

# Efforts to Reduce Adult Falls Injury & Risk in Dane County, Wisconsin

## Community, Academic and Healthcare Partnerships

MIPA Summit  
Thursday, December 9, 2021  
1:15 – 2:00 PM




1

## Efforts to reduce adult falls injury & risk in Dane County, Wisconsin

### Community, academic and healthcare partnerships

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Research Consultant  
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2

- Welcome and Overview
- Adult falls & UW Health Adult Trauma Center comprehensive prevention
- Madison/Dane County community collaborations
- Research & Evaluation
- Collaboration & interface among academia; health care and community
- Q & A
- Closure

3

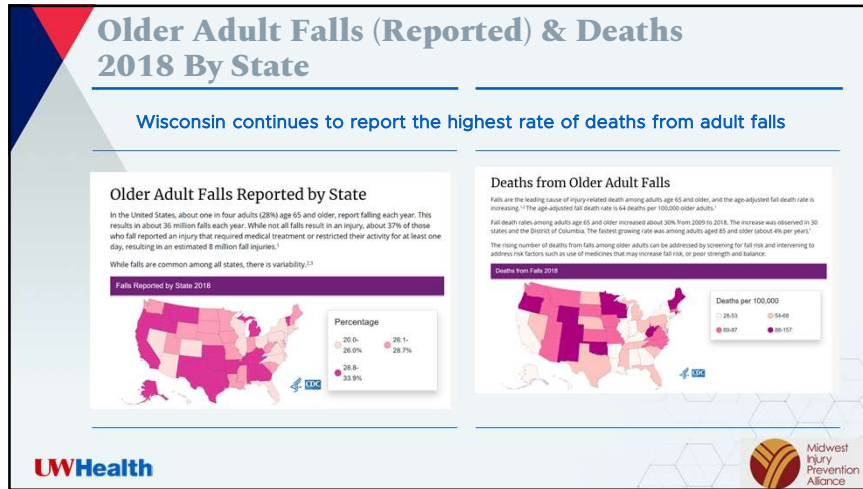
## Comprehensive Prevention

Comprehensive Prevention should employ each of these strategies across the prevention continuum: Primary, Secondary and Tertiary

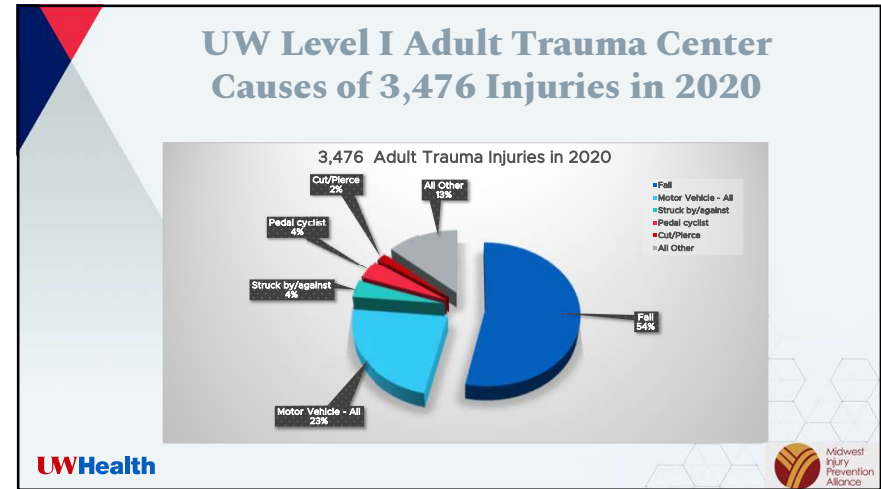




4



5



6

## Community Partners

**Ashley Hillman**

**Susan Frikken, DPT, LMT**

**Paul Mross**

**LWHealth**

7

## Dane County Falls Prevention Task Force





- Representation from health care systems, senior centers, home health, physical therapy, United Way, EMS, ADRC, public health, etc.
- Systemic and grassroots efforts to reduce rate of falls
  - Targeted work via Public Health/EMS data
- Only Leaves Should Fall* annual event

**LWHealth**


8

## Stepping On FAQs:

- **Who:** Older adults who have fallen, are at risk for falling or fear falling
- **What:** Evidence-based falls prevention workshop; 30% falls reduction among participants in U.S.; 50% reduction in WI
- **Where:** senior centers, community centers, health care settings, faith-based organizations, etc.
- **When:** Year-round, 7 weeks, 2 hrs./week
- **New/Next Steps:** Virtual Delivery & Pisando Fuerte

