

# NSW FALLS PREVENTION NETWORK FORUM PROGRAM

Friday 11<sup>th</sup> May 2018  
Wesley Conference Centre

## NUTRITION, FRAILITY & FALLS

### PLENARY SESSIONS

Wesley Theatre

### CONCURRENT SESSIONS

Smith Room - Acute/Subacute care

Wesley Theatre - Community Initiatives

The Lyceum - Community and Residential Care Initiatives



## NSW FALLS PREVENTION NETWORK

The NSW Falls Prevention Network has existed since 1993.

### Objectives

The specific objectives of the NSW Falls Prevention Network are to:

1. Support networking of people and organisations working to prevent falls and harm from falls among older people in NSW (for example, health professionals, government, community and residential aged care providers, non-government organisations and researchers).
2. Support sharing of falls prevention resources and initiatives developed by Network members and exploration of opportunities to undertake collaborative projects and/or combine resources in joint initiatives.
3. Support access to and dissemination of information on local and international falls prevention research findings, policy and practice initiatives, tools and resources.
4. Support the communication and implementation of the NSW Health falls prevention strategies through Network activities.
5. Ensure the Network remains valued, respected, and responsive to the needs of current and potential members and key stakeholders.
6. Promote prevention of falls among older people as a key health issue.

*Plenary Presentations at this forum will be filmed and a USB produced. This will be distributed following the forum, and you will be notified by the NSW Falls Prevention Network website and email list.*

[fallsnetwork@neura.edu.au](mailto:fallsnetwork@neura.edu.au)

### Exhibitors



# NSW FALLS PREVENTION NETWORK FORUM

*Friday 11<sup>th</sup> May 2018*

*Wesley Conference Centre*

## **PROGRAM**

8.30 am	REGISTRATION/ARRIVAL TEA/COFFEE
9.00 am	<b>OPENING SESSION</b> Chairperson: Dr Harvey Lander, Director, Systems Improvement Directorate, Clinical Excellence Commission (CEC) <b>WELCOME TO COUNTRY</b> Uncle Allen Madden, Gadigal Elder
9.10 am	<b>OPENING</b> Dr Nigel Lyons, Deputy Secretary Strategy & Resources, NSW Ministry of Health
9.20 am - 10.35 am	<b>PLENARY SESSION 1</b> Chairperson: Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, CEC
9.20 am	<b>Pam Albany Guest Lecture</b> <i>Frailty and falls</i> Professor Ian Cameron, John Walsh Centre for Rehabilitation, Kolling Institute, The University of Sydney
9.50 am	<b>Falls prevention research update</b> Professor Cathie Sherrington, Head, Ageing and Physical Disability Program, Musculoskeletal Health Sydney, School of Public Health, The University of Sydney
10.20 am	<i>Question Time</i>
10.30 am	<i>Lifetime Achievement Award</i>
10.35 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.00 am - 12.40 pm	<b>PLENARY SESSION 2</b> Chairperson: Professor Cathie Sherrington, Head, Ageing and Physical Disability Program, Musculoskeletal Health Sydney, School of Public Health, The University of Sydney
11.00 am	<b>Sarcopaenia, nutrition and falls</b> Professor Susan Kurrle, Curran Professor of Health Care of Older People, Director, NHMRC Partnerships Centre on Cognitive Decline, Hornsby Ku-ring-gai Hospital
11.30 am	<b>Older Men and falls</b> Associate Professor Vasi Naganathan, Consultant Geriatrician, Concord Hospital, Centre for Education and Research on Ageing, The University of Sydney
12.00 noon	<b>Falls - not a normal part of ageing: building sustainability into strength and balance programs</b> Ms Anne Kalra, Team Leader, Health and Wellbeing Independent Living, Uniting Retirement Villages, NSW & ACT
12.20 pm	<b>Leading Better Value Care: Falls in Hospital</b> Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, Clinical Excellence Commission (CEC)
12.40 pm	<i>Question Time</i>
12.50 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY



