

## Arthritis Council

### Arthritis Council WWE Work Group Call Notes

Monday, November 21, 1:00 p.m. ET / 12 p.m. CT / 11 a.m. MT / 10 a.m. PT

**Participants:** Lisa Erck, Heather Murphy, Shalu Garcha, Greg Welk, Sally Bowman, Caitlin Gurney, Celsa Bowman, Chris Zipperer, Colleen Pittard, Erin McHenry, Karin Leimbach, Renee Allard, Serena Weisner, Shea Kelly, Trina Radske-Suchan, Brandie Garner, Rohini Ganpat, Meredith Knowles, Jasmine Franco, Sydney Williams

**Facilitator:** Nadia Mazza

#### I. Discussion

##### ● Referral Pathways

- Sally Bowman –The goal in Oregon is to ensure that healthcare providers can refer patients to community-based organizations for evidence-based interventions and that there is enough supply to meet the demand.
- Greg Welk- Partnership with CHPCommunity; referrals are set through HUB while HUB takes care of administrative aspects (e.g., intake); key is to ensure CBOs have capacity to refer to evidence-based interventions and that there is a large enough supply to fill the demand. CHPCommunity also handles physician correspondence so that bi-directional feedback is provided to update healthcare provider (or referring entity) on status, attendance, biometrics and other items.
- Nadia Mazza – Using SHARP (bidirectional referral platform)and receiving referral to WWE. The referral will triage participant to appropriate class (e.g., class, self-directed) based on their location and program availability. Note- Self-directed is always available so it's used as a backup if a group is not available.
- How can we work as a group to easily select and track evidence-based interventions? How can we indicate what the referral is for? Renee shared that Workshop Wizard can track reason for referral (e.g., chronic condition, falls prevention, arthritis).
- Are others using WWE as a falls prevention initiative?
  - Meredith Knowles: I think it can be framed within healthy aging. In OR, we have also covered WWE as a falls prevention benefit, but the opportunity exists that all folks over 65 technically have a fall risk. I think it can be framed within healthy aging.
  - Lisa shared that we might want to consider the opportunity to couple WWE with other AAEBIs that are approved for falls prevention (e.g., Enhance@Fitness, Fit & Strong!, Fit & Strong! Plus, Tai Chi for Arthritis, Tai Ji Quan: Moving for Better Balance, Otago Exercise Program, and Stay Active and Independent for Life)
- How can we raise awareness among healthcare providers around AAEBIs
  - Iowa is working with physician champions around referral to AAEBIs. Trina mentioned that sometimes it is about making sure that there is a true community-clinical linkage. Additionally, its the idea of raising up evidence-based interventions in the same light

as the chronic care model. We need to make this more practical and more applicable to physician standard of care!

- **Implementation Sites:**
  - Cooperative Extensions – these community-based organizations are key partners with a common mission to improve health and well-being. Several states have partnered with Cooperative Extension and SNAP educators!
  - Has anyone partnered with state parks? MN is exploring trying to train naturalists at state parks to offer WWE classes but is worried about bandwidth or a sustainable reimbursement source.
    - Nadia shared that funding could help with capacity and bandwidth b/c there is an incentive to the community-based organization
  - Group spoke about coupling WWE with other chronic disease prevention efforts (e.g., self-monitoring blood pressure control, diabetes, cancer)

## II. Resources:

- Here is a link to the November TA webinar focused on aging, falls prevention and arthritis. <https://actiononarthritis.chronicdisease.org/partnering-statewide-arthritis-public-health-strategies-with-falls-prevention-and-healthy-aging-program-efforts/>
- Here is a link to the October webinar where Y-USA and NRPA spoke about ways to work with parks/rec and local YMCAs. <https://actiononarthritis.chronicdisease.org/partnering-with-cdc-funded-national-organizations-to-advance-and-sustain-arthritis-public-health-strategies-october-4-2022/>
- Here is a link to an NRPA opportunity for leader training. Here's the link for an info video - [https://youtu.be/vKk62s\\_6ysg](https://youtu.be/vKk62s_6ysg)
- ACL - <https://www.grants.gov/web/grants/view-opportunity.html?oppld=342844>
  - <https://www.grants.gov/web/grants/view-opportunity.html?oppld=342846>
- OAAA update - If you have a Spanish-speaking audience that may be interested in taking part in Camine Con Gusto and would be willing to provide OAAA with their feedback, they would greatly appreciate your assistance in letting them know about this opportunity.
  - [https://www.canva.com/design/DAFM9frwOEO/1253lx3bOn\\_rwR05l5Gegw/watch?utm\\_content=DAFM9frwOEO&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink](https://www.canva.com/design/DAFM9frwOEO/1253lx3bOn_rwR05l5Gegw/watch?utm_content=DAFM9frwOEO&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

## III. Announcements

- National Partner Sharing
- Next call - Monday, December 19 (Local Focus)  
1:00 p.m. ET / 12 p.m. CT / 11 a.m. MT / 10 a.m. PT
- January call is cancelled; February call moved to 2/13
- Future call notes will be posted here - <https://actiononarthritis.chronicdisease.org/resources-categories/>