9



**Home Safety**

- SAFE at Home Program
- Assistive Devices
- Safety Examples
- Shoes
- Lighting

**Vision**





- Cataracts
- Sunglasses
- Regular Vision Check

**Medication Management**

- Adverse Drug Events
- Talk with your pharmacist
- UWDC Medication Review





**Strength & Balance**

- Muscle weakness
- Improve mobility and function
- Physical Therapy
- Other community classes


10

## The Balance Keys

11

## Ballroom Basics for Balance™ (BB4B)



12

## Falls Prevention/Balance-Enhancing Classes & Workshops:

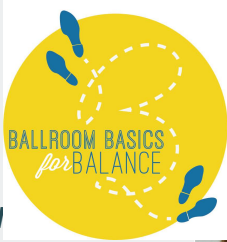
- Stepping On/Pisando Fuerte
- Tai Chi Fundamentals & Tai Chi Prime
- Ballroom Basics for Balance™
- Madison School & Community Recreation (MSCR) designation
- Living Falls Free (UW Health)
- Balancing Act (MSCR)
- Yoga




<https://safercommunity.net/falls-prevention/prevention-programs/>





13



## Ballroom Basics for Balance™ (BB4B)



Susan Frikken, DPT, LMT



14

### Ballroom Basics for Balance™ (BB4B)

- A fun way to improve balance and prevent falls through the basics of dance
- Testing
  - Pre- and post- balance
  - Cognitive
  - Quality of life
- Community – based

15


## Community – Working as a Team

- Undergraduate and Graduate Health Sciences Students
- Volunteer Instructors
- Lead Instructors
- Research & Community Service Learning
- \*Practice Assistant
- Faculty relationships
- Community members and other organizations



16

## Key Elements



**BALLROOM BASICS**  
**the BALANCE**

*Key Elements and Concepts to Highlight  
See also: "Balance and Posture Elaborated"*

**CONCEPTS to INCORPORATE and CONSIDER and PROGRAM and PLAN**

*What realms can one always change or address to some degree in order to prevent falls & improve balance?*

**(B) Behaviors**  
**(E) Environment**  
**(P) Physical Systems Involved In Balance**

- Proprioception/"Body Sense"
- Vestibular system/Inner ear
- Vision
- Central Nervous System (brain – cognitive and processing, spinal cord reflexes)

**THESE ARE THE BIG KEYS!**

**THREE HOURS<sup>1</sup>**  
**DUAL – TASKING<sup>2</sup>**  
**FEAR/CONFIDENCE<sup>3</sup>**  
**SAFE MOBILITY & CHALLENGE**  
*Working at the "error signal"*  
**FUN!**

**THESE ARE MORE BIG KEYS!**

- Learning styles
- Challenge Progression
- Strength
- Balance specific movements
- Neuromuscular re-education
- Coordination and Patterning
- Cognition
- Memory
- Repetition
- Variety
- Familiarity and new learning patterns
- Emotion and biochemistry

<sup>1</sup>Sherrington et al, 2017.  
<sup>2</sup>Silvapadi et al, 2009.  
<sup>3</sup>Landers et al, 2016

\*We know that social, economic, spiritual, and other factors affect a person's wellness and health. Consider cultural influences, finances, education/literacy level, language, and more when working with people.  
**ACCESSIBILITY is perhaps the BIGGEST KEY OF ALL. Consider all these things for BEST SUCCESS!**

Page 6. Last Updated: 28 February 2021

17

## Why Dance?




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18

## Tests for balance and risk of falls

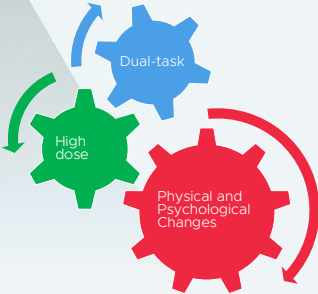

- Pre and post class screening:
  - Balance
  - Mobility
  - Quality of life
  - Cognitive function
- Participant feedback
  - Test scores
  - Individualized comments by Instructor
  - Balance and safety tips



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19

## Why Dance? Evidence

Changes are correlated with a reduced risk of falling in older adults

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20

**Alice, Participant**

*"It fills a need. It's community, it's health. It is music - so it's culture. It's a great way to exercise **and** dance. I know that my balance has improved because of this."*

