

**HAWAII STATE DEPARTMENT OF HEALTH**  
Injury Prevention Program, Neurotrauma Supports,  
and the Office of Health Care Assurance

P R E S E N T S

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**FALL PREVENTION:**  
*Implementing  
What Works*

**October 23, 2007**  
**SHERATON WAIKIKI HOTEL**

*Co-Sponsored by*

*HMSA-Hawaii Medical Services Association  
Elderly Affairs Division-City & County of Honolulu  
Hawaii Island Adult Care, Inc.  
Ohana Pacific Rehab Services  
Project Dana*

REGISTER BY SEPTEMBER 24, 2007 AND SAVE!

KEYNOTE SPEAKER



Katherine Berg, PhD

*Fall Prevention: Implementing What Works*

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Dr. Berg is the Chair and Associate Professor in the Department of Physical Therapy, Faculty of Medicine at University of Toronto and a fellow with interRAI, an international team of academics, clinicians and other professionals committed to developing and using standardized assessments to improve the quality of care. Dr. Berg's clinical care of expertise is in geriatrics. Her thesis work involved the development and validation of a Balance Scale. Her research interests include disability and fall prevention as well as health services research examining quality of care and outcomes following post-acute interventions. Current research projects involve enhancing the use of interRAI instruments in an integrated health system from ER, to acute care, rehabilitation, home care and primary care.

Her research interests include:

- (1) Health services research in rehabilitation/geriatrics/pediatrics,
- (2) Quality of care and integrated health information, and
- (3) Disability prevention, balance and falls, and physical activity promotion.

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KEYNOTE SPEAKER



Debra Rose, PhD

***Aging Successfully: The Role of Physical Activity***

Debbie Rose, Professor in the Division of Kinesiology and Health Science, California State University at Fullerton, and Co-Director of the Center for Successful Aging, and Kinesiology Graduate Program Coordinator. Professor Rose teaches and conducts research in the area of motor control and learning, and balance and mobility disorders, in particular. Dr. Rose is nationally and internationally recognized for her work in the area of fall risk reduction programming and has served as a research consultant to a number of different organizations and companies over the course of the previous 10 years.

Her research in the area of fall risk reduction in the elderly has been published in numerous peer-reviewed publications. Her work in this area is also well supported by a number of research grants (exceeding \$1.5 million). The innovative fall risk reduction program she developed was recently recognized by the National Council on Aging as one of seven programs nationwide that promotes a healthy, active lifestyle. She is a fellow of the Research Consortium of AAPHERD and past Executive Board Member of the North American Society for the Psychology of Sport and Physical Activity.

# A.M. AGENDA

8:30 a.m. – 9:00 a.m.

**Registration/Continental Breakfast**

9:00 a.m. – 9:20 a.m.

**Introductions** **Eric Tash, MPH**  
**Welcome** **Morgan Barrett, MD, MPH**  
*Deputy Director, State Department of Health*

9:20 a.m. – 9:40 a.m.

**Hawaii Data** **Dan Galanis, PhD**  
*Impact of Falls*

9:40 a.m. – 10:30 a.m.

**Keynote** **Katherine Berg, PhD**  
*“Fall Prevention: Implementing What Works”*

10:30 a.m. – 10:40 a.m.

**Exhibitor Displays and Refreshments**

10:40 a.m. – 11:30 a.m.

## CONCURRENT SESSION I

**(A) RICK RUTIZ, BA**

**“Ma Ka Hana Ka ‘Ike, the Hana School Building Program”**

Executive/Program Director Rick Rutiz will share how the efforts and dedication of our youth can make a lasting difference in the lives of their kupuna, allowing them to “age in place,” surrounded by those who love and care for them.

**(B) JOY HIGA, PharmD**

**“The Relationship of Falls and Your Medications”**

This presentation will describe how medications and medical conditions can increase the risk of falls through various processes. It will also review what types of medications are implicated in causing falls and what one should do if a medication is prescribed by their care provider that may increase a patient’s risk of falling.

**(C) GENE CORPUZ, MSPH, CHES**

**“Strategies for Maintaining Balance”**

Although maintaining leg strength and muscle coordination are important in preventing falls, there are strategies to prevent falls when you suddenly trip or stumble. Learn and practice ankle, hip, and step strategies that you can use to maintain your balance and reduce your risk of falls.

**(D) DEBRA ROSE, PHD**

**“Reducing The Risk For Falls Among Older Adults: A Fallproof Method”**

The purpose of this session is to describe a group-structured balance and mobility program specifically designed for older adults at moderate-to-high risk for falls. The Fallproof program is theoretically driven and addresses the multiple dimensions of balance and mobility in a systematic and progressive manner.

**(E) HEATHER KNOX, MS, RD, CDE**

**“Preventing and Healing Osteoporosis: The Nutrition Approach”**

Osteoporosis is one of the most common diseases affecting older adults. The progression of the disease is associated with pain, suffering and an impaired quality of life. Diet and weight bearing exercise can support bone health and reduce the risk and progression of osteoporosis. This presentation will discuss the latest research.

**(F) JOANNE CINTER, PACE**

**“No Fear of Falling”**

Ms. Cinter will be talking about how fear of falling can impact an older person’s well being and actually contribute to falls. She will discuss the importance of regular exercise focusing on strength, balance, flexibility and agility. She will summarize by sharing information about Honolulu Gerontology’s programs and the exercise classes available.

