October 2022 Quarterly Update Meeting Minutes:

We would like to invite some guest speakers to the Quarterly Update. Does anyone have suggestions or a speaker or topic?

- Demonstrate MOB Exercises
- Bingocize: It is an evidence based fall prevention program
- Provide an update on Osteoporosis, diagnosis, non-pharmacological, and/or pharmacological management – Dr. Gianluca Toraldo, Endocrinologist.
- Presentation of practical tips and best practices for training adult learner, i.e., tips for building group trust and encouraging individual participation, encourage discussion and create group energy.

Poll – Kirsten conducted a Fidelity Check Poll – here are the questions with correct answers highlighted in yellow.

1. **How many participants are required to hold a MOB & MOB-V class?** (Single Choice)*
   - 5-7
   - 8-12
   - 13 - 20
   - 20 - 100

2. **How many Lay Leader Coaches are needed to lead a MOB or MOB-V class?** (Single Choice)*
   - 1
   - 2
   - 3
   - 4

3. **How many times a week can A Matter of Balance classes be held?** (Multiple Choice)*
   - 3 times a week for 1 hour each
   - once a week or twice a week for 2 hours each
   - once a month every day until you are through all the sessions.
   - 5 days a week for one hour each day

4. **What are your responsibilities to the Lay Leader Coaches you train?** (Multiple Choice)*
   - Provide them with a minimum of 8 hours of training to lead the in-person MOB sessions
   - Provide them with a certificate of completion for their certification to be a Lay Leader Coach.
   - Provide them with 2.5 hours of update training each year to maintain their certification.
   - Coordinate and schedule the Guest Healthcare Professional to visit each MOB class once during the series.
   - Observe and assess their coaching skills at least once during their first time leading the MOB series.
   - Provide them with ongoing support in organizing, scheduling, recruiting, and following up with each MOB series.

- Supervise the A Matter of Balance program for your organization and supervise all the Lay Leader coaches you train.
- Provide the Coaches with the materials for the class including participant workbooks, videos, contact information, and site information.
- All of the above

5. **Can you train coaches and send them off to manage the MOB program without a Master Trainer to supervise them at another organization?** (Multiple Choice)*

- Yes
- No

6. **Can you help train coaches for another organization that has a Master Trainer and License Agreement to offer MOB?** (Single Choice)*

- Yes
- no

7. **What should you do before agreeing to train coaches at another organization?** (Multiple Choice)*

- Understand if that organization has a License Agreement to offer MOB, or if that organizations program will be operating under your organizations license agreement.
- Make a plan for ongoing supervision, providing the materials for the MOB sessions, and annual refresher training of the coaches you train.
- Do not train coaches that you are not able to supervise, monitor for fidelity, and provide annual refresher training for, unless you have an agreement with another Master Trainer who will.
- All of the above

8. **What do you do if you leave your position at your current organization?** (Multiple Choice)*

- Tell MaineHealth that you are changing jobs and provide accurate contact information
- If you are the only Master Trainer at your organization let your supervisor know that the MOB program will need to be paused until they train a new Master Trainer to have on the License Agreement.
- Inquire if your new employer would like to be licensed to offer A Matter of Balance and if so contact us and we will assist with that process.
- All of the above

9. **How do I maintain my Master Trainer Certification?** (Multiple Choice)*

- Attend at minimum one Quarterly Master Trainer Meeting each year.
- Notify MaineHealth if your contact information changes so we can keep you updated in our communications.
- Check to make sure the License Agreement is up to date. It needs to be updated every 3 years.

10. **What are your responsibilities to the coaches you train?** (Multiple Choice)*

- Provide support and guidance to them while they lead the MOB Sessions.
- Provide the materials, videos, handbooks, and forms needed for the MOB Sessions.
- Provide 2.5 hours of annual refresher training to the coaches so they keep their MOB Certification.
- Schedule the Guest Healthcare Professional to visit their MOB class once during Session 4 or 7.
- Schedule a time to observe during their first time teaching a MOB class to provide constructive feedback on their coaching skills.
- All of the above

Regional Check-In:

Anna Schultz: MOB Classes #46 and #47 makes 550 graduates so far! New coaches have all led a class and have been evaluated. Had a One Fall Can Change It All fall prevention expo held in September with 100 participants, 20 vendors, balance and hearing screenings, vaccinations, etc. Also had cloggers dance and MOB exercise demo!

We wanted to offer MOB 2x a week but the seniors wanted 1X as it would interrupt their other plans!

Jessica Martone had a husband and wife in a class. The wife suffers from chronic pain. She reported being so happy with the class, more mobile and feeling much better. Impact is felt even if it is one person at a time.