<b>1.30 pm - 3.00pm</b>	<b>CONCURRENT SESSIONS</b>		
<b>1.30 pm</b>	<b>A. ACUTE/SUBACUTE CARE - SMITH ROOM</b>  <b>Chairperson: Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, CEC</b>	<b>B. COMMUNITY INITIATIVES - WESLEY THEATRE</b>  <b>Chairperson: Ms Sharon Butler, Allied Health Manager, Quality and Service Support, Anglicare</b>	<b>C. COMMUNITY AND RESIDENTIAL CARE INITIATIVES - THE LYCEUM</b>  <b>Chairperson: Ms Margaret Armstrong, LBVC Falls Project Improvement Lead, Northern Sydney LHD Falls Prevention Coordinator</b>
<b>1.30 pm</b>	<i>Nursing Executive Leader falls review</i>  Ms Penny Claxton, NUM, Camden and Campbelltown Hospitals, South Western Sydney LHD	<i>Long term falls prevention behaviour after participation in the Stepping On program</i>  Associate Professor Anne Tiedemann, Career Development Fellow, NHMRC, Principal Research Fellow, Sydney Medical School, The University of Sydney	<i>Community Exercise Programs - A volunteer's perspective</i>  Ms Jan Locke, Volunteer Exercise Leader & Ms Carly Barnes, Physical Activity Program Leader, Murrumbidgee LHD
<b>1.45 pm</b>	<i>Pre-falls Safety Huddle</i>  Ms Tracy Heath, NUM & Ms Jennifer Phillips, A/CNE, Campbelltown Hospital, South Western Sydney LHD	<i>Delivering an exercise-based falls prevention program to people aged 50+ with vision impairment</i>  Ms Lisa Dillon & Ms Metaxia Tsoukatos Orientation and Mobility Specialists, Guide Dogs NSW/ACT	<i>Active Women over 50</i>  Ms Geraldine Wallbank, Postgraduate Student, Musculoskeletal Health Sydney, School of Public Health, The University of Sydney
<b>2.00 pm</b>	<i>Falls reduction in a subacute rehabilitation ward: our 5 year journey</i>  Ms Cathy Taylor, NUM, Rankin Park Centre, John Hunter Hospital, Hunter New England LHD	<i>Community programs and minimising frailty in older people</i>  Mr Theeban Rubasingham & Mr Ahilan St George, Directors & Co-Founders, Vitality Club	<i>Residents Living Well in MPS – not hospital, but home</i>  Ms Jenny Preece, Network Manager, Rural Health Network, Agency for Clinical Innovation
<b>2.15 pm</b>	<i>Development of the Sydney Falls Risk Screening Tool: Phase 2</i>  Mr Duncan McKechnie, CNC, Brain Injury Unit, Royal Rehabilitation, Northern Sydney LHD	<i>Community programs utilising Commonwealth funding</i>  Ms Kim Nicholson, Physiotherapist, Anglicare	<i>Exercise for the prevention of falls in residential aged care - results of the Sunbeam Trial</i>  Ms Jennie Hewitt, Positive Living Coordinator, Feros Care, PhD Candidate, The University of Sydney
<b>2.30 pm</b>	<i>POWH Falls Pathway for Older Outpatients</i>  Ms Megan Swann, Occupational Therapist, Prince of Wales Hospital, South Eastern Sydney LHD	<i>Using the FROP-Com screen as a tool to inform and evaluate goals of OT intervention within a Home Modification Service</i>  Ms Josephine Mortimer, Occupational Therapist, CORE Community Services	<i>Telehealth with RACFs: closing the gap with acute and community</i>  Ms Carla Sunner, CNS ASET, John Hunter Hospital Emergency Department, Hunter New England LHD
<b>3.00 pm - 4.00 pm</b>	<b>CONCLUDING SESSION - New research findings, Wesley Theatre</b> <b>Chairperson: Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, CEC</b>		
<b>3.00 pm</b>	<i>Investigating mechanisms of fall risk during everyday tasks on ladders</i> Ms Erika Pliner, Visiting Research Assistant, PhD Candidate, Falls, Balance and Injury Research Centre, NeuRA		
<b>3.15 pm</b>	<i>Safely improving mobility in high risk groups: results of RESTORE and AMOUNT trials</i> Professor Cathie Sherrington, Head, Ageing and Physical Disability Program, Musculoskeletal Health Sydney, School of Public Health, The University of Sydney		
<b>3.30 pm</b>	<i>The Ironbark Trial: a cluster randomised control trial of a fall prevention program for older Aboriginal people</i> Ms Sallie Cairnduff, Senior Project Manager, The George Institute for Global Health, UNSW Sydney		
<b>3.45 pm</b>	<i>Question Time</i>		
<b>4.00 pm</b>	<b>CLOSE OF FORUM</b>		

