Women's Giving Circle

Grant Proposal Submission Cover Sheet

College and Unit: College of Education and Health Professions - Nursing

Title of proposal: An Interprofessional Student-led Fall Prevention Intervention using Motivational Interviewing Strategies

Point of contact: Susan K. Patton, PhD, MHSA, APRN

Point of contact title: Assistant Clinical Professor

Point of contact phone number: 479-769-4143

Point of contact email: skpatton@uark.edu

Total amount requested: $ 5,000

SIGNED*

Emily Williams — Digitally signed by Emily Williams DN: cn=Emily Williams, o=University of Arkansas, ou=COEHP Development, email=ecwillia@uark.edu, c=US Date: 2017.05.10 15:11:11 -05'00' — 5-10-17

Director of Development — Date

Michael T. Miller — Digitally signed by Michael T. Miller Date: 2017.05.10 14:54:58 -05'00' — 5-10-17

Dean/Vice Chancellor — Date

****Must be signed by the director of development for your college/school/unit who will then route to the dean or vice chancellor for approval.***

Women's Giving Circle Grant Application

Instructions:

1. Complete all information in the grant proposal application.
2. Adhere to recommended text limits as indicated
3. Define any acronyms that are used in the proposal.
4. Upload the WGC Grant Application Budget Request Sheet as the final page of this application.
5. Please note that the WGC will not accept repeat applications beyond more than two consecutive years.
6. If you have questions, contact your unit's development officer for any clarifications or assistance in preparing your proposal.
7. Applications are due to the Women's Giving Circle by 5:00 p.m., May 15, Monday. Please deliver your application to your dean or development officer for review and approval prior to the submission deadline. We advise you to give these individuals sufficient time to make recommendations for changes and allow yourself time to execute them.
8. Remember to save a copy of your proposal before final submission.
9. We ask that you keep the following aspects of the Women's Giving Circle grant program in mind as you complete your application:

Women's Giving Circle Mission

To support innovative programs and research at the University of Arkansas

Women's Giving Circle Vision

To engage and empower women as philanthropic leaders at the University of Arkansas

Women's Giving Circle Funding Priorities

Support and promote scholarship, research, and service
Enrich the quality of life of women and children
Encourage outreach and engagement in Arkansas

Areas that meet the strategic priorities for the university and the WGC

- Focus on retention/graduation
- Increase undergraduate opportunities, i.e., building the endowment; involving students in research or service learning project with a collaborative bent
- Promote graduate student participation in research
- Focus on collaboration
- Follow the land grant mission to fund projects that support needs in the region and the state with emphasis on collaboration between colleges/departments/units
- Invest in faculty excellence
- Recruit first-generation students from Arkansas
- Advance the mission of the WGC

Identifying Information:

College or Unit Affiliation

Dale Bumpers College of Agricultural, Food and Life Sciences
Fay Jones School of Architecture and Design
J. William Fulbright College of Arts and Sciences
Sam M. Walton College of Business
College of Education and Health Professions
College of Engineering
Honors College
Graduate School and International Education
School of Law
Student Affairs
University Libraries
Other

*Please specify **OTHER** unit affiliation:* Public Health/Exercise Science(Jean Henry, Ph

Title of Proposal: Development and Implementation of an Interprofessional Fall Preve

Primary Contact and Title: Susan K. Patton, Assistant Clinical Professor & Je

Primary Contact E-mail: skpatton@uark.edu & ljhenry@uark.edu

Primary Contact Phone Number: 479-769-4143

Project Summary (200 word maximum)

The purpose of this transdisciplinary project is to develop and implement an intervention, using motivational interviewing (MI) skills, to increase engagement and commitment of older adults in fall prevention behaviors. Motivational interviewing is a clinical approach that utilizes the principles of expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy to help people with chronic conditions make behavioral changes to support better health. Four faculty members, from nursing and public health/exercise science, and two graduate students will receive MI training and become 'trainers'; annually, they will teach the skills to 200 undergraduate and graduate students. Working together in clinical and community settings in Northwest Arkansas, interdisciplinary student teams will conduct fall assessments and utilize MI skills to make recommendations for lifestyle and environmental modifications. Graduate students will work with faculty to design and implement evaluation protocol, to assess effectiveness and efficacy of the project. In order to ensure fidelity of the MI intervention, a recognized expert in MI will be an active consultant during the design and intervention of the project. The primary aims of the project are to increase interdisciplinary understanding, provide students with the professional skill of motivational interviewing, and reduce falls in older adults.

Is this:

- ○ an expansion of a current program
- ● a new program

Please list media sites (if any) utilized by your project or program to publicize the project/program, i.e., website, social media, etc?

Photographs and stories about nursing and public health students working with older adults in the community will be featured in social media and local newspapers. The project will be promoted to older adults in the community through the Senior Activity Centers located throughout Northwest Arkansas. Faculty will also collaborate with the Age Friendly Fayetteville initiative to promote the fall prevention project. Additional outlets include UARK Newswire; COEHP newsletter; public radio; the Office for Studies on Aging website, Facebook page and Twitter page; and the Age Friendly Fayetteville Facebook page.

If your project is funded, describe innovative ways how the WGC will be recognized in the success/completion of your project?

