



Welcome to the January 2023 APTA Geriatrics Student Newsletter

This newsletter is written by students, for students to improve student experience with managing geriatric patients. In the January 2023 issue of the APTA Geriatrics Student Newsletter, you will find a recap of the November 2022 Journal Club, an introduction of the upcoming 2023 APTA CSM, and an introduction to two of our APTA Geriatrics Student Task Force Members!

APTA Geriatrics Journal Club

The most recent meeting of the APTA Geriatrics Journal Club discussed the article [Pain Reducing Effective of Physical Therapist-Delivered Interventions: A Systematic Review of Randomized Trials Among Older Adults with Dementia](#) with Dr. Hannah Albers and Dr. Rebecca Galloway. A case study presentation from Dr. Carmina Rafael was included during this meeting. Recordings of the November 2022 Journal Club can be found by visiting the APTA Geriatrics website and selecting the Journal Club heading. Journal clubs are held bi-monthly and are free for all members of the APTA Geriatrics section.

We want to celebrate you!

We want to celebrate **YOU** for all the amazing things you are doing to contribute to the physical therapy profession and your surrounding communities as student physical therapists! How are you changing the future of physical therapy?

To be highlighted on our webpage or social media pages, send biographical information to: **geriatrics@aptageriatrics.org**



Combined Sections Meeting San Diego, Here We Come!

The **APTA Combined Sections Meeting** is an annual event in which all 18 sections within the APTA elevate the profession with educational programming, engage members in lifelong friendships and networking opportunities, and support the development of the physical therapy profession. The goal of this meeting is to provide physical therapy and physical therapy assistant students and professionals the opportunity to actively engage with colleagues and encourage the advancement of the vision and goals of the APTA.

Several members from the inaugural APTA Geriatrics Student Task Force will be in attendance at the 2023 Combined Sections Meeting in San Diego, CA. Each Student Task Force Member will represent the APTA Geriatrics Section during meeting opportunities to give students like you a chance to have your voice heard. How do you see yourself contributing to the advancement of the profession? What makes you passionate about working with the geriatric population? How do you plan to become involved with the Geriatrics Section and the APTA as a whole? We will be there to answer questions, establish bonds with students who share our passion for the geriatric population, and enjoy an amazing experience in San Diego! We hope to see you there, and we cannot wait to meet you soon!

The APTA Geriatrics Section will be hosting a Members Meeting on the evening of Thursday (2/23/23), time TBD. Please monitor for email correspondence from APTA Geriatrics. A member survey regarding student participation with APTA Geriatrics will be available at the Combined Sections Meeting in San Diego.



Friendship Bench

Have you wanted to become more involved with the world of geriatrics? Are you interested in meeting other peers and colleagues with similar interest in geriatrics? Then look no further than the unveiling of the friendship bench sponsored by APTA Geriatrics at CSM! A friendship bench is a seating arrangement that allows for strangers to meet and get to know one another in a comfortable and safe environment. By sitting at the bench, the individual communicates that they are interested in talking with another person. Previously, the application of friendship benches and other similar concepts have been seen throughout Europe, which has provided individuals within the geriatric community the opportunity to meet and spend time with people within their community. The Geriatric Student Task Force is excited about the opportunity to create a safe space for all to experience! **Specific details will be relayed as they are finalized by the APTA Geriatrics Section in preparation for CSM.**

Introducing the Geriatrics Student Task Force: Chris Chisler and Tyler Cohen, University of St. Augustine, FL



Chris Chisler

Why did you become involved in the Student Task Force and why are you interested in geriatrics?

Chris: I first became interested with helping older adults working as a PTA in home health. Meeting patients in their home opened my eyes to the everyday difficulties older adults face with keeping their independence. Wanting to better serve my patients led me to returning to school for my DPT.

Tyler: Through my education, I have connected with experienced professionals at USAHS and ultimately became Founding President of the Geriatrics Special Interest Group for our university system. To me, the geriatric population represents an element of humanity that connects us all. Aging is a part of life, just like growth and change, and the impermanence of our bodies is a reality we all must face eventually. This process presents itself differently in every patient, and I plan to help mine in every way I can.

What are some of your best experiences from physical therapy school so far?

Chris: One of my best experiences as a DPT student was volunteering at the Nation Senior Games back in May of 2022. During the National Senior Games, I worked with other student volunteers to screen older athletes. This experience showed me what it means to age gracefully. The number one thing I have learned while working with older adults is to never underestimate what this population can do.

Tyler: I've volunteered with Rock Steady Boxing for adults living with Parkinson's Disease, the Senior Athlete's Fitness Exam at the National Senior Games, as well as the Center for Disease Control's STEADI Falls Prevention Screening for Assisted Living Facilities. I've also accepted the role of Quizmaster for Season 3 of the Florida Physical Therapy Association's Battle of the Brains competition.

What is your role within the APTA Geriatrics Student Task Force?

Chris: While on the task force I have been working to create more opportunities for students to be involved. I helped establish new student positions to enhance student-focused content in APTA Geriatrics' social media. I also helped develop student leadership opportunities within APTA geriatrics for managing student membership. Currently, I am working to improve the student content on the APTA geriatrics website. My personal goal is to inspire as many students as possible to get involved and make an impact on the profession.

Tyler: Joining the Task Force has been a pivotal experience for me, as I've worked with like-minded students and professionals from around the country to set the stage for the future of geriatric physical therapy. My role leading our networking project has only expanded upon this as APTA Geriatrics grows and attracts student interest. To me, the geriatric population represents an element of humanity that connects us all. Aging is a part of life, just like growth and change, and the impermanence of our bodies is a reality we all must face eventually. This process presents itself differently in every patient, and I plan to help mine in every way I can.



Tyler Cohen



APTA Geriatrics Student Webpage!

Keep an eye out for updates on our Student Page for all things geriatrics!