

Preamble

- ★ Tonight's handouts are available for download at <https://carolinemorris.com/vpta>
- ★ Get ready to be interactive!
 - Have your phone nearby

Geriatric Physical Therapy

Best Practice Guidelines and Reality Based Implementation

Caroline Morris, PT, DPT, GCS

APTA Virginia

Northern & Blue Ridge Districts

March 2, 2022

The Plan

1. Intro
2. Discuss guiding principles for best practice in geriatric physical therapy (with some color commentary)
3. Anticipate obstacles
4. Plan for success
5. Wrap you in tools and resources

Meet Barry



If (when) he barks, I'll mute myself and
give you instructions in the chat

A bit about me...

★ Clinical Experience

- Acute Care 2013-2017+
- Outpatient Neuro & Geriatrics 2017-present
- Wellness/Coaching 2020-present

★ Certifications

- Functional Standards for Optimal Aging Expert 2017
- Geriatric Clinical Specialist 2019
- Women's Health Coach 2021

★ Roles

- Staff Therapist 2013-2015
- Weekend Coordinator 2015-2019
- Staff Development Specialist 2019-present
- Adjunct Faculty 2017-2018, 2022
- Business Owner 2019-present

What is best practice?

slido



**Describe best practice
(one word answers)**



Special Interest Paper

APTA Geriatrics' Guiding Principles for Best Practices in Geriatric Physical Therapy: An Executive Summary

Michelle G. Criss, PT, DPT, PhD¹; Mariana Wingood, PT, DPT, PhD, MPH²; William H. Staples, PT, DPT, DHSc, FAPTA³; Veronica Southard, PT, DHSc⁴; Kenneth L. Miller, PT, DPT⁵; Traci L. Norris, PT, DPT⁶; Dale Avers, PT, DPT, PhD, FAPTA⁷; Cathy H. Ciolek, PT, DPT, FAPTA⁸; Carole B. Lewis, PT, DPT, MSG, MPA, PhD, FSOAE, FAPTA⁹; Ellen R. Strunk, PT, MS¹⁰

Guiding Principles of Geriatric Physical Therapy

INTERPROFESSIONAL

Champion interprofessional collaborative practice that is inclusive of patients and their caregivers.

PERSON-CENTERED CARE

Utilize person-centered care to elicit and prioritize the individual's preferences, values, and goals to drive the plan of care.

EVIDENCE INFORMED

Provide positive outcomes of physical therapy care by completing intervention(s) that are based on the best available evidence.



PHYSICAL ACTIVITY

Prioritize physical activity to promote health, well-being, chronic disease management, and enhance mobility.

HOLISTIC ASSESSMENT

Conduct a holistic assessment and evaluation utilizing sound outcome measures that help inform the treatment plan and relate to the patient's stated goals.

ANTI-AGEIST

Strive for anti-ageist practice.



APTA Geriatrics

An Academy of the American
Physical Therapy Association

Age on.™

Principle 1:

Utilize person centered care to elicit and prioritize the individual's preferences, values, and goals to drive the plan of care.



What does person centered care look like?

Person Centered Care

- ★ Patients determine their own best interests
 - You can help to draw it out, but be cautious of paternalism or coercion tendencies
- ★ Be wholly present during encounters
- ★ Individual goal setting
- ★ Encourage self efficacy and autonomy
- ★ Proactive risk management

Principle 2:

Strive for anti-ageist practice.



What does anti-ageist practice look like?

Anti-Ageist Practice

★ We live in an ageist society

- None of us is immune from the broader culture

★ Check in with yourself

- Am I seeing the person in front of me as a complete human being, worth of dignity, love, and respect?
- Does my communication reflect this?

Principle 3:

Conduct a holistic assessment and evaluation utilizing sound outcome measures that help inform the treatment plan and relate to the patient's stated goals.



What are components of a holistic assessment?

Holistic Assessment

- ★ Vitals
- ★ Posture
- ★ Strength
- ★ Flexibility
- ★ Balance
- ★ Mobility
- ★ Endurance

Quiz Time!



According the 2017 AHA Guidelines, a blood pressure of 120/80 falls into which category?

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels



What cut off measurement of Wall Occiput Distance is predictive of vertebral compression fractures?



What 5x Sit to Stand value predicts disability in the next 2 years?



What strength measurement is most linked with mortality?



**How much ankle dorsiflexion AROM
(knee extended) is required to reduce
fall risk?**



What single leg stance time is predictive of reducing risk of fall with injury?



What TUG time is predictive of a high fall risk?