**UWHealth**

21

**YOGA**

**UWHealth**

22

**Can Yoga Reduce Fall Frequency in Elders? - A Pilot Study**

Paul D. Smith, MD; Paul Moss, E BIT 200; LMT; Nate Christopher, PT, OCS  
Upland Hills Health, University of Wisconsin Department of Family Medicine

**Background:**

- 1 in 4 people over age 65 will fall each year
- Falls are the leading cause of injury death in adults over the age of 65
- Falls are the most common cause of medical injuries and hospital admissions for seniors over the age of 65
- Yoga has a variety of health benefits:
  - Improved balance
  - Core body strength
  - Proprioception
- There is very little published research about yoga as a fall prevention intervention.

**Specific Poses:**

Researcher notes: *Researcher notes: Yoga is a low-impact exercise that can be modified to suit individual needs. It is a great way to improve balance and strength.*

**Project Design:**

- A convenience sample of men and women over age 70 were enrolled
- Intervention:
  - 12 weeks of yoga (Allegiance based)
  - Focus on core strengthening, strength and balance
  - All 12 week program of weekly group classes
  - A home yoga practice of 3 poses, 10-15 minutes per day, 3 times per week
- Evaluation:
  - Balance and strength assessment: 30-Second Chair Stand and FIM (10)
  - Pre and post intervention surveys including the Timed Up & Go (TUG) Scale

**Results:**

- Enrollment:** 21 subjects screened, 20 started and 16 (95%) completed
- Assessment:** significant changes in 30-Second Chair Stand (p<0.05) and significant changes in FIMCT-4 (p=0.02)
- Fall frequency:** mean number decreased from 4 falls pre-intervention to 1 fall at the end of the intervention, the statistical significance (p = .03)
- Confidence domains:** there was a non-significant trend toward improvement in 8 of 10 domains

**Next Steps:**

- A collaborative feasibility study in progress with UW-Madison: The program of Family Medicine, Wisconsin Department of Health Aging and the Aging and Disability Resource Center of Southeast Wisconsin.
- A call for randomized trial of yoga's effect for fall prevention, including potential role in older adults in working patients and funding for 2021.
- High-risk fall subjects: Would a population with a higher falls risk, such as subjects referred by Physical Therapist or a fall or subjects reporting at least one fall in the previous month, yield more substantial results in falls prevention assessment?
- Home practice: Can a randomized trial address interest in "self-directed" quality of reporting and study design, specifically identifying the best practice of home practice? Home study poses, sequence of poses and specific poses?
- Post-Intervention: What is the relationship between balance and assessment of a fall centers on the bottom of the foot, related to the Venetis, et al. study?

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**References:**

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23

**Family Medicine and Community Health**  
UNIVERSITY OF WISCONSIN

**Yoga's Effect on Falls in Rural, Older Adults; an Academic/Community Partnership**  
Irene Hamrick, MD, Paul Moss, RYT, LMT, Nate Christopher, PT, OCS, Paul D. Smith, MD

**Methods:**

We launched a 16-item needs assessment questionnaire to assess interest and feasibility of launching a yoga class in a rural area. A 10 member community advisory board gave us input. We partnered with Aging and Disability Resource Centers of 4 rural counties (pop. 130,078) in Southeast Wisconsin in 2014 to recruit communities having older adults for the study.

**Results:**

225 surveys were returned with 111 usable and 214 included in the needs analysis. One was listed as the biggest concern about my yoga.

Feedback from the community advisory board and initial survey results showed that a twice weekly yoga class was preferred over a weekly class.

Of 48 participants, 1 dropped out after 4 class, 1 had an unrelated injury and 3 was on the advisory board required practice at:

- 2 months: 12 individuals (30%), avg. 2.5 times
- 4 months: 1 individual (30%), avg. 16 times

Not expected to fall in 6 months or more.  
Continued yoga in the past 6 months.

All improved significantly on falls, Berg Balance, Functional Gait Assessment, Dynamic Gait Index. The only between group difference was on fear of falling, the Activities Specific Balance Confidence scale.