Michelle: Class is very popular. We have 2 waiting lists

Tina Zimmerman: In second week and class is going well. Master Trainers teaching the class and training new coaches next month.

Jaime: We started a class 3 weeks ago and this is an amazing class of 11 ladies. They are saying they are already feeling better and have less “fear of falling”.

Regina Mayes: Have a class in November. We use a voice amplifier which is really great if you are masked.

Deborah, Charles Center, MD: Our first coach training is on Friday with 11-12 ready to train. We will be able to start our classes again.

Kara: We have an in-person with 12 who are enjoying the program. We are going to try running a virtual program in January as well as a coach update.

Martha: We received a contract and falls are a priority. We plan to recruit new coaches and set up 6 classes.

Lisa: We just completed a virtual class and we are scheduling an in-person class.

Cameron: Had our first class and it was a huge success. I enjoyed teaching. We need coaches we cannot use volunteers and need to use staff. Our OT and PT’s are too busy. Would love any ideas?

Fireman are good. Some are using their Personal Time and donating back to the community by teaching MOB.

Frank: 2/3 of our people are volunteers, i.e., HomeHealth or SCAN. Community educators can be released to offer time for Fall Prevention and Fall Reduction.

Mary Newton: We have our first in-person scheduled for November. We have Three MTs and coaches and cover 10 counties.

Cat: Getting there. We held two lay leader trainings in 2019.

Connie: We have a new Wellness Coordinator.

Valerie: We have 5 firefighters and one RN to do MOB. There have been over 500 lift assist callers. The firefighters offer MOB at the Firehouse or at the Community Center. Two of them are RN's. Hope to connect people with other services and see a ripple effect. We will begin in January of 2023.

Concerns or Questions:

How can I share the videos with coaches? Link, flashdrive or DVD.

How does an organization obtain a License to Use? Email us at moblicense@mainehealth.org

Is there a License to Use 3 year Renewal Fee? No, there is no fee.

Can a Master Trainer use a "helper" untrained person to co-lead a workshop in a pinch? No, a Master Trainer can lead the class by themselves with a helper who cannot co-lead any curriculum, but they can be there to help hand out items, provide safety during exercises, and be there in case of emergency but they cannot coach the class unless trained. Coaches cannot lead the class by themselves.

Are Participant Handbooks free? You have electronic versions available on your Master Trainer website or you can order them from our printer.

Should I comment on the proper way to fall? No, that is for them to ask their healthcare professional.

Must you have 8 people for Session 0 for the MOB-V? Yes 8-12 to start a class.

I need help finding a Guest Health Professional?

- Local Health Bureau
- Doctorate PT Students
- Trauma Unit Manager of your local hospital, outreach to employees.
- Local Area Agency on Aging
- Reach out to local PT's
- Physicians can refer GHCP's and PT's
- Home Care Nursing Organizations

Does my Master Trainer Certification Expire? No, you just need to attend at least one Quarterly Update call per year.

Coaches need to teach 2 classes in the first year to maintain their certification – this was tough during COVID.

How can we find out about upcoming trainings? www.mainehealth.org/mob

Should we wait until the "New" manuals are released to offer another coach training? No, the curriculum has not changed.

If a facility where we are hosting a class closes due to COVID, is there a time limit in getting the class completed? Yes. If you need to stop the series due to a COVID outbreak and the class is postponed more than 3 weeks then you should cancel the class and start again when able.

Where can we find CE for coaches? Many people have requested CEUs for their participation in a coach or master training for A Matter of Balance. They have submitted materials to their governing board on their own and have received the credits they desired, i.e., Agenda, Program Flyer, Coach or MT job description.

Are any of the assessments (beliefs, habits, environment) getting an update? None of the curriculum is changing.The updates are to the supporting materials that have been updated by the CDC or NCOA.

How much flexibility is there for individual changes/tweaks to the exercises? I was co-leading with another coach that has learned some changes from another master trainer? The exercises are meant to be taught exactly as they are shown. Some modification can be made for some who is wheelchair bound or cannot stand, i.e., modify from standing to seated.

The Master Trainer website for Master Trainers only is: www.mainehealth.org/mobresources.

What do I do with participants who miss classes? Participants sometimes do miss a class and just record their attendance accurately. The recommended dose of MOB is 5 or more sessions. If someone attends fewer than 5 session invite them back to another series so that they can get the full benefit of the program.

Suggestions:

Use a voice amplifier so people can hear you, especially with a Mask on: https://a.co/d/5xAxZau

Leann: we started an informal 1x a month get-together for past MOB participants, it is a great chance to ask about any recent falls, concerns and program promotion.