## PLENARY SPEAKER ABSTRACTS AND BIOGRAPHIES

### PLENARY SESSION 1

**Pam Albany Guest Lecture - this lecture honours the late Pam Albany, a passionate advocate for accident and injury prevention in her various work roles. She was the key facilitator for promoting evidence-based practice through the NSW Falls Policy and NSW Falls Prevention Program and Network.**

**The 2018 Pam Albany Guest Lecturer is Professor Ian Cameron, The University of Sydney**  
*Frailty and falls*

Frailty is a syndrome in which multiple physiological processes decline. It is an independent risk factor for falls, fall-related fracture and reduced mobility. This presentation discusses the frailty syndrome and the results of a randomised trial of treatment of frailty that was successful in reducing frailty and falls related risk factors, but not the rate of falls.

**Professor Ian Cameron is a clinician researcher who heads the John Walsh Centre for Rehabilitation Research at the University of Sydney.** His major research interests are falls, frailty and disability in older people, and the obscure discipline of compensation health. Ian is a NHMRC Senior Practitioner Fellow.

*Contact email: [ian.cameron@sydney.edu.au](mailto:ian.cameron@sydney.edu.au)*

**Professor Cathie Sherrington, The University of Sydney**  
*Falls Prevention research update*

This presentation will provide an overview of recent international research findings and a recently-completed yet-to-be published Cochrane review on exercise to prevent falls (Sherrington et al, 2018).

**Professor Cathie Sherrington is a Professorial Research Fellow and National Health and Medical Research Council Senior Research Fellowship holder at Musculoskeletal Health Sydney, School of Public Health, University of Sydney where she heads the Ageing and Physical Disability Research Group.** Her research focuses on falls prevention and exercise interventions in older people and those with disabilities. Prior to completing a PhD and Masters of Public Health, Cathie was a physiotherapist in aged care and rehabilitation settings.

*Contact email: [cathie.sherrington@sydney.edu.au](mailto:cathie.sherrington@sydney.edu.au)*

### PLENARY SESSION 2

**Professor Susan Kurrle, Hornsby Ku-ring-gai Hospital**  
*Sarcopaenia, nutrition and falls*

Sarcopaenia, the age related loss of muscle mass and function, impacts significantly on older people, and is implicated in the occurrence of falls. This presentation considers the role of sarcopaenia in falls and what we can do to address this issue.

**Professor Susan Kurrle is a geriatrician practising at Hornsby Ku-ring-gai Hospital and at Batemans Bay Hospital, and she holds the Curran Chair in Health Care of Older People in the Faculty of Medicine at the University of Sydney.** She has had a long interest in the diagnosis and management of people with dementia and since 2012 she has led the NHMRC Partnership Centre on Dealing with Cognitive and Related Functional Decline in Older People. She has also had a strong practice and research focus on falls and on frailty, both of which have sarcopaenia as important in their aetiology. She has been involved in two clinical trials of interventions for frailty and pre-frailty, and is particularly interested in how the concepts of sarcopaenia and frailty can be used in clinical practice.

*Contact email: [sue.kurrle@health.nsw.gov.au](mailto:sue.kurrle@health.nsw.gov.au)*

**Associate Professor Vasi Naganathan, The University of Sydney**  
*Older Men and falls*

This presentation will discuss what we know about the risk factors for falls and fall related injuries and fall-related hospitalisations from the Concord Health and Ageing in Men (CHAMP) prospective cohort study of older men (n = 1705). Prior history of falls was the most significant predictor of future falls and additional risk factors for falls included age 80 years and older, being single, disability in ADLs, dementia, having 3 or more comorbidities, and reduced visual acuity in an analysis excluding history of falls. Men who were born in a non-English speaking country were at lower risk of falls when followed for 2 years. The strongest risk factor predicting fall injury hospitalisation at 10 years was dementia.

A brief review of the falls prevention clinical trials will be presented with a focus on older men.