**Results of Intervention Study (n=33)**

Test (n=33)	Pre-Intervention (n=17)	Yoga Practice (n=16)	Mean (SD)	P-value
30-Second Chair Stand	21.0 (4.5)	23.5 (4.0)	2.5 (4.0)	p<.05
FIMCT-4	15.0 (3.0)	16.5 (3.0)	1.5 (3.0)	p<.05
TUG	18.0 (3.0)	19.5 (3.0)	1.5 (3.0)	p<.05
Berg Balance	38.0 (6.0)	41.0 (6.0)	3.0 (6.0)	p<.05
Dynamic Gait Index	11.0 (2.0)	12.0 (2.0)	1.0 (2.0)	p<.05

**Conclusion:**

This pilot project suggests that yoga classes reduced self-reported falls and improved balance measures. Home practice did not improve most outcomes over class attendance alone. Collecting effects limited interpretation of these outcomes. Our needs analysis found strong interest in yoga in this rural area population. Yoga can contribute to economic savings and quality of life improvement given the great number of older persons at risk for falls. These findings need to be confirmed in a larger, longer randomized trial.

**48% reduction in fall completion 6 months prior to intervention to 6 months after the intervention starting. 15 individuals having 27 falls dropped to 13 individuals having 14 falls.**

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24

### Yoga Intervention for Fall Prevention in Rural-Dwelling Seniors

Alicia Oestreich, OTS, Abigail Bradford, BS, Jessica Schmidt, BS, Maxwell Toeffer, OTS, Helen Mantoff, OTS, Allison Yingst, OTS, Kacie Doyle, MS, Paul Moss, Kristen A. Pickett, PhD

**Background**  
As adults age, health problems and falls are increasingly common particularly for rural-dwellers. Yoga is a low impact, safe, physical activity intervention that has the potential to improve health outcomes in this population.

**Specific Aim**  
Evaluate the effectiveness of a chair-assisted, 12-week yoga intervention on balance (MiniBESTst) and occupational performance (COPM) for rural-dwelling older adults.

**Methods**

Motor Assessment → Gait Assessment → Occupational Performance

**Results (Pre to Post)**

1. Significant improvement in occupational performance
2. Significant improvement in balance ( $p = 0.014$ )

**Implications for Occupational Therapy**

1. Senior-focused yoga programs may benefit occupational performance, balance and activities of daily living.
2. Community-based physical activity programming may improve adherence, specifically in rural settings.

The research presented was supported under NIH award 1L1TR002375 and The Midstate Undergraduate Faculty Research Fellowship. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

25

## Goals

- Safety
- Virtual Platform
- Fall Prevention
- ADLs

26

## Student Resource

- Canvas
- Videos
- Home Practice
- You

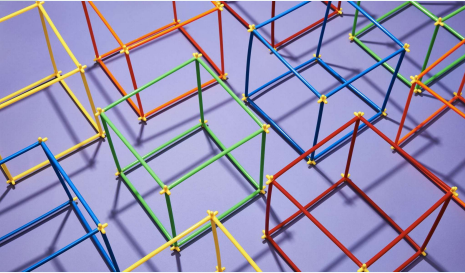
27

## Student Inclusion



- 10-12 per class
- High Functioning
- Tech Savvy
- No recent Yoga experience

28

## Program Structure



- 8 Weeks
- 2Xs a Week
- 75 Each Class





29

## Fidelity

- Class Structure
- Review Week
- Healthy Habits
- Weekly Themes
- Principle
- Languageing








30

## Class Schedule 75 min

- Housekeeping: 5 min
- Community Sharing: 5-10 min
- Centering 5 min
- Intervention: 45 min
- Relaxation: 5-10 min
- Healthy Habit: 5 min

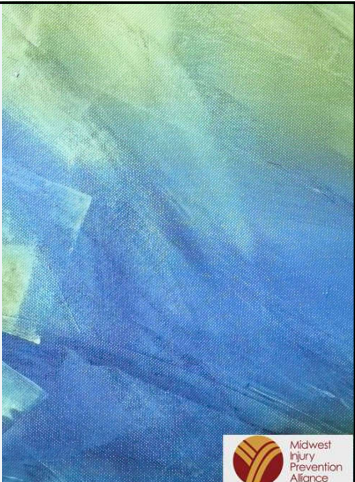


31

## 8 Week Goals

1-4 introduction

5 Review

6-8 Advance

32





## Review Week

The purpose and function of week 5 is to review past weeks.




We find that students learn in different ways. These classes also allow you, as the teacher, to take stock of where your students are and act to guide them to where they could potentially be. This should be fun and stimulating.



