

APTA Geriatrics
Bone Health Special Interest Group Membership Meeting
August 3, 2021

Leadership committee:

Kathy Brewer (Chair)
Lisa Hamilton (Co-Chair, volunteer)
Kathlene Camp (Secretary, volunteer)
Marissa Lynn Cruz, PT, DPT (Nominating Committee)

BHSIG Liaisons:

Priscilla Raasch-Mason (Health and Wellness SIG liaison)
Nancy Cullinane – (Pelvic Health aka Women's Health liaison)
Kathy Shipp (Orthopedic liaison; Research reference reviewer)
Marty Biondi- (Aquatics liaison)
Cynthia Watson – (Orthopedics liaison)
Priscilla Raasch-Mason (Geriatrics Health and Wellness SIG)

Special guests:

Greg Hartley (AGPT SIG liaison)

Absent:

Marissa Lynn Cruz, PT, DPT (Nominating Committee)

Attendees:

Kathy Brewer, Kathlene Camp, Heidi Moyer, Vicki Gold, Kurt Biebuyck, Cindy Watson, Carleen Lindsey, Sandy Conran, Lisa Hamilton, Gretchen Jackson, Shannon Simpson, Cindy Watson, Ann Holmstedt, Ruth Haefner, Nancy Malay, Greg Hartley

Agenda for discussion:

- A. Plans for CSM 2022 (San Antonio. Feb 2-5) - session **"Bone Health: Applications for Prevention and Intervention across Practice Specialties"** (Nancy Cullinane - lead, Lindsey, Watson, Prinster)
 - a. Nancy shared details about presentation to include discussion including oncology, orthopedics, pelvic health. The group is organizing content for delivery at this time. Focus is to highlight bone health interventions across the sections.
- B. CSM presentation: APTA Geriatrics Evidence-Based Guidelines for Osteoporosis - Carleen Lindsey, Greg Hartley, Sherri Betz, Keith Avin, Bob Nithman.
 - a. EB documents to support Osteoporosis care from the Osteoporosis CPG and Delphi documents.

- C. Ideas for January Journal Club - Current issue of AGPT 2021;44(3) has lead content on osteoporosis. We will need a clinician to step up and present clinical applications. Kathlene Camp - discuss JClub prep process
- a. Submitted (7/27/21) request to Michele Stanley and Jennifer Weiss for request to authors (relayed to Leslie Allson):
 - i. Katzman, Wendy B, Parimi, Neeta; Gladin, Amy PT, DPT; Wong, Shirley ; Lane, Nancy E. **Long-Term Efficacy of Treatment Effects After a Kyphosis Exercise and Posture Training Intervention in Older Community-Dwelling Adults: A Cohort Study**, Journal of Geriatric Physical Therapy: July/September 2021 - Volume 44 - Issue 3 - p 127-138. doi: 10.1519/JPT.0000000000000262. https://journals.lww.com/jgpt/Fulltext/2021/07000/Long_Term_Efficacy_of_Treatment_Effects_After_a.2.aspx
 - ii. Author agreed on 8/1/21 to participate in JClub webinar
 - b. Format for JClub webinar:
 - i. Overview of study by author or co-author: 25-30 minutes
 - ii. Case study application with answers: 25-30 minutes
 - iii. Q&A questions from attendees, author and facilitator: 20-25 minutes
 - c. Copy date for Case presenter November 1. (see attached *GeriNotes Instructions for Authors*)
 - i. Patient history, Chief complaint, Functional outcome measures utilized
 - ii. Assessment, Interventions and Outcomes
 - iii. Summary/Discussion:
 1. How did/will the study results impact physical therapy management of this patient population?
 - d. Offer suggestions in how to implement changes in the clinic to integrate study findings into patient care and improve self-efficacy for clinicians
- D. Updates on the Osteoporosis CPG and Delphi Study – Greg Hartley
- a. Delphi document is done and completed. Need final edits- expected to complete this month. Plan to submit both at the same time- since they are companion documents. Hope to be published by CSM.
 - b. Will be looking for individuals to take it to the next level. CPG is the 'mothership document'. The guideline is based on the SIGN (Scottish) guideline since it was done so well. Revision of this document to make it applicable to PTs and practice in the US. This has been completed in March/April. Sent out in May for expert reviews (16-20 multidisciplinary- PTs, NP, Pharm) Expert feedback received, revisions made. Sent out to members and additional revisions. Lastly, now sent to 3 groups: ABH, NOF, - seeking their endorsement, SIGN- Confirmation on 8/3 they are reviewing. Planning to submit for publication the 1st wk of September
 - c. Will want to create a KTA committee for decision trees, podcasts, brief summaries, etc. This work will be critical for implementation.