**Associate Professor Vasi Naganathan is Consultant Geriatrician, Concord Hospital, and the Centre for Education and Research on Ageing, The University of Sydney.** His research interests are wide including: health of older men, oral health, falls, fractures and osteoporosis, pharmacology in older people and the application of evidence-based medicine to older people.

*Contact email: vasi.naganathan@sydney.edu.au*

### **Ms Anne Kalra, Uniting Retirement Villages NSW/ACT**

#### ***Falls - not a normal part of ageing: building sustainability into strength and balance programs***

Uniting has an organisation focus on positive ageing and making all our programs on positive ageing sustainable. Changing terminology from 'falls prevention' programs to 'building strength and balance'. The organisation has adopted a broad healthy ageing and wellness approach and have engrained this in Position Descriptions.

**Ms Anne Kalra is the Team Leader, Health and Wellbeing Independent Living, Uniting Retirement Villages, NSW & ACT.** She is an Aged Care and Dementia Consultant and works for Uniting overseeing all their Health and Wellness programs for their residents living in their Retirement Villages across NSW and ACT.

Anne has over 18 years of experience in working with seniors living with dementia and mental health issues and linking them with support services which enable them to live independently and ensure the best outcomes for them (including social inclusion, health and happiness). Anne has a strong commitment and passion for building strength and balance for seniors.

Anne was awarded the Carol Penning Inspired Care Award in 2014 by Uniting for her delivery of Person Centred Care; awarded the Citizen of the Year Award for 2017, for work in the community for Seniors from multicultural backgrounds; awarded The Gargi Award for International Women's Day for 2018.

Anne's outstanding work in the community for seniors has been well recognised and Anne is listed in Worldwide Who's Who Registry of Executives, Professionals and Entrepreneurs by Worldwide Branding

*Contact email: akalra@uniting.org*

### **Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, Clinical Excellence Commission**

#### ***Leading Better Value Care: Falls in Hospital***

The CEC Falls in hospital collaborative has been implemented across the state with 42 hospital teams participating.

This presentation will provide an overview of the collaborative process and improvement methodology, team engagement and project work underway.

**Ms Lorraine Lovitt is the Lead of the NSW Falls Prevention Program at the Clinical Excellence Commission (CEC).** Lorraine has a nursing background (registered nurse with post graduate qualifications in gerontology) with considerable experience in aged care (management, health promotion, consultation and coordination) in both community and acute care settings and with the residential aged care sector.

During her career she has worked at NSW Department of Health developing discharge policy, and initiated the development and implementation of NSW Health program- ComPacks, (a community facilitated discharge initiative). Lorraine also worked on the NSW Government Dementia Strategy, and supported the implementation of key initiatives to support improved care for people with dementia, including the allocation and implementation of the Dementia Care CNC positions across the state.

Currently Lorraine is Lead, NSW Falls Prevention Program at the Clinical Excellence Commission (CEC). The CEC has a key role in building capacity for quality and safety improvement in health services in NSW and in her role supports a collaborative of Falls Coordinators and Local Health Districts in the implementation of the falls prevention initiatives to improve care for older people as they engage with NSW Health services.

Lorraine is a long-term Director and Board Chair of Twilight Aged Care and is a Graduate of the Australian Institute of Company Directors. Lorraine is motivated to ensure that people in our care are supported to continue to live their lives well and with dignity.