33

## Principles for Each Class

- Awareness
- Breathe
- Understanding form of a pose
- Safety
- Finding the Foundation
- Mid-section engagement or strength (Core)
- Extension or expansion
- Joint Mobility
- Transitions
- Community
- Principles of:
  - ✓ Being present
  - ✓ Acceptance
  - ✓ Detachment
  - ✓ Non-judging

34

## Academic & Healthcare Partners



**Kristi Hallisy, PT, DSc**  
Associate Professor, Doctor of Physical Therapy Program

**Mary R. Lauby**




35

## Disseminating Tai Chi in the Community: Promoting Home Practice and Improving Balance

- Chewning B, Hallisy KM, Mahoney JE, Wilson D, Sangasubana N, Gagnon R. Gerontologist. 2019 Feb 27. pii: gnz006 (on-line).
- Gerontologist. 2020 May 15;60:765-775 (journal publication)





36

## Tai Chi Dosing for Falls Prevention

Tai chi practiced 50-hours over time (ongoing)

- 1-hour, 2x per week x 26-weeks
- 1-hour, 3x per week x 4-months
- Tai Chi style is less important than length of time practiced (adoption)
- Incremental learning is needed in teaching older adults

<https://www.ncoa.org/wp-content/uploads/Tai-Chi-for-Falls-Prevention.pdf> (Accessed 10/13/2019)





37

## NCOA Evidence-based Falls Prevention Programs<sup>2</sup>




<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>

Tai Ji Quan: Moving for Better Balance: Dr. Fuzhong Li  
<http://tjgmbb.org/>

YMCA Moving for Better Balance: Contact your local YMCA  
<https://www.ncoa.org/article/evidence-based-program-ymca-moving-for-better-balance>

Tai Chi for Arthritis and Fall Prevention: Dr. Paul Lam  
<https://taichiforhealthinstitute.org/programs/tai-chi-for-fall-prevention/>

Tai Chi Prime: Chewning, Hallisy and Tricia Yu  
<https://taichihealth.com/tai-chi-prime-overview/>

38

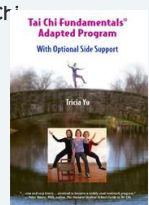
## TAI CHI PRIME Intervention (18-hours)

90-minutes, 2 times per week x 6-weeks




TCF-Adapted Program + Embedded Educational Component = **taichi PRIME**

Simplified Yang-style Tai Chi

1. Mind-Body Principles
2. TCF Basic Moves (20)
3. TCF Short Form



*The Gerontologist*. 2019 Feb 27. pii: gnz006

39

## Educational Intervention

- Health Coaching to build exercise self-efficacy<sup>3</sup> and habituation<sup>4</sup>
- Home Practice Planners
- Home Practice Trackers
- *FAB Four Basic Moves*
- *Tea-Time* for education, social connectedness, exercise support



*The Gerontologist*. 2019 Feb 27. pii: gnz006






40

## Building Practice Habits

- Setting Goals
- Setting Schedule




Tai Chi PRIME

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

### Home Practice Planner

**Tai Chi Goals**  
*(Check goal(s) below or write your own under Other.)*

<input type="checkbox"/> Balance	<input type="checkbox"/> Ability to stand up easily
<input type="checkbox"/> Leg Strength	<input type="checkbox"/> Ability to stay calm under stress
<input type="checkbox"/> Concentration	<input type="checkbox"/> Ability to walk faster
<input type="checkbox"/> Mood	<input type="checkbox"/> General health and well-being
<input type="checkbox"/> Pain	<input type="checkbox"/> Confidence in climbing stairs
<input type="checkbox"/> Blood pressure	<input type="checkbox"/> Sleep
<input type="checkbox"/> Stamina	<input type="checkbox"/> Posture
<input type="checkbox"/> Other <i>(please write down what else you would like to improve):</i>	




41

## Home Practice Planner

- Think about your typical day.
- Decide **WHEN** and **WHERE** you plan to practice tai chi outside of class.
- Select **WHEN** you plan to practice and write **WHERE** in the column below.
- Check if you plan to watch the DVD when you practice.

