

CLINICAL EXCELLENCE COMMISSION NSW FALLS PREVENTION PROGRAM

NSW FALLS PREVENTION NETWORK

PURPOSE

THE NETWORK IS TO BRING PEOPLE TOGETHER TO SHARE FALLS INJURY PREVENTION RESEARCH, BEST-PRACTICE KNOWLEDGE, EXPERTISE AND RESOURCES. IT HAS REACH ACROSS MANY SECTORS: HEALTH, COMMUNITY AND RESIDENTIAL AGED CARE AND LOCAL GOVERNMENT.

The role of this network includes:

- Meetings and forums on fall related issues;
- Dissemination of research findings;
- Sharing resources developed and exploration of opportunities to combine resources in joint initiatives;
- Encouragement of collaborative projects and research;
- To act as a group to influence policy;
- To liaise with NSW Health to provide information on current State/Commonwealth issues in relation to falls
- Maintenance of website and update of resources.

KNOWLEDGE EXCHANGE



A. WEBSITE

2,100 HITS / MONTH

Hosted by NeuRA

- research evidence & mini evidence reviews
- presentations (forums/webinars) & videos
- events & activities
- news updates
- resources for hospital, community & residential aged care
- blog, facebook and twitter



B. MEMBERSHIP CONTINUES TO GROW

2,200 MEMBERS

Supported by an interactive email list-serve sharing information

- CEC NSW Local Health District Falls Co-ordinator Collaborative
- health professionals – hospital and community
- community service providers
- aged care services
- local government services
- research community



C. KNOWLEDGE TRANSFER (FROM 2006 – 2018)

Annual Forums x 13:

3,800 PARTICIPANTS

Av: 360 per forum (2017-2018)

LHD Rural Forums x20:

2,300 PARTICIPANTS

Av: 100 (2017-2018)

Webinars x4 (2017-2018):

including international speakers

430 PARTICIPANTS

Av: 200 – 300 /session

Workshops 3 (2017-2018):

mental health **100 PARTICIPANTS**

community service providers **30 PARTICIPANTS**

consumer focus **20 PARTICIPANTS**

Governance:

- NSW Falls Network Management Group: (NeuRA, MoH, CEC)
- NSW Falls Advisory Committee (state-wide representation)
- Project Officer x 3 days /week

NSW FALLS PREVENTION NETWORK

The benefits of the Network include its ability to unite people with a shared passion and purpose around fall prevention so that information and strategies can be exchanged, developed and built upon for maximum impact and efficiency.

BRINGING PEOPLE TOGETHER
 – researchers, health practitioners, policy makers – with the same passion for fall prevention; and sharing knowledge

SUMMARY ON-LINE SURVEY TO MEMBERS 2018

‘The webinars have been absolutely fantastic!’

– SUBACUTE PHYSIOTHERAPIST

‘Use the resources frequently, they are comprehensive, evidence based practice, multidisciplinary, concise and clear’

– OCCUPATIONAL THERAPIST

‘ALL CURRENT ACTIVITIES ARE VERY HELPFUL’

– OT HOSPITAL

‘Webinars are great for professional development in falls prevention’

– PHYSIO RURAL

‘Appreciate the resources and education provided’

– RESEARCHER

‘WEBSITE VERY CLEAR UP TO DATE AND GOOD GRAPHICS’

– OT RURAL

‘Quality in information presented in all forms is extremely high and speed of response has been wonderful’

– FALLS PREVENTION COORDINATOR

‘YOU ARE DOING AN IMPORTANT JOB AND I APPRECIATE THAT YOU GENEROUSLY SHARE PRESENTATIONS AND KNOWLEDGE’

– NURSE



‘this work is fantastic and very relevant’

– PHYSIOTHERAPIST (RURAL)

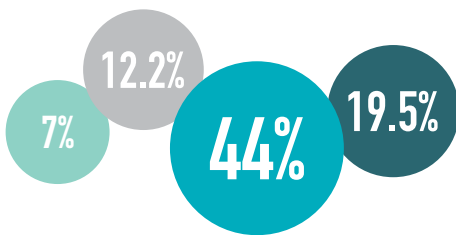
‘THE NETWORK IS VERY COMPREHENSIVE AND USEFUL’

– OT RURAL

‘Website clear, easy to read and find information’

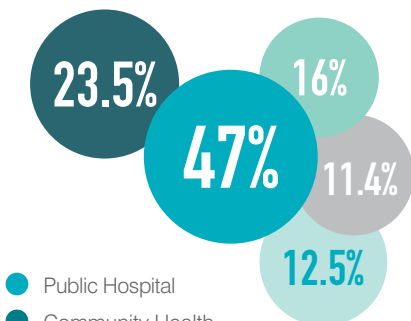
– LHD FACILITATOR RES CARE

DIVERSE MEMBERSHIP THE RESPONDENTS TO THE SURVEY



- Allied Health (Physiotherapy, Occupational Therapy and Exercise Physiologists)
- Nursing
- Health Managers (7.7%) and Health Promotion Practitioners (4.5%)
- Physical Activity Providers (4.1%) and Researchers (2.9%)

NETWORK MEMBERS WORK IN A VARIETY OF SETTINGS



- Public Hospital
- Community Health
- Residential Aged Care
- Community Service providers (8%) and Subacute/Rehabilitation (8%)
- Health Promotion (7%) and Not for Profit and Private Practice (5.5%)

ALL NSW LOCAL HEALTH DISTRICTS WERE REPRESENTED BY 83% OF SURVEY RESPONDENTS, WITH THE MEMBERS RESPONDING FROM INTERSTATE AND OVERSEAS



THE RESOURCES MOST USEFUL FOR THEIR PRACTICE WERE;

- evidence based practice presentations on the NSW Falls Prevention Network website,
- weekly research update
- evidence mini-reviews
- Staying active and on your feet booklet, flyers, brochures and posters and
- information on exercise interventions.
- links to falls prevention flyers as well as the recorded webinars.
- news updates and newsletters
- forums and webinars
- communication via email list serve

FUTURE FORUM SUGGESTIONS

- evidence into practice examples,
- research and exercise updates,
- practical session on exercise, strategies to use in the hospital setting and OT interventions
- falls prevention interventions for those with cognitive impairment.

OTHER SUGGESTIONS

- Increase expert webinars and research updates,
- Q&A section on the website,
- information on basic daily exercise program components,
- more practical translation of research into practice and a magnet with the five top tips for falls prevention

BARRIERS TO FALLS PREVENTION

- time constraints, issues of motivation,
- staffing and skill levels and funding,
- availability of resources and falls prevention not seen as a priority in their LHD.

NSW FALLS PREVENTION NETWORK FORUM – REASONS FOR NOT ATTENDING:

75%

would attend if support was provided (time and travel)

