STUDENT EXPERIENCES TEACHING AN INTERPROFESSIONAL COMMUNITY-BASED HEALTH PROMOTION PROGRAM FOR OLDER ADULTS

Allexis Mahanna, Marin Livingston, Cara Chapman, and Britteny Howell, University of Alaska Anchorage, Anchorage, Alaska, United States

Nine (N=9) undergraduate and graduate students collaborated on an interprofessional health promotion program in Spring 2023. Funded by the National Institute on Aging, this student-led program utilized Persuasive Hope Theory with older adult participants to increase their fruit and vegetable intake and exercise patterns in 1-hour weekly sessions. At four community locations for 15 weeks, students gained skills in team-teaching, facilitating group discussions and activities, and engaging in physical activity instruction with older adult participants. At the end of the program, students completed a modified Undergraduate Research Student Self-Assessment (URSSA). As a result of participating in this project, students report understanding and familiarity with the research process, following scientific protocols, problem-solving, and working collaboratively. Students also reported their motivations for joining a research study, satisfaction with working relationships with faculty members and opportunities to present their work, and how these experiences with gerontological research have influenced their career goals. The presenters of this paper are the students themselves, who will lend personal experiences and stories to these survey results. The factors contributing to successful student engagement in this project can be applied by other researchers working in community-based contexts.
how they engage. Participants (n = 16) were purposefully analyzed. The goal was to describe what it means for older
Interviewing for Fall Prevention (MI) sessions conducted as part of Motivational
Participants' statements in the motivational interviewing strategies and engaged at intensities that worked for them; strategies; 2) engaged in multiple, personally meaningful
found participants 1) used evidence-based and personal
analysis; however, we did use the Capability, Opportunity,
themes. Third, we examined how participants engaged in
recorded, transcribed and analyzed using qualitative con
for which they received fall prevention recommendations
community-dwelling, ≥ 65 years old, and high fall risk
age, sex, fall risks, and assigned MI specialist. Participants
are well established. However, little is understood about
access to opportunities. This study identified what matters
strategies and engaged at intensities that worked for them;
comorbidities, including diabetes, and performance fatigue
in mitochondrial energetics plays in mobility limitation. We also highlight the critical role that sex differences
change in fitness (VO2 peak). In this symposium, we will
time, blood, urine, fecal samples); a variety of questionnaires; physical and cognitive assessments; whole-body
measurements for future studies of the biology of human
human muscle biopsy studies have tended to be small and
worse fatiguability. Furthermore, sex differences in mito
skeletal muscle. We hypothesize that worse mitochondrial
tsomewhat later in the clinical setting.
Evidence-based strategies to decrease fall risks and rates
One third of older adults take sleep medications, but they
access to opportunities. This study identified what matters
strategies, and 3) were influenced by factors such as their capability to
strategies; 2) engaged in multiple, personally meaningful
findings. We

tent analysis by three researchers. We first coded fall pre
which included the Motivational Interviewing (MI) stage and 3)

INTERVIEWING SESSIONS
QUALITATIVE ANALYSIS OF MOTIVATIONAL

ADULTS WITH OSTEOPOROSIS
SLEEP MEDICATION USE AND FALLS IN OLDER

Abstract citation ID: igad104.2078

OBJECTIVES
To examine sleep medication use and falls risk among older persons with osteoporosis, we examined the 2011 National
Health and Aging Trends Study (NHATS). Outcomes were falls in the last month, falls in the last year, multiple falls in
the last 12 months (O.R. = 1.60, 95% CI: 1.20, 2.12), among users, compared to rare- or non-users, had higher odds of
2.11). Osteoporotic sleep medication users show increased

2. Karolinska Institutet, Solna, Stockholms Lan, Sweden
2. University of Minnesota, Minneapolis, Minnesota, United States
3. Baltimore, Maryland, United States

ADULTS TO ENGAGE IN FALL PREVENTION; SPECIFICALLY, WHAT
and Motivation Behavior model to organize findings. We

USING MIs AND INTERVIEWING FOR FALL PREVENTION (MI-FP) STUDY:

ADULTS TO ENGAGE IN FALL PREVENTION; SPECIFICALLY, WHAT
and Motivation Behavior model to organize findings. We

SOMMA is supported by the National Institutes of Aging
in mitochondrial energetics plays in mobility limitation. We also highlight the critical role that sex differences

THE STUDY OF MUSCLE, MOBILITY AND AGING

Abstract citation ID: igad104.2080

Primary outcomes include change in walking speed and
accelerometry; and cardiopulmonary exercise testing.

Chair: Paul
Discussant:

SKELETAL MUSCLE
THE STUDY OF MUSCLE, MOBILITY AND AGING

Abstract citation ID: igad104.2079

One in four older adults experience a fall each year, costing the U.S. $50 billion dollars annually. Osteoporosis is linked
to falls, but little research has examined sleep medication use and falls risk among older persons with osteoporosis. We
examined the 2011 National Health and Aging Trends Study (NHATS). Outcomes were falls in the last month, falls in the
last year, and fear of falling. Self-reported sleep medication use dichotomized for analysis (0= once/week or less;
Osteoporosis was self-reported (yes/no). Of 8,245 participants, 795 (9.7%) reported sleep medication use in the last year,
and may reduce overall burden to Medicare.

Clinicians’ efforts to reduce falls in vulnerable older adults are well-established. However, little is understood about
access to opportunities. This study identified what matters...