- E. APTA Geriatrics & SIG elections for the fall 2021. Slates have been prepared. Thank you, Marissa Cruz, nominating committee. Watch GeriNotes and please VOTE!
- F. Current review of standing rules (in progress) – Kathy
 - a. 6 SIG groups in AGPT Academy- these have similarities and differences
 - b. Under leadership from Ann Medley and Greg Hartley, SIG chairs will propose some changes to bring consistency to bylaws/operational processes i.e. cycle of offices
 - c. Watch for changes
- G. Discussion: Opportunity for student liaison – Kathy
 - a. Website demonstrates value for this role. One of the centennial scholars has interest in researching value of student liaisons within SIGs
 - b. Open to group for ideas on how to utilize/how they could contribute- i.e. newsletter process, sharing student learning projects- recruiting other student interests. Will reach out through website and the Flash to get word out. Those in academia, share this information with your students!.
 - c. Send Kathy an email with any other considerations.
- H. BoneFit – Nancy Cullinane provided update – online class planned for late October. Program offered by Osteoporosis Canada- for clinical fitness instructors + physiotherapists (PT)
 - a. Previous virtual format includes prework and 2 Saturday sessions.
 - b. Very exercise based.
 - c. Endorsed by BHSIG members who have taken the courses previously
- I. Current volunteers needed:
 - a. assist with Reference list review- Kathy Shipp did a great deal of work last year (after 3 yrs of inattention). She has ideas to organize and streamline. It should be done annually. Looking for individuals to assist Kathy in the coming year.
 - b. student liaison – see prior notes
 - c. JClub clinical presentation – see prior. Let Kathlene.camp@unthsc.edu if you have person of interest.
 - d. future: KT translation workgroup – keep watching for updates.
- J. OPEN FORUM
 - a. Vicky Gold – retired PT but engaged. Using Mind-Body system for educating patients and deliver fitness classes to local groups. Looking for support to establish benefits. ABC approach (Alignment, Breathing, Centering). TheraFitness begins with ABCs and then adds movement. Looking to do a research project. Inquiring if anyone is using Marodyne Vibration therapy – self-experience with use and outcomes resulting in increased BMD.
 - b. Nancy C asked for all individuals involved with presentations – she needs bio and time for 1st meeting. Please check emails and respond.
 - c. Carleen Lindsey – in 2017 started working w/ ASBMR group – goal to prevent secondary fractures. Request of group was to prepare an editorial for our professional journal – the PTJ rejected 1st attempt in collaboration with Kathy Brewer. Asking for direction. Greg indicates do not get discouraged, it may just have not been part of their agenda.

- i. Kathy indicated PTJ suggested it “was not new news”.
- ii. Reach out to Leslie Alison, JGPT to check for interest – email 1st. This would provide greater exposure internationally. Suggest email the editor in advance and see if it has potential.
- iii. Suggestion to seek APTA endorsement in website Move Fwd PT – bone health tab. Contact Anita Bemis – Dougherty. Practice dept
- iv. ASBMR wanted to seek endorsement of collaborative approach
- d. Vicki Gold – Tai Chi Quan training for fall prevention. May be good addition to osteo mgmt. <https://tjqmbb.org/>