

Section on Geriatrics
Osteoporosis Special Interest Group
Annual Business Meeting
Las Vegas, NV
February 11, 2009
Meeting Minutes

- I. Welcome and Introductions (Carleen Lindsey, OSIG Chair)
- II. Approval of minutes from CSM—February 8, 2008
- III. Reports
 - A. Chair Report
 1. Choices for Better Bones program available on OSIG website
 - a. Access under “Downloads” on SOG website member resources
 - b. educational program to assist with behavior modification (what patients need to do with their bone health status)
 2. Osteoporosis brochure on the website has been removed, with an updated version in line with APTA’s position on osteoporosis in progress—Nancy Abodeely is working on this.
 3. Blast-casts to members—3 sent this year—anyone that has provided an email address should receive them.
 - a. early notice of “Skeletal effects of exercise....” Presentation to follow this meeting.
 - b. Bone health meetings and websites
 - c. Literature citations from Drs. Warden and Fuchs (today’s speakers), as well as 5 submissions from our members
 4. Executive committee has been involved in discussion re: developing evidence-based guidelines for PT eval and treatment of osteoporosis.
 5. OSIG members will be presenting at upcoming medical conferences, with goals of:
 - a. promoting the PT role in bone health
 - b. educating other professionals about safe and effective exercise and activity recommendations (Wendy Katzman, Kathy Shipp, Nancy Abodeely, Karen Kemmis, Tim Kauffman, Lucy Buckley, Carleen Lindsey)
 6. SOG board has approved 3-year terms for SIG officers
 - a. current vice-president’s term will expire in 2010
 - b. secretary’s term will expire in 2012
 - c. one member of the nominating committee will be elected each year

- B. Education Committee—Kathy Shipp reporting
 - 1. This year: facilitated CSM program: Skeletal Effects of Exercise/Mechanical Loading Across the Lifespan (Stuart J Warden, PT, PhD and Robyn Fuchs, PhD) for 8-11 today
 - 2. Association for Healthcare Research and Quality (AHRQ) published a report on “Fracture Prevention Treatments for Postmenopausal Women with Osteoporosis”
 - a. compares all FDA approved medications
 - b. full research report, clinician summary guide, and patient guide available at <http://effectivehealthcare.ahrq.gov>

- C. Practice Committee—Nancy Abodeely reporting
 - 1. No formal activity during past year
 - 2. Sherri Betz has joined Practice Committee, others encouraged to join.

- D. Bone Meeting Reports
 - 1. Boning up on the West Coast 2009 (Nancy Abodeely)
 - a. T-score was never intended to be diagnostic measure, since it does not capture other aspects of bone strength (3d geometry, microarchitecture, intrinsic properties of bone matrix).
 - b. Emerging tool—WHO risk-based guidelines
 - 1. FRAX: 10-year probability of hip and other fractures—hip BMD combined with: age, gender Ht/wt, previous fracture, parent with hip fx, current smoking, glucocorticoids, secondary osteoporosis, alcohol use >3 drinks/day, RA
<http://www.shef.ac.uk/FRAX/tool>
 - 2. ASBMR
 - a. Physical Activity and Bone Health (Wendy Katzman)
 - 1. Fight Fracture with Fitness: exercise reduces overall fracture risk.
 - a. Ideal exercise: impact, early/lifelong, regular
 - b. Prescription based on age, fitness level, risk factors
 - b. New Osteoporosis Drug Introduced (Kathy Shipp)
 - 1. Denosamab—new drug to be available soon
 - a. targets receptor activator of nuclear factor kappa B ligand (key mediator of osteoclast formation, function, and survival)
 - b. biopharmaceutical
 - c. administered by subcutaneous injection 2x/yr

d. no pricing information or availability yet

- E. Nominating Committee (Wendy Katzman (chair), Lucy Buckley, Cindy Horn)
Wendy Katzman: See slate below.

IV. Old Business

- A. Change name of OSIG to Bone Health SIG
Member feedback received prior to the meeting was presented, including potential pros and cons of the name change. Brief discussion followed.
Sherri Betz—NOF trying to change emphasis away from just geriatric population and focus on health for all ages
Kathy Shipp—NIH concerned with other bone diseases as well, so SIG's name change in line with these associations.
Motion was passed unanimously.
- B. Potential for providing 2-day Bone Health continuing education course with faculty from SOG and SOWH
1. Need a volunteer for lead person
 2. Motion tabled until lead person identified
 3. Will consider proposition for 2011 if support from both section SIGs

V. New Business

- A. Elections (Wendy Katzman, Chair of Nominating Committee)
Slate: Chair: Carleen Lindsey, PT, MScAH, GCS—term ending 2011
Nominating Committee Members
Tim Kauffman, PT, PhD—term ending 2011
Karen Kemmis, PT, DPT, CDE—term ending 2012
No nominations from the floor, moved to vote by affirmation, seconded.
Motion passed unanimously.
- B. Call for Committee volunteers—sign-up sheets distributed during meeting. Section members may also join by contacting committee chairs through the website on the SOG page.
- C. Call for 1-2 page bone health-related articles for GeriNotes 2x/yr
Email ideas to chair for committee review.
- D. Ideas are needed for CSM 2010 programming
1. needed ASAP for consideration by 4/1/2009
 2. need to include topic, description, objectives, suggested speaker

VI. Reports of Practice Activities by OSIG members

- A. Certified Exercise Expert for Aging Adults (CEEAA)
1. Rationale: evidence for benefits of exercise for this population very positive. PTs are in a unique role for providing this expertise,

- D. FRAX—WHO fracture risk assessment tool:
<http://www.shef.ac.uk/FRAX/>
 - E. NIH Bone Health page:
http://www.nichd.nih.gov/health/topics/bone_health.cfm
 - F. Bone Health and Osteoporosis: A Report of the Surgeon General (2004)
http://www.surgeongeneral.gov/library/bonehealth/chapter_9.html
- X. Meeting adjourned
Respectfully submitted,
- Melissa Peterson, PT, PhD, GCS, BHSIG Secretary