11:40 a.m. - 1:10 p.m.

**LUNCH**

**Keynote**

**Debra Rose, PhD**

*“Aging Successfully: The Role Of Physical Activity”*

1:10 p.m. - 1:30 p.m.

## Exhibitor Displays and Refreshments

1:30 p.m. - 3:00 p.m.

### PANEL: "FINDING WHAT WORKS"

<b>Katherine Berg, PhD</b>	<i>Moderator</i>
<b>Shari Kogan, MD</b>	<i>Medical Director, Geriatrics, The Queen's Medical Center</i>
<b>Chris Ridley, MSW</b>	<i>Director of Social Services, Life Care Center of Hilo</i>
<b>David Nakamaejo, MEd</b>	<i>Fall Prevention Service Provider</i>
<b>Bonnie Osaki</b>	<i>Certified Aging-In-Place (CAP) Specialist, NHBA/AARP</i>
<b>Edwina Char</b>	<i>Caregiver</i>
<b>Kevin Lockette, PT</b>	<i>Physical Therapist</i>

3:00 p.m. - 3:15 p.m.

## Exhibitor Sponsored Afternoon Refreshments

3:15 p.m. - 4:05 p.m.

### CONCURRENT SESSION II

- (G) **MERLITA COMPTON, et al. – KOKUA KALIHI VALLEY**  
**"Health Maintenance: Foundation of Fall Prevention"**  
How the Fall Prevention component has developed as a regular part of their overall Health Maintenance Program for seniors at Kokua Kalihi Valley, and how this program contributes to fall prevention. The multi-cultural staff will highlight the different aspects of the program's curricula that relate more specifically to fall prevention.
- (H) **KEVIN LOCKETTE, PT**  
**"Transfer Training & Patient Handling"**  
A hands-on workshop for instruction and training on safe mobility for patients. Areas covered include body mechanics & proper lifting, transfer training based on body type of patient and caregiver, bed mobility training, hand placement, ambulation and gait.
- (I) **JAMES PIETSCH, JD**  
**"Deciding 'What If?' Preventive Law – Making It Work"**  
Preventing unfortunate situations from happening should include a healthy dose of preventive law. This session will provide attendees with basic information about legal planning for an uncertain future. Preventive law tools such as trusts, durable and healthcare powers of attorney, among others will be discussed.
- (J) **LAVONDA MEE-LEE NAKAMOTO, MD, GERIATRICIAN**  
**"Multidimensional approach to fall management"**  
This presentation will discuss evidence supporting managing falls from a multidisciplinary and multidimensional approach. This approach includes treating underlying medical issues, reviewing and stream-lining medication lists, therapy, exercise, and caregiver education.
- (K) **JILL KITAMURA & MICHIE TAKEMOTO**  
**"Rhythm & Life Exercise"**  
This is a fun way to coordinate mind and body utilizing many disciplines choreographed to Japanese music. The course was designed by a Professor of Kinesiology with Shizuoka University, Japan. We will introduce you to some stretches, chair exercise, and expressive exercise.
- (L) **KEITH MATSUNAGA – MS**  
**"Safety and Access in Your Home"**  
Design issues, renovation ideas, and equipment that can make your home safer and more accessible for the disabled and elderly.

4:15 p.m. - 4:30 p.m.

## Closing Comments **Linda M. Rosen, MD, MPH**

*Chief, Emergency Medical Services & Injury Prevention System Branch*

# REGISTRATION FORM

Name \_\_\_\_\_ Work Phone \_\_\_\_\_

Your name for Name Tag \_\_\_\_\_

Title \_\_\_\_\_ Home Phone \_\_\_\_\_

Agency/Organization \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

City & State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email address \_\_\_\_\_

## Concurrent Session I (select one)

- (A)  (D)   
(B)  (E)   
(C)  (F)

## Concurrent Session II (select one)

- (G)  (J)   
(H)  (K)   
(I)  (L)

(Fee covers conference materials, keynotes, concurrent sessions, and meals)

**Please mark your choice in the box.** Chicken  Vegetarian

### Payment Method

Visa  Mastercard  Exp. Date \_\_\_\_\_

Card No.: \_\_\_\_\_

Signature \_\_\_\_\_

Make check payable to Kapiolani Community College with  
memo to read: FALL PREVENTION CONFERENCE

Check/Money Order \$ \_\_\_\_\_

Purchase Order # \_\_\_\_\_

Attach copy with authorized signature

Cost: \$55.00 for Family \$ \_\_\_\_\_

Caregivers, Seniors (60+), Students

\$80.00 for Professionals \$ \_\_\_\_\_

General Public

Mail this registration form to:

Kapiolani Community College  
Non-Credit Registration, Ilima 106  
4303 Diamond Head Road  
Honolulu HI 96816

For registration information call 734-9138

If you have special needs due to a disability, please contact 586-5940 by September 24, 2007.

### CANCELLATION POLICY:

Prior to October 12, 2007, there will be a \$10.00 processing charge for cancellation.

AFTER October 12, 2007, NO REFUNDS will be made.

LATE REGISTRATION: After September 24, 2007, a \$15.00 late fee will be added to all registrations.

No registration will be accepted after October 12, 2007, and no walk-in registrations will be accepted.