In order to recognize WGC in the success of the program and increase awareness of fall prevention in the community, students will offer falls assessments and recommendations for prevention to WGC members. Pictures of students engaged in this service learning project funded by WGC will be featured on the WGC website, U of A website, Senior Center websites, and local community websites such as the Fayetteville, Arkansas website: http://www.fayetteville-ar.gov/. We also plan to evaluate the project and publish findings in peer-reviewed journals.

Grant Proposal

What is the specific scholarly or community needs your grant request addresses? (100 word maximum)

Annually, 1/3 of older adults fall; 20-30% of falls result in injuries that limit mobility, contribute to social isolation, result in institutionalization, and cause premature death. Nationally, the percentage of adults 65 and older who fall ranges from 14.5%-34%. Currently, Arkansas ranks 50th at 34%. UARK health professions students learn evidence-based protocols to identify older adults at risk of falling, and recommend prevention strategies such as home safety and regular exercise. However, there is evidence that uptake/engagement rates by older adults are less than 50%. Additionally, interprofessional approaches are increasingly essential in improving effectiveness of interventions.

How does your proposed project or program assess how these needs will be redressed? *(100 word maximum)*

MI has been used effectively by healthcare professionals to advocate for a variety of positive health behavior changes. In our program, MI is used to explore ambivalence of older adults in relation to fall prevention. Through open-ended questions and reflective listening, students gain understanding of the importance of change to the older adult and the confidence the patient has in making the desired change. Seniors' uptake and engagement rates in fall prevention behaviors will be assessed. Formal program evaluation - effectiveness and satisfaction in both students and seniors - will be designed and conducted by graduate students.

Describe any unique and/or innovative aspects of your project or program that improves what is already known about your area of inquiry. *(100 word maximum)*

Whereas it is recognized that fall prevention strategies should be grounded in evidence-based principles of behavior change, effectiveness of MI for fall prevention in community dwelling older adults has not been thoroughly examined. A service learning project delivered by students aimed at fall prevention of older adults using MI strategies is unique. The opportunity to learn and apply skills of MI will enhance general health promotion skills of students for application to other health behaviors. The interprofessional approach enables students to learn about and from one another, working across professional boundaries to plan and provide integrated services to seniors.

Please list up to five (5) expected outputs and outcomes with corresponding measurements. (Please note: just listing outputs is not sufficient.)

1. Output: Students conduct motivational interviewing with community dwelling older adults / Outcome: Increased student efficacy and performance of MI skills / Measurement: MI Treatment Integrity Tool (MITI)
2. Output: Students work in interprofessional teams for training and direct-service activities / Outcome: Improved student understanding of and satisfaction with transdisciplinary approach to learning / Measurement: focus group debrief and survey developed and implemented by faculty at end of training and at degree completion (approximately 100 students each semester or 200 annually).
3. Output[J1]: Assessment teams (faculty and students) conduct MI about fall risk assessments with older adults / Outcome: Increased number of older adults in Northwest Arkansas will be assessed for fall risk / Measurement: Data on falls assessments will be completed and analyzed by faculty researchers.
4. Output: Interprofessional student teams educate older adults in personalized fall prevention strategies, based on results of assessment / Outcome: Increased uptake of

Document if there are other programs/projects that attempt to address the same needs as your proposal. If so, describe whether and how you will collaborate with them.*(100-word maximum)*

Sharon Tucker, PhD, RN, is a recognized expert in MI with published research using MI to improve self-management and patient outcomes in chronic obstructive pulmonary disease and childhood obesity in nurse led and student nurse led school based programs. Her current project at Ohio State utilizes MI to engage hospitalized patients in fall prevention. Plans are to collaborate by adopting her protocol and replicating it in NWA.
Currently, nursing students conduct falls assessments on older adults. Our project incorporates MI and public health students.
We will collaborate with the Office for Studies on Aging to promote and evaluate the project.

Demographic Considerations

First generation students engaged in the project: ◉ Yes ○ No

Number of current UA students engaged in the project: 200 per year

Geographic region served:

- ◉ Northwest Arkansas
- ○ Southwest Arkansas
- ○ Northeast Arkansas
- ○ Southeast Arkansas
- ○ Central Arkansas
- ○ Campus

Budgetary Considerations

Have you received WGC Funding before?

- ○ Yes
- ◉ No

Please provide the year(s) and project name(s).

Total proposed budget for project or program: (proposed budgets of more than $20K will not be considered; in typical years WGC proposals fall within in the $5-10K range):
$ 10,000

Should match Item 1 on Budget Request sheet.

Please list total funding commitments from external or campus sources to date:
$ 5,000

Should match Item 2 on Budget Request sheet.

How much, if any, of your request involves funding for the following?
Please estimate using percentages
Student Compensation: ____%
Equipment: ____%

Total funds requested from WGC Grant:
$ 5,000

Should match Item 3 on Budget Request sheet.

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Moving forward, having faculty and graduate students trained in MI will enable continued integration of MI into the nursing, public health, and exercise science curricula. Trained faculty and graduate students will continue to teach the MI strategies to students (approximately 200 each semester) after the WGC grant money has been spent. The community networks established through the grant program will ensure continuing fall prevention programming outlets for older adults. In the event that there is turnover of faculty, appropriate departmental funds can be identified to train additional faculty in MI techniques.

In the rare case that grant resources cannot be expended, be prepared to return the remaining funds to WGC.

If selected as a recipient for a WGC grants, you will be required to submit two progress reports, including a budget summary, as well as a poster of your project for purposes of grant presentation.

Please be sure to save this document within the Grant Application Packet.