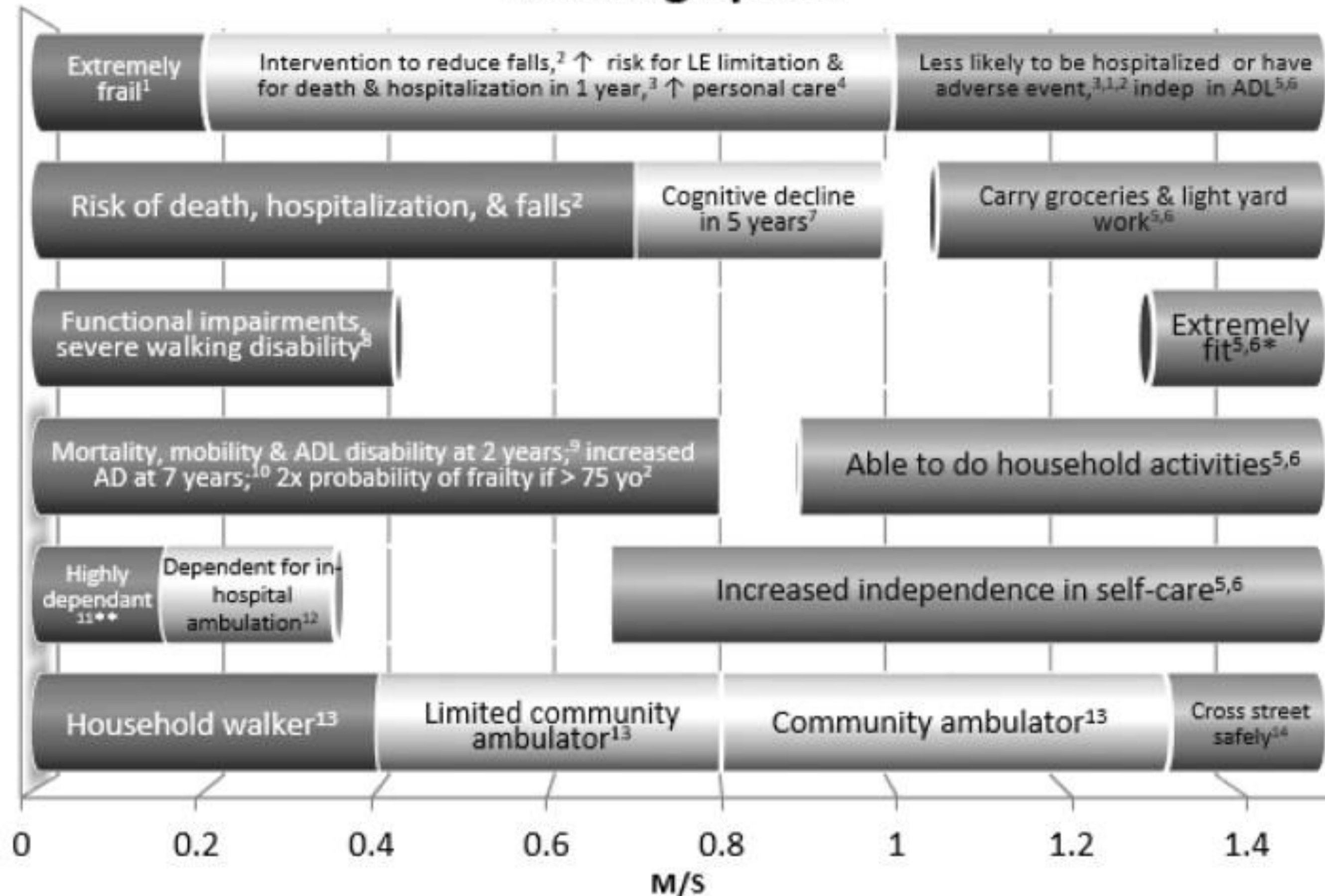


What is the MCID (minimal clinically important difference) for gait speed?



What gait speed is required to safely cross an intersection?

Walking Speed



Middleton A, Fritz SL, Lusardi M. Walking speed: the functional vital sign. *J Aging Phys Act.* 2015 Apr;23(2):314-22. doi: 10.1123/japa.2013-0236. Epub 2014 May 2. PMID: 24812254; PMCID: PMC4254896.



What measure of endurance is easiest to complete in a crowded room?

Principle 4:

Provide positive outcomes of physical therapy care by completing intervention(s) that are based on the best available evidence.



What are some hallmarks of evidence based interventions?

Evidence Informed Interventions

- ★ High intensity
- ★ Progressive, challenging, variable
- ★ Unique to patient's goals, needs, abilities, environmental constraints – remember the ICF?!

Paradigm Shift in Geriatric LBP Management

Table 2.

