NSW FALLS PREVENTION NETWORK FORUM
PROGRAM
Friday 31 May 2019
Wesley Conference Centre

ACTIVE AGEING
PLENARY SESSIONS
Wesley Theatre

CONCURRENT SESSIONS
Smith Room - Leading Better Value Care: Falls in Hospital
Wesley Theatre - Exercise interventions
The Lyceum - Mental health and falls prevention
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 recording produced (USB). 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

Exhibitors

Agency for Clinical innovation
Carers NSW
Clinical Excellence Commission
Dementia Australia
Guide Dogs NSW/ACT
Macular Disease Foundation Australia
Parkinson’s Disease Australia
SHARE
StepUp for Dementia Research
Vision Australia

Neuroscience Research Australia is funded by the Clinical Excellence Commission to conduct the activities of the Network. Special acknowledgement to the Falls, Balance and Injury Research Centre for this work.
**NSW FALLS PREVENTION NETWORK FORUM**  
*Friday 31st May 2019*  
*Wesley Conference Centre*  
**PROGRAM**

**WiFi access: Network ID:** FallsForum  
**Password:** falls2019  
**SLIDO Website:** [www.slido.com](http://www.slido.com)  
**Log in:** #FallsForum2019

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<td>8.30 am</td>
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| 9.00 am | OPENING SESSION  
Chairperson: Dr Harvey Lander, Director, Systems Improvement Directorate, Clinical Excellence  
Commission (CEC)  
**WELCOME TO COUNTRY**  
Uncle Chicka Madden, Gadigal Elder |
| 9.10 am | OPENING ADDRESS  
The Hon Natasha Maclaren-Jones MLC, Parliamentary Secretary for Health, NSW Government            |
| 9.20 am - 10.35 am | PLENARY SESSION 1  
Chairperson: Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, CEC |
| 9.20 am | Pam Albany Guest Lecture  
*Balancing acts - Gaps and opportunities for falls prevention in the 2020s*  
Professor Keith Hill, Head of School of Physiotherapy and Exercise Science, Faculty of Health  
Sciences, Curtin University, Perth |
| 9.50 am | Falls prevention research update  
Professor Stephen Lord, Senior Principal Research Fellow and Director, Falls, Balance and Injury  
Research Centre, NeuRA, Sydney |
| 10.20 am | Question Time                                     |
| 10.30 am | Lifetime Achievement Award                          |
| 10.35 am | MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY              |
| 11.00 am - 12.40 pm | PLENARY SESSION 2  
Chairperson: Professor Lisa Keay, Head of School, School of Optometry and Vision Science, UNSW |
| 11.00 am | The Standing Tall RCT results: using mobile technology to deliver an unsupervised balance exercise  
program  
Associate Professor Kim Delbaere, Principal Research Scientist, Falls, Balance and Injury Research  
Centre NeuRA, Sydney |
| 11.30 am | Falls prevention in dementia  
Dr Morag Taylor, NHMRC-ARC Dementia Research Development Fellow, Falls, Balance and Injury  
Research Centre, NeuRA, Sydney |
| 12.00 noon | Exercise for falls prevention in residential aged care - evidence of clinical and cost effectiveness  
outcomes from the SUNBEAM trial  
Dr Jennie Hewitt, Clinical Education Coordinator, Centre for Rural Health, Murwillumbah |
<p>| 12.30 pm | Question Time                                     |
| 12.40 pm | LUNCH, TRADE EXHIBITS &amp; POSTERS DISPLAY              |</p>
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<td>1.30 pm - 3.00 pm</td>
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| 1.30 pm | **A. LEADING BETTER VALUE CARE (LBVC)-FALLS IN HOSPITAL**  
**SMITH ROOM**  
Facilitators: Dr Deborah Browne, Director, Collaboratives, Clinical Excellence Commission (CEC) and Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, CEC | | This workshop will provide an overview of the model for improvement used to guide the LBVC – Falls in Hospital collaborative where the CEC supported 40 multidisciplinary teams from across NSW working on varying themes to implement safety and quality improvements in the care of older people in hospital, specifically helping to reduce falls and serious harm from falls. This workshop will include presentations from teams involved in the collaborative, provide participants with an opportunity to discuss and actively engage in improvement processes. |
| 1.30 pm | **B. EXERCISE INTERVENTIONS**  
**THE WESLEY THEATRE**  
Facilitators: Dr Daina Sturnieks, Senior Research Scientist, FBIRC, NeuRA, Conjoint Lecturer UNSW, and Dr Jennie Hewitt, Clinical Education Coordinator, University Centre for Rural Health, Murwillumbah | | This workshop will review the current evidence for exercise in preventing falls in the community and in aged care facilities. We will focus on successful exercise trials, unwrap protocols and exercises to identify what might be suitable for each setting. During this interactive workshop, attendees will discuss the evidence, debate the assumptions and engage in activities to develop practical skills for designing and delivering exercise programs for fall prevention. |
| 1.30 pm | **C. MENTAL HEALTH AND FALLS PREVENTION**  
**THE LYCEUM**  
Facilitators: Ms Mandy Meehan, Team Leader, Ryde Older People’s Mental Health Service (OPMHS) and Ms Emma Underwood, CNC OPMHS, NSLHD-MHDA | | This workshop will explore the link between mental health and fall risk; outlining some common mental health conditions (including depression and anxiety), showcasing a range of initiatives and engaging participants in an interactive case study, providing opportunity for questions and feedback from an expert panel. At the conclusion of the workshop participants will be able to recognise the potential mental health needs of older people in their own practice, identifying unique fall risk factors and management. |
| 3.00 pm - 4.00 pm | CONCLUDING SESSION - PANEL DISCUSSION, QUESTIONS & EVALUATION  
Chairperson: Dr Daina Sturnieks, NeuRA | | | |
| 3.45 pm | **CONCLUSION AND POSTER AWARD** | | | |
| 4.00 pm | **CLOSE OF FORUM** | | | |
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.