*Contact email: lorraine.lovitt@health.nsw.gov.au*

## POSTER SESSION

**Displayed at Morning tea and Lunch, authors will be with posters from 1.10 – 1.30 pm**

1. Mrs Carmen Amato, Occupational Therapist, Liverpool Hospital, South Western Sydney LHD  
*Occupational Therapy Falls Quick Reference Tag*
2. Ms Wendy Cain, Patient and Carer Experience Manager, Western Sydney LHD  
*Caring for our Carers*
3. Dr John Vandervord, Plastic Surgery Department, Royal North Shore Hospital, Northern Sydney LHD  
*MESH Protocol: Alternative management of skin tears*
4. Mr Duncan McKechnie, Clinical Nurse Consultant, Brain Injury Unit, Royal Rehab, Northern Sydney LHD  
*Development of the Sydney Falls Risk Screening Tool: Phase 1*
5. Mr Mian Wang, Senior Physiotherapist, Rapid Access to Care and Evaluation (RACE), Geriatric Medicine, Western Sydney LHD  
*The RACE to prevent falls*
6. Ms Kerry Silver, Personal Trainer, Ms Erin Stubbs, Occupational Therapist, Catholic Healthcare, Wahroonga  
*How to continue 'Stepping On'*
7. Ms Kerrie Cunningham, Clinical Nurse Consultant, Older Peoples Mental Health Services, Northern Sydney LHD  
*Fall-opoly: A falls prevention board game in Mental Health Settings*
8. Ms Kerrie Cunningham, Clinical Nurse Consultant, Older Peoples Mental Health Services, Northern Sydney LHD,  
*Falls prevention 'Roadshow'*
9. Ms Anita Dimovski, Accredited Exercise Physiologist, Southcare Rehabilitation, Sutherland Hospital, South Eastern Sydney LHD  
*Steady Steps: Moving towards better balance*
10. Ms Minh Pham, Senior Physiotherapist, Physiotherapy Department, Fairfield Hospital, South Western Sydney LHD  
*Able & Stable: get more stable to be more able*



## ACKNOWLEDGEMENTS

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### We would like to thank:

NSW Ministry of Health

NSW Falls Prevention Program, Clinical Excellence Commission

NSW Local Health District Falls Prevention Coordinators

Staff from the Falls, Balance and Injury Research Centre, Neuroscience Research Australia (NeuRA)

Photography: Ms Jessica Lindsay

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### Exhibitors:

Agency for Clinical Innovation, Arthritis and Osteoporosis NSW, Carers NSW, Dementia Australia, Guide Dogs NSW/ACT, Parkinson's Disease Australia, Vision Australia

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### NSW Falls Prevention Network Advisory Committee 2017/18 membership:

Professor Stephen Lord, NHMRC Senior Principal Research Fellow, Director, Falls, Balance & Injury Research Centre, NeuRA

Dr Esther Vance, Project Officer, NSW Falls Prevention Network, NeuRA

Ms Lorraine Lovitt (chair), Lead, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Deidre Upton, Senior Project Officer, NSW Office of Preventative Health, MOH

Ms Mandy Meehan, Team Leader, Occupational Therapist, SMHSOP, Ryde Community Mental Health, Northern Sydney LHD

Ms Joanne Macmillan, CNC, Aged Care/Dementia (Community), Northern Sydney LHD

Ms Barbara Lewis, Manager, Carer Support Service, Northern Sydney LHD

Mr Bharat Nepal, Health Promotion Officer, Health Promotion Service, South Eastern Sydney LHD

Ms Sally Bowden, Deputy Physiotherapy Manager, War Memorial Hospital, South Eastern Sydney LHD

Ms Amy Maitland, Senior Physiotherapist, PACC, Hospital in the Home, Western Sydney LHD

Ms Julia Gaudin, A/Aged Care Senior Physiotherapist, Liverpool Hospital, South Western Sydney LHD

Dr Tai-Tak Wan, Medical Director, Ambulatory Care, Fairfield Hospital, South Western Sydney LHD

Ms Regina McDonald, CNC, HammondCare

Ms Priya Nathan, Concord Rehabilitation Hospital, Sydney LHD

Ms Vani David, Wollongong Hospital, Illawarra Shoalhaven LHD

Ms Jacqui Cornell, Rehabilitation CNC, Southern Illawarra Shoalhaven LHD

Ms Susan Nash, GANE Physiotherapist, HACC & Disability Unit, Tamworth, Hunter New England LHD

Ms Naomi Case, Stomal Therapist & Wound CNS, Manning Rural Referral Hospital, Hunter New England LHD

Ms Kelly Meacham, Physiotherapist, Port Macquarie Community Health Centre, Mid North Coast LHD

Ms Kylie Greensill, St Vincent's Private Lismore, Northern NSW LHD

Ms Kelli Flowers, Network Manager, Aged Health, Agency for Clinical Innovation

Ms Robyn Speerin, Network Manager, Musculoskeletal Network, Agency for Clinical Innovation

Ms Michelle Shiel, Manager, Low Acuity Care, NSW Ambulance

Ms Michelle Price, NSW Ambulance

Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Barbara Ward, President, SHARE

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**Falls Prevention®**  
**is everyone's business**