Geriatric Low Back Pain (LBP) Interventions

Influences	Aerobic Exercise	Strengthening	ROM	Pain Modalities	CBPT	Mindfulness	Graded Tasking	Communication	Referral
Biological									
Altered pain neuroprocessing		X	X	X	X	X	X	X	
Sarcopenia		X							
Hip pathoanatomy		X	X	X					
Widespread pain		X	X	X	X	X	X		
Energetic inefficiency	X								
Psychological									
Pain catastrophizing					X	X			X
Pain-related fear					X	X			X
Depressive symptoms	X				X	X			X
Reduced pain self-efficacy					X	X	X		X
Cognitive									
Reduced memory and executive function	X				X	X			X
Social									
Suboptimal medical interaction								X	

Simon CB, Hicks GE. Paradigm Shift in Geriatric Low Back Pain Management: Integrating Influences, Experiences, and Consequences. *Phys Ther*. 2018 May 1;98(5):434-446. doi: 10.1093/ptj/pzy028. PMID: 29669088; PMCID: PMC6692842.

Principle 5

Prioritize physical activity to promote health, well-being, chronic disease management, and enhance mobility.



What does prioritizing physical activity look like?

Physical Activity

- ★ Assess sedentary vs. physical activity time
- ★ Design physical activity programs that meet the patient's individual needs
- ★ Use community resources
- ★ Partner with caregivers

Principle 6

Champion interprofessional collaborative practice that is inclusive of patients and their caregivers.



What does collaborative practice look like?

Collaboration

- ★ Acknowledge roles and strengths
- ★ Closed loop communication
- ★ Shared decision making
- ★ Accountability of each team member
- ★ Patient-centered
- ★ Caregiver support**

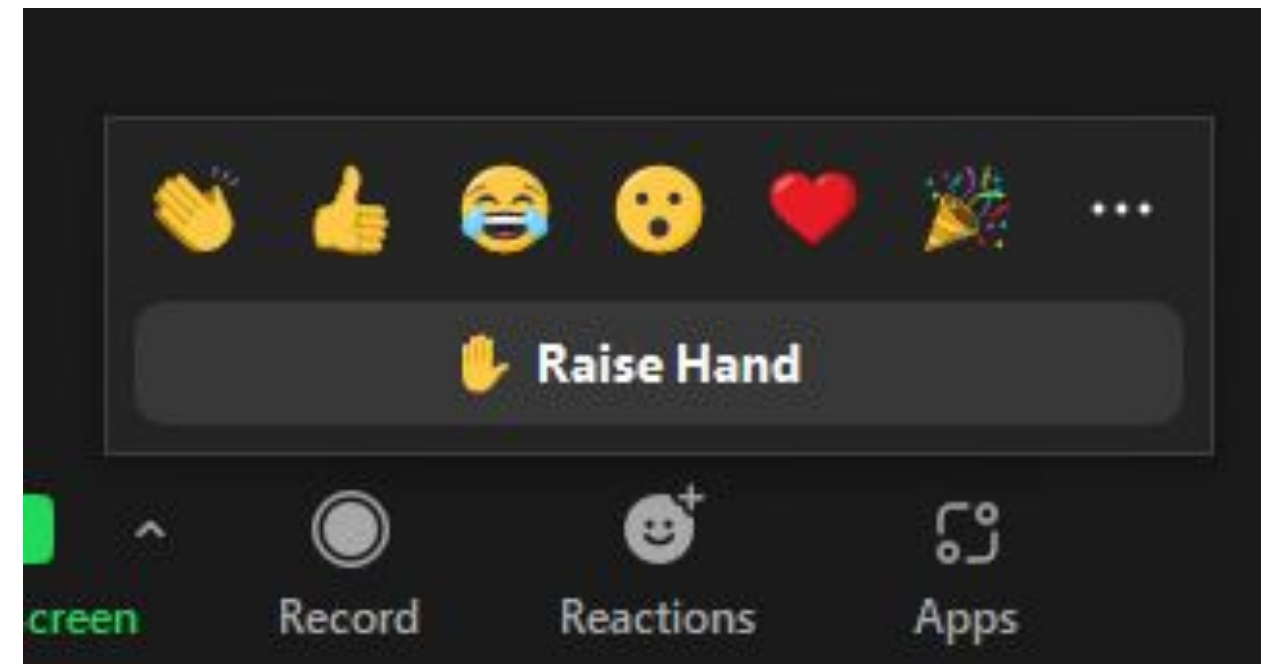
Anticipating Obstacles



What obstacles do you anticipate in implementing best practice?

Let's Discuss

Use the “Raise Hand” function from the Reactions tab



What I Anticipated...

- ★ Time, Productivity Demands
- ★ Medicare, Insurance, Money
- ★ Patients don't follow through
- ★ You want it more than they do

slido



Audience Q&A Session

① Start presenting to display the audience questions on this slide.

Resources!

<https://carolinemorris.com/vpta>

Plan for Success

slido



What 1 thing will you implement in your practice tomorrow?

Let's connect

Website: <https://carolinemorris.com>

Facebook/Twitter/LinkedIn: @carolinehmorr

Email: caroline@morrisclinic.com

Podcast: Elder Health Connection