.

**4:20 p.m.** Moderator Wrap



## Friday, Sept 24

Professional

**12:45 p.m.** Moderator Welcome

**1:00 p.m.**

### Nutrition's Role in Falls Prevention

Ali Grossman, RDN

**Objectives:**

Participants will be able to identify key nutrition related conditions, nutrients of importance, and their relationship to falls. They will also be able to identify ways to enhance nutrition, address nutrition related concerns, and connect individuals to evidence-based programming and resources.

**2:00 p.m.**

### Age-Friendly Medication Use and Deprescribing to Prevent Falls

Ryan Carnahan, PharmD, MS, BCPP

**Objectives:** Participants will be able to describe the core components of age-friendly health care, identify medications that increase risk of falls in older adults and discuss strategies for reducing older adults' exposure to high-risk medications.

**3:00 p.m.**

### Assessment of the elder living at home: Tips and Best Practices

Jane Stickney, ARNP

**Objectives:** Participants will be able to identify the nine areas for assessment and will be able to explore simple methods of decreasing fall risk.

**4:00 p.m.** Moderator Wrap

# Presenter Bios

## Monday

### **Paul Mulhausen, MD, MHS, FACP, AGS**

Paul Mulhausen is a widely recognized expert in the care of the elderly and other vulnerable populations. Dr. Mulhausen is an accomplished clinician, medical educator, and advocate for high-quality elder care. He served on the Board of Directors for the American Geriatrics Society and has deep experience with Medicare quality initiatives and managed care. He received his medical degree from the University of Minnesota and completed his postgraduate medical education at the Duke University School of Medicine. He is a Fellow in the American College of Physicians and the American Geriatrics Society.

**Dr. Alison Phillips, PhD** is an Associate Professor in the Department of Psychology at Iowa State University and is Director of the Healthy Habits Lab. Her research focuses on the roles of identity formation, habit, and intrinsic motivation in helping individuals form and maintain healthy lifestyles. She has expertise in medication adherence, physical activity habits, and dietary related behaviors, and she has worked with individuals managing Type 2 Diabetes, hypertension, cancer, and medically unexplained symptoms (e.g., Gulf War Illness). Dr. Phillips earned her PhD in Social/Health Psychology from Rutgers University, in 2011.

**Tracy Keninger** is currently a director at Easterseals Iowa where she is involved with overseeing services for farm family members with disabilities, veterans, and various statewide assistive technology services for children and adults with disabilities and persons with special needs.

Keninger holds a Bachelor of Science degree in Education from Minnesota State University as well as her Masters Degree in Rehabilitation Counseling from Minnesota State University. Additionally, she is a certified Assistive Technology Practitioner through the RESNA.

Easter Seals Iowa serves more than 2,500 families each year reaching all Iowa's 99 counties.



## Tuesday

**Stacy Koenigs, PT, MPT** is a physical therapist with Rock Valley Physical Therapy in the Des Moines area. She is passionate about helping people reach their goals and specializes in pelvic floor conditions, balance and stability, and Parkinson's Disease. In her free time, she enjoys traveling, outdoor activities, and spending time with her family.

**Tyler Reid, PT, DPT** is a physical therapist that works for Rock Valley Physical Therapy in Muscatine, Iowa in a primarily outpatient orthopedic setting. He attended undergraduate and graduate school at Saint Ambrose University in Davenport, Iowa. He has been working with Rock Valley for a year and have seen people from all age groups and diagnoses! Tyler has a strong interest in vestibular rehabilitation and plans to continue education in this field.

**Kalais Slaubaugh, PT, DPT** is a native of NE Iowa and recently returned to that area with her husband and two young daughters to be closer to family. She spends her free time moving – gardening, chasing her girls around the yard and biking. In the clinic, Kalais enjoys seeing a variety of patients, but has special interests in helping people maintain their independence in their homes and communities.

### **Kay Vanags and Stephanie LaBenz**

Aging Resources of Central Iowa

### **Karen Coats and Sonita Oldfield-Carlson, BS**

Milestones Area Agency on Aging

**Lisa Blazek**, Elderbridge Area Agency on Aging

**Jennifer Six**, Assistive Technology Lending Library

## Wednesday

**Brian Feist, BSN, RN** is the trauma outreach and injury prevention coordinator at Iowa Methodist Medical Center, Unity Point. He started out his career as an EMT then obtained his RN and worked throughout his career in the emergency department. He is a rural trauma team development course instructor, a trauma nursing core course director and instructor, and an advanced trauma life support coordinator.

**Becky Robel**, has a BS degree from Missouri State University in Communications and Dance. She is the founder, instructor, and trainer at Tai Chi Iowa. A wellness screener and Tai Chi instructor at UnityPoint Health. A Certified Parkinson Disease Fitness Specialist, Senior Fitness Specialist, Personal Trainer, and Group Fitness Instructor, through AFAA, ACE, NASM, and MedFit. With more than 20 years of experience in the health and wellness industry, she is also certified and insured to lead evidence-based fitness programs designed to empower people with Parkinson's disease and other chronic conditions. Additionally, she serves on the Iowa Falls Prevention Coalition and teaches at MercyOne Health & Fitness Center, UnityPoint Health, and Broadlawns Medical Center.

**Stacey Clough** is a graduate of the University of Iowa, where she obtained her Bachelors of Science degree in Human Physiology. She obtained her Masters in Health Science degree with an emphasis on Health Education and Health Leadership at Saint Francis University. She has been at MercyOne Des Moines Medical Center since 2013, where she currently serves as the Community Outreach Supervisor.

She is responsible for coordinating and facilitating two community-based health education programs: Better Choices, Better Health and the Stepping On, Falls Prevention programs in Central Iowa. She has been lucky to be involved with both programs as a Master Trainer, allowing her to spread awareness and train leaders throughout the state.

**Dr. Colette Galet** is an associate research scientist, supporting research conducted in the Acute Care Surgery Division in the Department of Surgery at the University of Iowa. The division includes 12 clinicians (surgeons), all involved in research. While new to the field of trauma, her experience in basic, translational, and clinical research provides her with the tools to identify the needs of the Principal Investigators to develop strong research programs. Since she started in the division, she has been involved in burn research, fall risks, and fall prevention, and projects related to the opioid crisis, sepsis and more. As part of her work, she also supports the development of quality improvement projects for the trauma, emergency



# Contributors

