

**APTA Geriatrics: Health Promotion and Wellness Special Interest Group
Annual Meeting 2022; January 31, 2022**

Welcome

Follow APTA Geriatrics Health Promotion and Wellness SIG on Twitter: @APTAGeri_HPWSig
https://twitter.com/APTAGeri_HPWSig

HPW SIG Officers

Chair	Gina Pariser, PT, PhD, LDE
Vice Chair	Jessica Maxwell, PT, DPT, PhD
Secretary	Jennifer Sidelinker PT, DPT
Nominating Committee	
	Harold Merriman, PT, PhD
	David Morris, PT, PhD
	Colleen Hergott PT, DPT, GCS, ASCM-CEP
Past Chair	Lori Schrod, PT, PhD

Incoming Chair **Cathy Stucker PT, DSc, GCS, CMPT**

Liaisons to the APTA Health Promotion and Wellness Council

Devon Hock, PT, DPT
Mirhir Trivedi PT, DPT

Task Force Members

- Annual Physical Therapy Wellness Visit for the Older Adult
 - Mike Puthoff, Devon Hock; Hadiya Green Guerrero, David Taylor, Tara Connors, Gina Pariser
- Collaboration with Healthy Aging Dietetic Practice Group, Academy of Nutrition and Dietetics
 - Jessica Maxwell, Harold Merriman, Nola Peacock

Update from the Academy

- Greg Hartley PT, DPT, GCS, CEEAA; Vice President of the AGPT
 - Quarterly meetings with Greg and SIG Chairs
- APTA Geriatrics 2021 Year in Review Infographic
<https://aptageriatrics.org/about-academy-geriatrics-pt/2021-year-in-review/>
- 2022 strategic plan includes:
 - Converting most/all CE opportunities to hybrid format (i.e. CEEAA); increase access, decrease cost
 - Update/enhance GCS prep materials
 - Address member challenges:
 - Burnout
 - Productivity expectations
 - Combat ageism – develop and publish position/white paper
 - Member feedback in meeting to also be inclusive and ensure messages and media represent diversity of thought and people
 - Student Task Force to increase student engagement, and retention of student members when transition to professional practitioners

HPW SIG 2021 Highlights

Annual Physical Therapy Visit for the Older Adult

- Screening tool for tracking health and mobility of older adults, identify health risks, and may lead to referral to PT evaluation and intervention or to another healthcare provider for a problem identified in the screen. Designed so that it can be completed in 30 min in an in-person or virtual setting. It can also be modified to meet screening needs of people with different ability levels and goals.
- Resources for successful implementation of The Annual Physical Therapy Visit for Older Adults:
 - APTA website includes forms for completing the Annual Physical Therapy Visit
<https://www.apta.org/patient-care/interventions/annual-checkup>

- APTA Geriatrics website provides Resources For Implementing An Annual Checkup Visit, which includes the form, as well as an instruction manual, , and other goodies...

<https://aptageriatrics.org/news/resources-for-implementing/>

- For more information
 - Article by Devon Hock and Mike Puthoff in GeriNotes Jan 2022
 - Tools and Templates for Implementing the Physical Therapy Annual Visit with Aging Adults
 - CSM 2022 Presentation by Mike Puthoff, Hadiya Green Guerrero, Gina Pariser, Tara Conners (in person Feb 3 @ 3:00 pm or recording in on-demand content)

Collaboration with Healthy Aging Dietetic Practice Group, Academy of Nutrition and Dietetics

- Initiated by Patrick Berner (Chair of the Health Promotion and Wellness Council); Jessica Maxwell, Harold Merriman, and Nola Peacock)
- Article by Harold Merriman and Jacob Mey in GeriNotes Nov 2021. Nutritional Concerns in Post-Acute Care Recovery of Older Adults
- Two articles by Nola Peacock (Summer 2021 and Fall 2021) ‘Ask a Physical Therapist’ in publication for members of the Healthy Aging Dietetic Practice Group
- **Additional SIG officer/member contributions on the role of physical therapists in nutrition**
 - Title: Nutrition in Physical Therapist Practice: Setting the Stage for Acting
Journal: Physical Therapy Journal Vol 101, Issue 5, May 2021
Authors: Patrick Berner, Janet Bezner, David Morris, Donald Lein
<https://doi.org/10.1093/ptj/pzab062>
 - Title: Nutrition in Physical Therapist Practice: Tools and Strategies to Act Now
Journal: Physical Therapy Journal Vol 101, Issue 5, May 2021
Authors: Patrick Berner, Janet Bezner, David Morris, Donald Lein
<https://doi.org/10.1093/ptj/pzab061>

