



SETRAC Fall Prevention Workgroup Meeting

Thursday, February 9, 2022
SETRAC Conference Center, 1111 N. Loop West, Suite 160, Houston, TX 77008
Virtual Meeting

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TOPIC	DISCUSSION/RECOMMENDATION	ACTION/FOLLOW-UP
Topic: Call to Order/Approval of Minutes	Minutes from December 8, 2022, was approved with no changes.	The committee has no further recommendations
Presenter: Melanie Bradshaw Topic: Fall Prevention Workgroup ○ New Business ○ New Leader Needed	Melanie stepped down after a year of serving as the lead of the fall prevention workgroup to give someone else the opportunity to lead the group keeping the group up to date on what's happening in the world of fall prevention. Melanie will continue to work with the group. Liza Garcia with LBJ volunteered to be the next fall prevention workgroup leader beginning in April 2023. Melanie asked If anyone was interested in co-leading with Liza Garcia if so to let Tonya know. Tonya thanked Melanie for her hard work during the past year and expressed her appreciation. Melanie thanked Liza for stepping up to lead the workgroup.	The committee has no further recommendations
Old Business Topic: Tai Chi Deliverables Document	At the last fall workgroup meeting they discussed the Tai Chi Deliverables Document. Tonya advised a motion was needed to approve the document from the fall and injury prevention committee. Kacey Sammons and Dave Watson made the motion to approved in the fall prevention workgroup meeting.	The committee has no further recommendations.
Open Discussion Topic: CDC New Edition Compendium for Effective Falls Intervention Large Scale Community Event	15 years ago, CDC published their first Compendium for Effective Falls Interventions to be used in the community. Since then, they have had two additional additions. Their 4 th addition was recently published Melanie dropped the link in the chat box. They included 9 new interventions in this addition. This compendium addition now offers 50 effective evidence-based interventions to help with fall prevention in older adults. Of note Melanie was surprised to see that Bingocize was not included in the list, but Tai Chi was. Appendix A reference their intervention study selection process the only studies that were included had to meet certain criteria. If it didn't include fall prevention as their primary intervention or look at falls as the outcome they were not included. There were many additions and articles on the benefits of vitamin D. When presenting fall prevention in the community, the benefit of vitamin D should be included in the discussion.	The committee has no further recommendations.



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	Large Scale Event Melanie mentioned at the last meeting that she was working with the local EMS on a list of senior facilities with high fall call volume and that she was targeting fall prevention's efforts towards those facilities. Tonya presented the idea of a large-scale event for the workgroup's input. The event will target assisted living, senior living, and community centers in certain areas. It will be an event where certified Tai Chi instructors, other agencies, and partners come together to help and educate the community. Suzanne Curran mentioned that they did something like this years ago in the acres home area. One of the hospitals brought their pharmacy department it was a huge success with the community. They had different booths and tables set up where they checked blood pressures, finger stick blood glucose, etc. the community loved that they could sit down and talk about their medication in a quiet non rush fashion. She liked the idea and advised that the community needs it. She suggested getting hospital groups and pharmacies to come out. Sarah Beth mentioned that U of H school of pharmacy do community events it may be a good idea to reach out to them for the event. Melanie would like to know more about the goals, education, and what it would look like. Tonya advised that it is in the beginning stages. One of the goals is outreach and to prevent falls in the community. Melanie asked if it was a large-scale Tai Chi event specifically. Tonya replied yes. Suzanne advised if a one-time event it should be a Tai Chi demonstration instead of a class. Suzanne mentioned a road map to injury prevention looking at ways to educate our older population in the community and bring Tai Chi as a demonstration letting them know that its available and giving them information on it rather than doing a large-scale class. Incorporating other things as well such as other volunteer organizations to see what else is out there. Much discussion was had and more to come.	More to come on the Large-Scale Event.
Adjourned/Next Meeting	April 13, 2023 – 9:30am - In Person Meeting	