

Bone Health Flash!

AUGUST 2021

Bone Health SIG Meeting August 3 Recap

Thank you, Kathy Brewer for hosting our SIG meeting, and to all members and guests who attended. We have many exciting things happening over the next 6-12 months, which would not be possible without continued leadership and membership support. You can find the minutes to the meeting on the AGPT page or link here: https://geriatricspt.org/geriatricspt_files/minutes_manager/meetingminutes-aug-03-2021.pdf

Special thank you to Greg Hartley, AGPT SIG Liaison for reporting on the Osteoporosis CPG/Delphi Study. This is the culmination of many years of collaboration and a multi layered process to get to the point of publication and implementation. Thank you, Greg and all the team that has been working hard to bring this document to life.

CSM 2022 (San Antonio, February 2-5) UPDATES:

- **Bone Health: Applications for Prevention and Intervention Across Practice Specialties** (Cullinane, Lindsey, Watson, Prinster)
- **APTA Geriatrics Evidence Based Guidelines for Osteoporosis** (Hartley, Betz, Avin, Nithman)

If you are planning to attend CSM 2022, please make plans to attend these important sessions and support the BHSIG and your colleagues who are working hard to bring evidence to action in clinical practice.

JOURNAL CLUB (January 2022)

The BHSIG Journal Club is around the corner, and we need a clinician to step forward and present the clinical applications from the article below, which was recently featured in the current issue of AGPT 2021; 44(3). Wendy Katzman, the principal author, has agreed to participate in the JClub webinar. Kathlene Camp was so gracious to step up last year and has outlined the format for the JClub presentation in the meeting minutes (see link above). Copy date for case presenter is November 1.

- 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

Opportunities for Collaborations/Volunteers Needed:

- **Osteoporosis CPG/Delphi Study:** Watch for more information as the CPG will be submitted for publication in September. We are also awaiting endorsement by ABH and NOF. Call to action committee for decision trees, podcasts, brief summaries and pertinent information for clinician and patient implementation.
- **Reference List Review:** Looking for individuals to assist Kathy Shipp in an ongoing effort to keep the document up to date. kathymshipp@gmail.com
- **Student Liaison:** This could be a great opportunity for a student to contribute and gain exposure and experience within AGPT. Ideas that were discussed include newsletter submission, student learning projects and collaborations, consideration of student interests as they pertain to Bone Health and in support of the AGPT mission. If you are in academia, please share this information with your students, and contact Kathy Brewer for more information: ptkkb55@gmail.com
- **Journal Club Clinical Presentation:** see above, contact Kathlene Camp: Kathlene.camp@unthsc.edu

Additional Continuing Education Opportunities:

BoneFit USA Program: Currently offered through Osteoporosis Canada and now endorsed by the NOF, with virtual and live events in the works. Stay tuned for further information. BoneFit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe, and effective methods to prescribe and progress exercise for people with osteoporosis.

Please visit the AGPT and SIG area often for updates and information!

Send any research, news, or scholarly work you would like to share that could benefit our membership for inclusion on the website or BONE FLASH to: Lisa Hamilton, Vice Chair at lisahamiltonpt@gmail.com.