APTA Geriatrics Journal Club

- Online interactive, clinician friendly discussion of a contemporary relevant research article and related case study that is published in GeriNotes. Held every other month
- Some of the old Journal Clubs are on the academy YouTube site
<https://www.youtube.com/channel/UCjmc2OWiKYz10-0wyQO7bfA>

Collaboration with the Health Promotion and Wellness Council (Twitter: @APTA_HPWCouncil)

<https://www.apta.org/apta-and-you/councils/council-on-prevention-health-promotion-and-wellness>

- SIG leadership team members serve on Council committees; collaborate on projects and dissemination the work of both groups
- *Article on health promotion and wellness competencies for physical therapists*
 - Title: Population Health, Prevention, Health Promotion, and Wellness Competencies in Physical Therapist Professional Education: Results of a Modified Delphi Study
Journal: Physical Therapy Journal 100(9) Sep 2020
Authors: Dawn Magnusson, Zachary Rethorn, Elissa Bradfore, Jessica Maxwell, Mary Sue Ingman, Todd Davenport, Janet Bezner <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8344295/>

SIG Officer Contributions on the APTA Geriatrics – National Council on Aging (NCOA) Task Force

- Jen Sidelinker, Lori Schrodtt, and Colleen Hergott
- Schrodtt L, Sledge R, Hergott C, Rohrer B, Sidelinker JC, Brach JS, Vincenzo JL, Shirley K, Shubert T. Clinical-community connections: Incorporating evidence-based programs for improved patient outcomes. *Top Geriatr Rehabil.* 2021;37(3):163-167. doi:10.1097/TGR.0000000000000322
- Vincenzo JL, Hergott C, Schrodtt L, Rohrer B, Brach J, Tripken J, Shirley KD, Sidelinker JC, Shubert TE. Capitalizing on virtual delivery of community programs to support health and well-being of older adults. *Phys Ther.* 2021;101(4):1-4. doi:10.1093/PTJ/PZAB001

SIG Goals for 2022

- Update SIG Website
- Update SIG Standing Rules
- Increase awareness of the SIG and efforts to engage SIG members other than officers
 - Multiple member meetings in virtual format throughout the year (i.e. quarterly?)
 - Structured in a way to promote increase voice of members, and increased opportunities to engage and participate at any level

After formal agenda, thank you to outgoing SIG Chair Gina Pariser and welcome new SIG Chair Cathy Stucker

- Will continue to work to meet the needs and requests of members for learning opportunities and advocacy
- Love the partnerships and focus on nutrition, looking forward to continue to grow
- Additional areas of development around health and wellness will be highlighted (i.e. sleep hygiene)

Member Comments/Q+A:

- Beth Black: reminder and encouragement of Academy and HPWSIG to support and engage members to participate in the National Senior Games (May 10-23, Ft Lauderdale, FLA)
 - All Sports residencies and Geriatric residencies in FLA will be participating
 - Opportunities to engage and participate at the individual state level as well
 - Link to Nation Senior Games website (can find info about state activities there as well; <https://nsga.com>)
- Patrick Berner: Chair of APTA Council on Prevention Health Promotion and Wellness
 - Discussed the evolving structure of the Council to partner with other Academies and Sections to move practice forward
 - Encourage APTA members to review the draft proposed updates to Guide to PT Practice....updated language embeds PT role in health promotion and wellness, social determinants of health, population health, in many areas
 - The Guide to PT Practice has been under revision for the past year or so and the current draft is open for APTA member comment. Link to that information and the draft sections is found here: https://www.apta.org/apta-and-you/news-publications/call-for-comments-guide-to-physical-therapistpractice?utm_source=Informz&utm_medium=email&utm_campaign=Informz%20email%20link&_zs=duO8b1&_zl=VKs78
 - The council had an internal workgroup that had provided comment and feedback early on, consisting of a lot of great information now found in these draft sections. In an effort to collectively provide more of a larger voice, we ask that if you have comments or feedback in regards to health promotion, wellness, prevention, and population health that you use this google form to first provide council leadership and our internal workgroup with your comments. So that we are not overwhelming APTA's task force with same or similar comments.
Link: <https://forms.gle/gF429euKVZuv1mNu5> More info and instructions found within the google form