## **Murrumbidgee LHD NSW Falls Prevention Network Forum**

## 8<sup>th</sup> March, 2018, Convention Centre, CSU, Wagga Wagga

## **Program**

| 9.00 – 9.30 am     | Registration                                                                   |
|--------------------|--------------------------------------------------------------------------------|
| 9.30 – 10.00 am    | MC - Introduction                                                              |
|                    | Welcome to Country – Aunty Isbell Reid                                         |
|                    | Welcome – Ms Jill Ludford, Chief Executive, Murrumbidgee LHD                   |
| 10.00 - 10.15 am   | Leading Better Value Care - Falls in Hospital                                  |
|                    | Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, Clinical Excellence    |
|                    | Commission                                                                     |
| 10.15 – 10.45 am   | Dementia, Delirium and Falls                                                   |
|                    | Professor Paul Finucane, Senior Staff Specialist Geriatrician, Wagga Wagga     |
|                    | Rural Referral Hospital                                                        |
| 10.45 – 11.00 am   | Care of the Confused hospitalised Older Person Program (CHOPs)                 |
|                    | Ms Danielle Kennedy, Aged Care Nurse Practitioner, Young Health Service        |
| 11.00 – 11.15 am   | Nutrition and falls                                                            |
|                    | Ms Sheree Morris, Acting Dietitian in Charge, Wagga Wagga Health Service       |
| 11.15 – 11.45 am   | Morning Tea                                                                    |
| 11.45 – 12.00 noon | Patient Story                                                                  |
|                    |                                                                                |
| 12.00 – 12.30 pm   | How feeling confident on your feet reduces fall risk                           |
|                    | Associate Professor Kim Delbaere, Principal Research Scientist, Falls, Balance |
|                    | and Injury Research Centre, NeuRA                                              |
| 12.30 - 1.00 pm    | Falls Prevention Research Update                                               |
|                    | Dr Jasmine Menant, Senior Postdoctoral Fellow, Falls, Balance and Injury       |
|                    | Research Centre NeuRA                                                          |
| 1.00 -1.15 pm      | Panel Discussion                                                               |
|                    | Facilitated by Ms Lorraine Lovitt                                              |
| 1.15 – 2.00 pm     | Lunch, Tai Chi and Gentle Exercise                                             |
| 2.00 – 2.15 pm     | Leading better Value Care – Local Update                                       |
|                    | Ms Anne Williams, Manager Clinical Redesign                                    |
| 2.15 – 2.30 pm     | Falls prevention in Harden                                                     |
|                    | Ms Leah Whitehead, RN, Murrumburrah Harden Health Service                      |
| 2.30 – 2.50 pm     | Community volunteers led falls prevention program in Tumut                     |
|                    | Ms Jeanette Locke, Volunteer and Ms Carly Barnes, Project Officer, Health      |
|                    | Promotion, Murrumbidgee LHD                                                    |
| 2.50 – 3.10 pm     | Physical Activity Study Outcomes                                               |
|                    | Dr Kristy Robson, lecturer in Podiatry, Charles Sturt University and Mr        |
|                    | Nazmul Ahasan, Falls Prevention Coordinator, Murrumbidgee LHD                  |
| 3.10 – 3.20 pm     | Summary of Day                                                                 |
|                    | Ms Rosemary Garthwaite, Regional Manager, Murrumbidgee LHD                     |
| 3.20 – 3.30 pm     | Close of day                                                                   |
|                    |                                                                                |





