

INSIDE

GHAA SIG Message

Welcome our newly selected officers and thank outgoing officers

Highlights of the Month

Journal Club hosted by
GHAA

Projects

Presentations led by
GHAA at CSM 2021

GHAA Member of the Month

Michael Hyland, PT,
DPT, CEEAA



Welcome

- By GHAA SIG Leadership Team

On behalf of APTA Geriatrics Global Health for Aging Adults (GHAA) SIG, welcome to the inaugural edition of GHAAnews.

The goals of the GHAA SIG are to increase awareness of the practice of physical therapy across the globe, advance PT practice globally, encourage international clinician and student activities, and facilitate global partnerships. Our SIG is dedicated to enhancing health and well-being of old adults through networking and collaboration among geriatric PTs and researchers of various countries.

In this edition, we have messages from our newly elected SIG officers, highlight our recent journal club, and report several recent projects and other exciting updates from GHAA SIG. We would like to thank all GHAA members for all supports and interests in global health for aging adults.



GHAA SIG Message

- By Jennifer Howanitz

Please join me to welcome our newly selected GHAA officers, Jennifer Cruz Garcia Youssef (Vice-Chair), Becca D. Jordre (Secretary), and Sushil Ramchandani (Nominating Committee), thank our outgoing GHAA officers, Rick Black (former Vice-Chair) and Joseph Siu (former Nominating Committee) for their services.



A Physical Therapist for over 18 years, **Jennifer** created a Balance and Falls Support group in Aging Adults using Facebook. She is on the Board of Trustees for the FUTURE Foundation that aims to uplift the global PT profession and support for Filipino PTs practicing locally and internationally.

Becca engages in research related to aging athletes. She chaired a task force in APTA Geriatrics for the partnership with the National Senior Games Association. That effort increased the visibility of PT to aging athletes.



Sushil is an Orthopedic Clinical Specialist and Certified Tennis Performance Specialist. He treats senior athletes utilizing a comprehensive evidence-based program to return them back to enjoying tennis, pickleball and other recreational activities.

Highlights of the Month

- By Jennifer Cruz Garcia Youssef

On March 28, 2020, GHAA hosted a APTA Geriatrics Journal Club. We invited Keith Hill to present an article entitled "[The Modified Otago Exercise Prevent Grip Strength Deterioration Among Older Fallers in the Malaysian Falls Assessment and Intervention Trial \(MyFAIT\)](#)", which is authored by Lin et al., and published in the Journal of Geriatric Physical Therapy in 2019.

A case study, "Get a Grip" Do Leg Exercises Increases Arm Strength?", was presented by Michael Hyland.

[Watch on-demand here](#)

Projects

- By Joseph Siu



Soshi Samejima (GHAA Nominating Committee), Yuri Yoshida and Debora Doerfler presented "The Future is Already Here - Super Aging Society in the Global Community" at CSM 2021, which recognizes the issue of the aging society for the quality of life in the geriatric population in the global community, appreciates that defining successful aging is part of cultural competency and appraises and develops solutions for physical health in aging adults in the different implementation levels, national, state, and local community.

Projects (Cont.)

Becca Jordre (GHAA Secretary) led a CSM educational session this spring on how to utilize the Senior Athlete Fitness Exam (SAFE) as a community outreach tool. She discussed the creation of the SAFE, a tool for screening older athlete fitness, and discussed ways in which it has been used in state-level Senior Games events to connect with older athletes who could benefit from physical therapy. She described using the SAFE as a great tool for student service-learning as well. A review of this popular session was covered in the May issue of the APTA magazine. The GHAA SIG would like to look at ways that PTs in other countries engage with older athletes. If you're interested in exploring this topic, please e-mail Becca (becca.jordre@usd.edu).



GHAA Member of the Month



Michael Hyland, PT, DPT, CEEAA

Hey everybody! My name is Michael Hyland. I was born and raised in sunny Pensacola, FL (Proud of my Blue Angels!). My PT practice is unique in that I have a hybrid brick and mortar clinic location and make house calls. To better serve the aging population in my area I am enrolled in Medicare (did you know Medicare will pay for house calls?) and offer cash-based wellness programs. Primarily I am focused on keeping aging adults active and fit, particularly those with Parkinson's Disease, as I offer the LSVT BIG program in my practice.

My best advice to members of the GHAA SIG is to think outside of the box. Many of us go into our careers thinking to work with aging adults, we must work in Skilled Nursing Facilities, or Home Health, or Hospice, or Inpatient Rehab, etc. But more and more practices are starting up in 2021 that are mobile outpatient and seeing folks in their home who are not home bound, yet they are unable to leave home easily or realistically to get to an outpatient clinic. Don't feel that you must wait until you have years and years of experience to be able to go out on your own to make an impact on the aging population. If you have your DPT, you're ready from the get-go!

Ways to connect with GHAA

GHAA website:

<https://geriatricspt.org/special-interest-groups/global-health-aging-adults/>

Join GHAA SIG:

https://geriatricspt.org/login/log_in.cfm?ref_url=geriatricspt.org/members/my-special-interest-groups/index.cfm



Call for stories of our next GHAAnews

If you have a great story or professional resources to share with GHAA members, please let us know by emailing Jenny (GHAA Vice-Chair) (jeni21ptrp@yahoo.com) or Joseph (GHAA Member) (kcsiu@unmc.edu). Looking forward to sharing your stories!