Professor Keith Hill, Curtin University
Balancing acts - gaps and opportunities for falls prevention into the 2020's
While there continues to be substantial growth in quality research to inform practice in some areas of falls prevention, there are also some research gaps and challenges in translation that persist. This presentation will provide a brief overview of the current research evidence. It will also provide an update of some smaller scale recent research that has implications for practice, including determining the effect of bed moves on at risk in-patients; training home care clients to get up from the floor; and Seniors Exercise Parks. The potential benefits and challenges of working with the emerging cohort of ageing baby boomers will also be discussed.

Professor Keith Hill is Head of the School of Physiotherapy and Exercise Science at Curtin University (since Jan 2012). He is a physiotherapist and senior researcher, with 39 years clinical experience in rehabilitation and aged care, and an extensive recent track record in implementing and completing a range of falls prevention, rehabilitation and physical activity research programs for older people in the community, hospital and residential aged care settings. Professor Hill has 270 peer reviewed publications, and has received over $23million of research funding as a Chief Investigator.

Contact email: Keith.Hill@curtin.edu.au

Professor Stephen Lord, NeuRA
Falls Prevention research update
This presentation will include some recent studies on: reactive balance training; gait speed and falls; coffee drinking as a fall prevention strategy; exercise participation enablers; as well as Cochrane fall prevention review updates and gold bar fall prevention evidence.

Professor Stephen Lord is an NHMRC Senior Principal Research Fellow and Director of the Falls, Balance and Injury Research Centre at Neuroscience Research Australia. He has published over 400 papers in the areas of applied physiology, instability, falls and fractures in older people and is acknowledged as a leading international researcher in his field. His research follows two main themes: the identification of physiological risk factors for falls and the development and evaluation of falls prevention strategies. A key aspect of this research has been the design, implementation and evaluation of exercise programs for the general population of older people as well as for those identified as being at increased risk of falls, i.e. people with Parkinson's disease, dementia, frailty and following stroke. His methodology and approach to fall-risk assessment has been adopted by many researchers and clinicians across the world and he is actively engaged in initiatives aimed at implementing falls prevention evidence into policy and practice.

Contact email: s.lord@neura.edu.au

PLENARY SESSION 2

Associate Professor Kim Delbaere, NeuRA
The Standing Tall RCT results: using mobile technology to deliver an unsupervised balance exercise program
We investigated the effectiveness of a home-based exercise program using mobile technology in preventing falls in a single-blind randomised controlled trial in 510 community-dwelling older people. Adherence was good, with a median of 81.4 minutes (IQR 66) over 12 months. Intervention group participants improved their balance (P<0.05) and experienced 17% fewer falls than control participants, however this result was not statistically significant. Findings suggest that a home-based, unsupervised balance exercise program using mobile technology is feasible in older people. Although reductions in fall
rates were not statistically significant, high adherence rates and improvement of balance hold promise for the future.

