How to submit a winning poster idea

Presented by Kathie Garbe, PhD, professor at the University of North Carolina at Asheville

Examples of accepted poster applications

These abstracts were submitted for the 2012 ICAA Conference poster session and were accepted by the poster committee. Permission to share these was given by the authors.

Presentation title:
Advanced Stay Strong, Stay Healthy

Poster category:
program

Abstract:
In 2005, Missouri developed the Stay Strong, Stay Healthy (SSSH) program, which is based on the Strong Women program from Miriam Nelson at Tufts University. In 2009, Missouri created the Advanced SSSH to meet an increasing need for a more challenging resistance training program for older adults. The goal of the Advanced SSSH program is to increase on the fitness base acquired from SSSH by adding new and more challenging exercises. Advanced SSSH is designed to challenge older adults in new and different ways, to help avoid staleness and plateaus, and to improve activities of daily living.

This program uses resistance from body weight, hand weights, and ankle weights. It also features balance exercises, core exercises, low back exercises, and flexibility exercises. Numerous research studies show the benefits of strength training, flexibility, and balance exercises for older adults. The Physical Activity Guidelines for Americans (2008) recommends that older adults perform muscle strengthening exercises two or more days per week and complete exercises that maintain or improve balance if they are at risk of falling. Advanced SSSH helps older adults meet that goal.
How to submit a winning poster idea

Outcomes:
This program was piloted by University of Missouri Extension faculty in 2009 and 2010. Statewide program feedback data shows that, because of the program, 98% of participants feel as though their health is better, 97% feel as though they are physically stronger, 94% feel as though they have more energy, and 94% feel more flexible. In addition to doing the exercises in class, 76% of participants were doing the strength training exercises at home. Feedback data was available from 368 participants in 10 locations in Missouri. Participants also complete pre-assessment and post-assessment measures on flexibility and balance utilizing the Senior Fitness Test Manual (R. E. Rikli and C. J. Jones, 2001).

Learning objectives:
1. Learn how an intermediate strength training program was delivered to older adults.
2. Learn how older adults can improve their physical health by participating in strength, balance, and flexibility activities in a structured program.
3. Learn about the evaluation outcomes from the successful implementation of an intermediate strength training program for older adults.

Submitted by: Melissa Bess, University of Missouri Extension.

Presentation title:
Community Collaboration for Fall Risk Screening: a Model for Education and Training

Poster category:
research

Abstract:
Western North Carolina (WNC) is experiencing above-average growth in its older adult population, with older adults comprising over 20% of the population in 9 of 16 WNC counties. The region also has the highest rate of fall-related mortality in NC. The rural setting compounds the problem of falls in WNC, with several counties designated as healthcare professional shortage areas. Community-based fall prevention programs have proliferated in recent years; however, many focus on awareness and education or have not been standardized and researched for effectiveness.

To address this need, the WNC Fall Prevention Coalition, healthcare and community organizations, and universities collaborated to develop and assess an education and training model to afford community providers with the knowledge and skills needed to conduct basic fall risk screenings. Community providers are non-licensed staff that work or volunteer in community settings serving older adults (e.g. senior and community centers, nutrition programs,
How to submit a winning poster idea

exercise classes). Community providers were chosen for this program because they regularly work in community settings and frequently serve underserved older adults. Participants (N=32) attended a three-hour training workshop that included general fall prevention information and instructed participants how to conduct a basic fall risk screening. Physical therapy and health education university faculty provided the training.

Outcomes:
Pre-post knowledge and confidence tests were administered at the start and end of the training. Each participant was also evaluated for competency in administration and interpretation of the fall risk screening using standardized case studies and a skills checklist. Participants were permitted to repeat case studies to achieve competency. Results demonstrated average knowledge test scores improved from 8.8 at pre-test to 12.5 at post-test (maximum score= 14) and confidence ratings improved from 4.3 at pre-test to 9.2 at post-test (0-10 rating scale). 20 participants achieved skills competency on the first case study trial. All participants achieved competency prior to leaving the training workshop. Pilot testing of this education and training model demonstrated that community providers increased their knowledge, skill, and screening confidence as a result of training. Future research will evaluate sustained skills during onsite community screening events.

Learning objectives:
1. The conference attendee will leave this presentation with knowledge of an effective community collaborative model for fall risk screening.
2. The conference attendee will leave this presentation with knowledge of the specific improvements in fall risk and screening knowledge and confidence acquired by community providers as a result of this education and training model.
3. The conference attendee will leave this presentation with knowledge of the specific skills acquired by community providers as a result of this education and training model.

Submitted by: Lori Schrodt, Western Carolina University

International Council on Active Aging Conference 2013
Theme: Transforming ideas into action
San Diego Convention Center, San Diego, California
November 21 – November 23, 2013

Poster Presentations
Apply online: http://www.icaa.cc/conferenceandevents/postersession.htm

Questions: email Pat Ryan at patryan@icaa.cc