

Tai Chi for Arthritis Virtual Session

Tuesday, July 19, 2022 @ 1:00 p.m. ET

Webinar Notes and Resources

- Materials available on the Action on Arthritis website:
<https://actiononarthritis.chronicdisease.org/resources-search/>
- Meeting Recording: <https://vimeo.com/731498095>

Presenters

- **Patricia Lawson, M.S. Ed., Master Trainer, Tai Chi for Health Institute**
 - Pat is a retired educator with over thirty years practice in Tai Chi Chuan.
 - She is a Gold and Silver medalist (Yang and Sun styles Tai Chi forms) in the International Chinese Martial Arts Tournament 2001.
 - Working with Dr Lam since 1999, and a Master Trainer since 2003 for the evidence-based tai chi for health exercise programs presented through the Tai Chi for Health Institute.
 - Pat is a Tai Chi for Health Institute Board member and chair of the Education and Training Committee. She also serves on the board of the International Medical Tai Chi and Qigong Association.
 - Since 2005, Pat has been sharing the TCH programs at the Cleveland Clinic Medical Fitness facility in Martin County Florida. She has also taught at the YMCA, assisted living facilities, the Parks Departments, and her own independent classes.
 - Her primary focus is training instructors for the programs.
 - taichilawson@gmail.com
- **Ileina P. Ferrier, Certified Master Trainer, Tai Chi for Health Institute**
 - Ileina began her tai chi journey in 1990 when she interfaced tai chi mindfulness with flight crew training for a large international corporate airline.
 - Ileina joined Tai Chi for Health Institute in 2008 and has been a Master Trainer since 2010. Two years later she became Dr. Paul Lam's representative on the National Council on Aging's Tai Chi Task Force.
 - Ileina's primary responsibility is supporting agencies through regularly scheduled face-on teleconferences to update everyone and answer questions that they may have.
 - Ileina is the Master Trainer for the Gerontology Research and Education Clinical Center where tai chi is used in clinical demonstration projects. They have published 2 papers on project implementation and another to be published on efficacy on remote learning.
 - Ileina shared that she is really retired, but in the tai chi world, "retirement" takes a different description! A full life sharing with others.
 - taichialoha@gmail.com

Resources

- Tai Chi for Health Institute <https://taichiforhealthinstitute.org/programs/tai-chi-for-fall-prevention/> or www.tchi.org
- Cost of Older Adult Falls - <https://www.cdc.gov/falls/data/fall-cost.html>
- Journal of Aging and Physical Activity 2016, <https://taichiforhealthinstitute.org/the-largest-tai-chi-for-arthritis-study-has-shown-significant-improvement-in-pain-stiffness-and-sense-of-well-being/>
- National Council on Aging Evidence Based Programs for Professionals website with additional information about Tai Chi for Arthritis and Falls Prevention <https://www.ncoa.org/article/evidence-based-program-tai-chi-for-arthritis-and-falls-prevention>
- United States Tai Chi Community <https://ustcc.org/>
- YouTube Video with Dr. Paul Lam highlighting more about Tai Chi for Arthritis <https://www.youtube.com/watch?v=tAOuEpa01j4>
- Link to additional information about Tai Chi <https://taichiforhealthinstitute.org/what-is-tai-chi-by-sybil-wong/>

Tai Chi Studies

- List of Tai Chi for Arthritis published studies: <https://chronicdisease.org/wp-content/uploads/2022/07/List-of-Published-Studies-20160325.pdf>
- 35 additional studies listed on www.tchi.org

Participants

- 16 total participants (excluding presenters)
 - 4 states (MN, NY, UT, WA)
 - 4 national partners (including CDC, NACDD, NRPA, OAAA)

Evaluation

Poll Question: A limited number of scholarships are available for states and their partners. Are you interested in applying for a Tai Chi for Arthritis training scholarship?

- 3 states are interested in applying

Poll Question: I gained skills related to my organization's ability to effectively promote and market Tai Chi for Arthritis to partners to enhance arthritis public health efforts.

- 90% Strongly Agree or Agree

Poll Question: Please provide additional information on the specific skills that you gained because of attending today's virtual session. (Select all that apply)

- 90% - Knowledge about Tai Chi for Arthritis
- 30% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
- 20% - Strategies to sustain arthritis efforts