

## **Section on Geriatrics E-Newsletter** **September 2007**

### **This E-Newsletter Contains the Following:**

- NEW WEB SITE
- Elections in Process: Vote Now!
- Volunteer Opportunities: including exciting grassroots leadership positions (*Last Call: Home Study Course Editor Applications*)
- Regional Course Advance Deadline Approaching
- Research Competition for Students
- Current Research in Geriatrics

**And more- read on . . . !**

### **Section on Geriatrics Enhances Website**

Your Section on Geriatrics Web Connection, [www.geriatricspt.org](http://www.geriatricspt.org), has never looked better! We have worked to improve the look and organization of the site, to make it a better resource for PTs and PTAs. Now we will continue to focus on expanding the resources there. A special article in the September GeriNotes, "Take a Tour: Your New Web Site Goes Live," will help you explore the new features on the site.

As always, we welcome your feedback and suggestions for expanding our resources to you! Thank you for your SoG membership!

Visit the new [www.geriatricspt.org](http://www.geriatricspt.org) today!

### **Elections are Open- SoG PT and PTA Members are Encouraged to Participate**

All PT and PTA Section members should receive their Section on Geriatrics 2007 ballot in the mail no later than September 26, 2007. Candidate statements were printed in the September GeriNotes. You may also read the candidate statements and download a ballot on our website at [www.geriatricspt.org](http://www.geriatricspt.org). Please honor our candidates by participating in this election. You will be voting for a Director, Secretary, Delegate, and Nominating Committee Member.

Ballots must be postmarked October 17, 2007

### **New Volunteer Opportunities in the Section**

Some new volunteer opportunities have just been posted on our website. Applications for **Awards Chair** and **Cultural Diversity Chair** are due 11/1/2007. We have also posted an exciting new position that will be in charge of organizing and expanding grassroots volunteer activity: the **Regional Advocate Coordinator**. Finally, applications for **Home Study Editor** are due 10/1/2007. If you have questions about any of these positions, please feel free to call the Section Office at 800/999-2782 x3238.

To read job descriptions and apply, visit [www.geriaticsppt.org](http://www.geriaticsppt.org) and click "Volunteer Opportunities" under "Members."

## Call for Chair of Task Force: Conference on Physical Activity & Aging for Older Adults

In conjunction with its strategic planning process, the Board of Directors has determined that it is important for our profession to conduct a multi-disciplinary conference on physical activity and aging for older adults. At this time, the Board is seeking a qualified individual to chair the task force that will be responsible for planning and implementing this multi-day conference. Interested individuals should contact John O. Barr, PT, PhD, SOG president at [BarrJohnO@sau.edu](mailto:BarrJohnO@sau.edu).

## Register Now and Save for Exercise Experts Course

SoG members get discounts on the following educational programs.

*"Physical Therapists as the Exercise Experts for the Aging Adult: Evidence-based Assessment and Exercise Prescription"*

Contact Hours: 15

Presenters: Marilyn Moffat, PT, DPT, PhD, FAPTA; Dale Lynn Avers, PT, DPT, PhD; Karen L. Kemmis, PT, DPT, MS, CDE

Dates: November 30-December 1, 2007 (8 am–5 pm)

Location: New York University Physical Therapy Department, New York, NY

Advance Registration Deadline: 11/9/07

Visit [www.geriaticsppt.org](http://www.geriaticsppt.org) and click on "Education" for course objectives and registration form

## Research Competition, with Equipment as the Prize

Bertec Corporation is sponsoring a research competition open to students of all levels - undergraduates, graduate and professional students, post doctoral researchers, and even young professors (3 years or less experience) - and all academic fields. Students in geriatrics, medicine, nursing, physical therapy, kinesiology, engineering, psychology, neurology, and biomechanics are encouraged to apply.

10 sets of balance assessment and training equipment will be awarded for novel research for 1 year. 4 Bertec balance plates with Acquire(tm) software, 3 BalanceCheck(tm) Screener systems, and 3 BalanceCheck Screener and Trainer(tm) systems will be awarded in early February of 2008. These systems are regularly used to measure vertical forces and postural sway, train balance, and analyze bodily sensory systems. Beyond their regular clinical use, research using the systems has assessed health in emergency room patients, validated exercise programs for seniors, measured forces in psychology experiments, and identified characteristics of Parkinson's patients. All research topics will be accepted.

Research proposals are due November 26, 2007. Proposals will be categorized as either undergraduate or graduate level, and then an external panel of experts from multiple fields will review and score them. The top ten recommended projects will be awarded a system for one full year!

For more information or to receive an application guide, send an email to [competition@bertec.com](mailto:competition@bertec.com) or go to the web at [www.bertec.com](http://www.bertec.com).

## Section Awards Deadline November 1

Now is the time to think about honoring someone you know by nominating them for a Section Award. Contact [geriatrics@apta.org](mailto:geriatrics@apta.org) for a list of awards and award criteria.

## PT Foundation Geriatric Fund Update

We have raised \$9,800 towards our \$50,000 goal for 2007. You can help: if you have contacts at companies, or even just names of companies that might consider making a corporate gift to support gerontology physical therapy, please send them to [geriatrics@apta.org](mailto:geriatrics@apta.org). You can also help by making a contribution at [www.apta.org/foundation](http://www.apta.org/foundation). All contributions in 2007 will be matched by the Section on Geriatrics, up to \$50,000.

## Now Accepting Consumer Brochure Contest Submissions

Participating in the Section on Geriatrics *Consumer Brochure Contest* is a great way for students to learn more about a geriatric topic and get practice consumer education skills. The deadline for submissions is December 20, 2007. Read more about this contest today at [www.geriatricspt.org](http://www.geriatricspt.org), by clicking on "About Us," and "SoG Awards."