Tai Chi Practice Activities <i>(Recommended: 5-15 minutes daily)</i>	WHEN and WHERE you plan to practice				
	Before Breakfast	Between Breakfast/Lunch	Between Lunch/Dinner	Between Dinner/Bedtime	Other Times WHEN?
<b>Basic Moves and/or Tai Chi Fundamentals® Short Form</b>	Where: _____ <input type="checkbox"/> with DVD on my own	Where: _____ <input type="checkbox"/> with DVD on my own	Where: _____ <input type="checkbox"/> with DVD on my own	Where: _____ <input type="checkbox"/> with DVD on my own	Where: _____ <input type="checkbox"/> with DVD on my own
<b>Fab Four</b>	Where: _____	Where: _____	Where: _____	Where: _____	Where: _____

Basic Moves – tai chi building blocks  
Tai Chi Fundamentals® Short Form – sequence of tai chi movements  
Fab Four – selected Basic Moves for balance; practice at odd times like standing in line, brushing teeth, talking on phone, during TV ads, waiting for water to boil, etc.




42

## Home Practice Trackers

Please start recording your tai chi practice on the day you receive this Tracker. Bring this to class a week from today and give it to your instructor. Thank you!

	How many minutes did you practice tai chi outside of class?	
	Basic Moves and/or TCF Short Form	Fab Four
Day 1	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 2	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 3	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 4	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 5	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 6	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes
Day 7	_____ minutes <input type="checkbox"/> with DVD on my own	_____ minutes


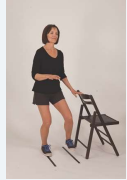
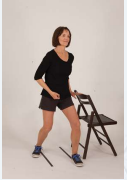

Basic Moves – tai chi building blocks  
Tai Chi Fundamentals® (TCF) Short Form – sequence of tai chi movements  
Fab Four – selected Basic Moves for balance; practice at odd times like standing in line, brushing teeth, talking on phone, during TV ads, waiting for water to boil, etc.




43

## FAB Four Basic Moves

### Sherrington's best practice exercise guidelines<sup>5</sup>

Centering in the Horse Stance	Bear Roots on One Leg	Tai Chi Stance	High Step
			
Establish mindfulness, postural alignment and diaphragmatic breathing	Lateral weight-shift of center of mass over base of support	Anterior-posterior weight-shift of COM (key to ADL function)	Single leg balance


**\*All moves may be performed with optional side support as needed**




44



## SAMPLE SESSION

*Activities vary by day/week in the course*




- Opening: orientation to the day's session
- Warm-ups & Basic Moves: building blocks for learning TC
- Informal Teatime: exercise break, social connectedness time/didactic trainings
- Mind-Body Skills and/or Home Practice Planning/Coaching
- TCF Short Form: flowing sequence TC
- Closing: reminders for home practice



45

## DATA ANALYSIS





**Table 2. Outcome Measures of Physical Function, Balance Confidence, and Executive Function Scores (N = 197)**

Outcome measure	Intervention (n = 94)	Control (n = 103)	B (SE)	95% CI		p-value*
				Lower	Upper	
Timed Up and Go, mean ± SD	10.6 ± 3.8	11.9 ± 6.1	-1.824 (0.717)	-3.238	-0.409	.012
30-s Chair Stand, mean ± SD	11.5 ± 4.5	9.4 ± 3.1	2.523 (0.515)	1.508	3.538	.000
4-Stage Balance, mean ± SD						
Side-by-side	10.0 ± 0	9.97 ± 0.3	0.028 (0.035)	-0.041	0.097	.426
Staggered tandem	9.9 ± 0.9	9.6 ± 1.7	0.371 (0.195)	-0.014	0.756	.059
Tandem	8.5 ± 2.9	7.6 ± 3.5	1.314 (0.435)	0.455	2.172	.003
Single leg	6.0 ± 3.7	6.2 ± 7.7	0.103 (0.872)	-0.617	1.823	.906
Activities-specific balance confidence, mean ± SD	82.9 ± 12.4	76.8 ± 16.5	7.216 (2.056)	3.162	11.271	.001
Trail Making Test Part B, mean ± SD	84.5 ± 40.4	92.3 ± 43.6	-13.405 (5.488)	-24.229	-2.580	.015


\*Linear regression; reference group is experimental group assignment. All analyses controlled for age.