## Check out APTA's New and Improved National Physical Therapy Month Web page!

October is National PT Month. Get free resources and ideas at [www.apta.org/nptm](http://www.apta.org/nptm).

## Recent Research in Gerontology

The following articles include links to the abstracts in PubMed. If the links are not working for you, please visit [www.apta.org](http://www.apta.org), click on "Research," on the left, click on "Open Door," then click on "Current Research in Physical Therapy." Also, once you are logged into Open Door you will have free access to PubMed (a benefit of APTA membership).

[Aging Clin Exp Res](#). 2007 Aug;19(4):300-309.

Old women with a recent fall history show improved muscle strength and function sustained for six months after finishing training.

Beyer N, Simonsen L, Bulow J, Lorenzen T, Jensen DV, et al.

[Am J Phys Med Rehabil](#). 2007 Aug;86(8):621-32.

Falling in Parkinson disease: identifying and prioritizing risk factors in recurrent fallers.

Dennison AC, Noorigian JV, Robinson KM, Fisman DN, Cianci HJ, et al.

[Ann Intern Med](#). 2007 Aug 7;147(3):156-64.

Geriatric conditions and disability: the Health and Retirement Study.

Cigolle CT, Langa KM, Kabeto MU, Tian Z, Blaum CS.

[Arch Phys Med Rehabil](#). 2007 Aug;88(8):955-63.

Circuit class therapy versus individual physiotherapy sessions during inpatient stroke rehabilitation: a controlled trial.

English CK, Hillier SL, Stiller KR, Warden-Flood A.

[Aust J Physiother](#). 2007;53(3):147-53. [FULL TEXT]

A novel weight-bearing strengthening program during rehabilitation of older people is feasible and improves standing up more than a non-weight-bearing strengthening program: a randomised trial.

Olivetti L, Schurr K, Sherrington C, Wallbank G, Pamphlett P, et al.

[BMC Geriatr](#). 2007 Jul 2;7:15. [FULL TEXT]

Prevention of fall incidents in patients with a high risk of falling: design of a randomised controlled trial with an economic evaluation of the effect of multidisciplinary transmural care.

Peeters GM, de Vries OJ, Elders PJ, Pluijm SM, Bouter LM, Lips P.

[BMC Geriatr](#). 2007 Jul 4;7:17. [FULL TEXT]

The history of falls and the association of the timed up and go test to falls and near-falls in older adults with hip osteoarthritis.

Arnold CM, Faulkner RA.

[BMC Neurol](#). 2007 Sep 6;7(1):29. [FULL TEXT]

Supported treadmill training to establish walking in non-ambulatory patients early after stroke.

Ada L, Dean CM, Morris ME.

[Clin Rehabil](#). 2007 Jul;21(7):614-9.

Pilot randomized controlled trial to assess the impact of additional supported standing practice on functional ability post stroke.

Allison R, Dennett R

[Gait Posture](#). 2007 Jul;26(2):208-13. Epub 2006 Oct 13.

Practicing recovery from a simulated trip improves recovery kinematics after an actual trip.

Bieryla KA, Madigan ML, Nussbaum MA.

[Gait Posture](#). 2007 Jul;26(2):309-16. Epub 2006 Oct 30.

Effects of whole body vibration training on postural control in older individuals: a 1 year randomized controlled trial.

Bogaerts A, Verschueren S, Delecluse C, Claessens AL, Boonen S.

[J Am Geriatr Soc](#). 2007 Jun;55(6):892-9.

Stroke: a randomized trial of exercise or relaxation.

Mead GE, Greig CA, Cunningham I, Lewis SJ, Dinan S, Saunders DH, Fitzsimons C, Young A.

[J Am Med Dir Assoc](#). 2007 Jun;8(5):307-13.

Fear of falling in new long-term care enrollees.

Gillespie SM, Friedman SM.

[J Am Med Dir Assoc](#). 2007 Jun;8(5):300-6. Epub 2007 May 7.

A flowchart system to improve fall data documentation in a long-term care institution: a pilot study.

Montero-Odasso M, Levinson P, Gore B, Epid D, Tremblay L, Bergman H.

[J Gerontol Nurs](#). 2007 Jun;33(6):32-9.

Structured exercise in older adults with limited functional ability.

Fahlman MM, Topp R, McNevin N, Morgan AL, Boardley DJ.

[J Rehabil Med](#). 2007 Sep;39(7):513-9.

Actual vs best practice for families post-stroke according to three rehabilitation disciplines.

Rochette A, Korner-Bitensky N, Desrosiers J.

[J Trauma](#). 2007 Jul;63(1):142-6.

Recruitment strategies for a fall prevention program: if we build it, will they really come?

Shandro JR, Spain DA, Dicker RA.

[Neurochem Res.](#) 2007 Apr-May;32(4-5):807-21. Epub 2006 Dec 27.  
Randomized clinical stroke rehabilitation trials in 2005.  
Rabadi MH.

[Phys Ther.](#) 2007 Aug;87(8):1009-22. Epub 2007 Jun 6.  
Gait coordination after stroke: benefits of acoustically paced treadmill walking.  
Roerdink M, Lamothe CJ, Kwakkel G, van Wieringen PC, Beek PJ.

[Phys Ther.](#) 2007 Aug 21; [Epub ahead of print]  
Aging and Down Syndrome: implications for physical therapy.  
Barnhart RC, Connolly B.

[Phys Ther.](#) 2007 Aug 21; [Epub ahead of print]  
Repeated-slip training: an emerging paradigm for prevention of slip-related falls among older adults.  
Pai YC, Bhatt TS.

*Thank you for your membership in the Section on Geriatrics!*