The Gerontologist. 2019 Feb 27. pii: gnz006






46

## CONCLUSIONS



- *Tai Chi Prime* short course had significant effects on the 3 STEADI physical measures (TUG, Chair test, balance), executive function and balance confidence
- Results mirrored findings of longer Tai Chi courses
- High attendance (n = 10.4 of 12 classes, n = 197 participants)
- Low dropout rate
  - ✓ Short duration classes were desirable to the community partners and participants
  - ✓ Descriptive data showed "enjoyment" of TCP and that taught in "easy to follow" way; liked the *FAB Four Basic Moves*

47






## CONCLUSIONS

Focus on daily practice may be helpful; participants practiced 2.8 hours/week


Individualized exercise planning shows promise to support participants' exercise self-efficacy, self-management and practice habit formation

Role of Teatime? (social capital)






48

## STUDY LIMITATIONS



- Homogenous sample {white, females}
- Limited demographics and health status information
- Participants may have exaggerated their 'fear of falling' to gain access to the Tai Chi program (one city had never offered TCF before)
- Limitations of self-reported practice data
- Lack of resources limited long term follow-up of a large sample



49

## Tai Chi Prime FUTURE DIRECTIONS

<https://wihealthyaging.org/tai-chi>






- Beta-testing of leader training materials, participation materials, course curriculum and Tai Chi delivery fidelity has been completed {NCOA ACL certification}
- Partner with Wisconsin Institute for Healthy Aging (WiHA) for broader dissemination/implementation in WI (and beyond)
- Evaluate long-term retention of practice habits, improved falls risk factors, reduction in rate of falls
- On-line implementation of falls prevention (TCP) courses
- Work to expand reach of Tai Chi to new demographics of participants

50

## WISH LIST: Fall Prevention Across Continuum of Care




- ✓ ED Screening: level of risk; refer to appropriate program
- ✓ Primary Care Screening: level of risk; refer to appropriate program
- ✓ *Inpatient applications (CDC, 2021)*  
<https://www.cdc.gov/steady/pdf/STeady-inpatient-guide-508.pdf>
- ✓ *Outpatient applications*
- ✓ Extended Care/NH/SNF
- ✓ HOSPITAL-BASED PREVENTION PROGRAMS
- ✓ Expansion of Community Programs

51


## Comprehensive Prevention

Our Community, Academic and Healthcare Partnerships are working to reduce falls, falls risk and injury from falls.



52

## Tai Chi Prime References



1. Chewning B, Hallisy KM, Mahoney JE, et al. Disseminating tai chi in the community: promoting home practice and improving balance. *Gerontologist*. 2019 Feb 27. pii: gnz006 (on-line).
2. NCOA evidence-based Tai Chi Programs <https://www.ncoa.org/older-adults/health/prevention/falls-prevention>
3. Bandura A. *Self-efficacy: The exercise of control* (1997). New York: WH Freeman.
4. Mansukhani SG, Kieser M, Ricci D, Chewning B. Dose orchestration and system enhancement (DOSE): A practical model based on the Habituation-Intention Framework. *Res Soc Adm Pharm* 2017;13:1062-1069. doi:10.1016/j.sapharm.2016.11.001.
5. Sherrington C, Michaleff ZA, Fairhall N, et al. Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *Br J Sports Med* 2017 Dec;51(24):1750-1758. doi: 10.1136/bjsports-2016-096547.
6. Wisconsin Institute for Healthy Aging. <https://wihealthyaging.org/tai-chi>

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53

## NCOA Evidence-based Falls Prevention Programs<sup>2</sup>

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention>

### Map of Partners and Programs

<https://www.ncoa.org/ncoa-map>

- ✓ Search for evidence-based programs by zip code

### Health Promotion Programs and COVID-19

- ✓ <https://www.ncoa.org/article/health-promotion-programs-and-covid-19>




<https://www.cdc.gov/falls/programs/compendium.html>



54

## How to 'Connect' the Silos...



Community Academic Aging Research Network brings together academic researchers and community partners to conduct clinical and dissemination research related to healthy aging.

- ✓ Mahoney JE, Pinzon MM, Myers S, Renken J, Eggert E, Palmer W. [The Community-Academic Aging Research Network: A Pipeline for Dissemination](#). *J Am Geriatr Soc*. 2020 Jun;68(6):1325-1333.
- ✓ Mora Pinzon MC, Myers S, Renken J, Eggert E, Chewning B, Mahoney JE. [Essential elements to "design for dissemination" within a research network-a modified Delphi study of the Community-Academic Aging Research Network \(CAARN\)](#). *Implement Sci Commun*. 2021 Feb 12;2(1):18.



55

# Thank You



56