**Associate Professor Kim Delbaere** is a Principal Research Scientist at Neuroscience Research Australia, and Associate Professor at University of New South Wales, Sydney. She is supported by an NHMRC Career Development Fellowship since 2012. Her research has contributed to the understanding of physical, psychological and cognitive factors causing falls. Her multidisciplinary approach incorporates elements from physiotherapy, psychology, brain imaging and software engineering towards preventing falls and promoting healthy ageing.

Contact email: k.delbaere@neura.edu.au

**Dr Morag Taylor, NeuRA**

**Falls prevention in dementia**

Dementia is a global health challenge. With population ageing, the number of people living with dementia is expected to rapidly increase over the coming years, which will result in significant health, economic and societal impact. Falls are common in older people with dementia, with more than 60% falling annually. The evidence for falls prevention varies depending on the setting (i.e. community, hospital and RACF), but it is still fairly limited. Exercise shows promise in the community setting and multifactorial interventions are likely better in more complex care environments like hospitals and care homes. More research is warranted, and innovative and cost-effective prevention strategies are needed. Practical strategies will be presented.

**Dr Morag Taylor** is an NHMRC-ARC Dementia Research Development Fellow; currently her work is focusing on preventing disability, understanding fall risk and prevention and improving health care for older people with dementia. She completed her PhD (Understanding fall risk in cognitively impaired older people) in 2014 (Medicine, UNSW), has presented her work nationally and internationally and has 20 publications. Morag is a physiotherapist with extensive experience working in Aged Care Rehabilitation, as well as the Falls, Balance and Bone Health clinic.

Contact email: m.taylor@neura.edu.au

**Dr Jennie Hewitt, University Centre for Rural Health**

**Exercise for falls prevention in residential aged care - evidence of clinical and cost effectiveness outcomes from the SUNBEAM trial**

Relatively little evidence is available for reducing falls among residents of aged care facilities, interventions that are effective in a community setting do not necessarily return the same outcomes in residential care. A cluster randomised controlled trial including 16 facilities and 221 residents tested a progressive resistance and balance program (SUNBEAM program) compared to usual care. Falls, physical performance, and quality of life were measured at baseline, 6 and 12 months. A cost-effectiveness study was also performed. The mean age of the participants was 86 years, the majority (65%) were female and 78% relied on a mobility aide for walking. Falls rate was reduced by 55% (IRR 0.45, 95%CI 0.17-0.74) in the exercise groups and there was a significant improvement in functional mobility (p=0.02) at 12 months. The intervention cost $463 per-person to deliver, the incremental cost-effectiveness ratio was $22 per fall avoided with the mean bootstrapped incremental cost-effectiveness ratio $18 per fall avoided (95% CI: -$380.34 to $417.85).

**Dr Jennie Hewitt** is a physiotherapist and researcher with a passion for enabling older people. She conducted a randomised controlled trial on strength and balance exercise in residential care with The University of Sydney, UTS and The University of Queensland. Having previously worked in the sporting sector, Jennie has a keen interest in best practice exercise for falls prevention and quality of life for the oldest old. She was recently awarded the Australian National Lifetime Achievement Award for services to aged care, a National Commendation Award from the Aged Care Quality Agency, and the 2019 Morley Award for the paper most likely to influence policy and practice from the Journal of the American Medical Directors Association.

Contact email: Jennifer.hewitt@sydney.edu.au
POSTER SESSION

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

Vote for the poster you think is the best by placing the coloured chip you received at registration into the bag next to the poster. Voting closes at 1.30 pm.

1. Ms Sally Bowden, Deputy Physiotherapy Manager, War Memorial Hospital, South Eastern Sydney LHD
   Falls prevention strategies and management at War Memorial Hospital

2. Mr Gujraz Poumansing, NUM, Aged Care & Rehabilitation, Fairfield Hospital, South Western Sydney LHD
   Cambodian Tailored Care

3. Ms Joanna McCulloch and Ms Vicky Chen, Opthalmology and Pharmacy, Sydney Hospital and Sydney Eye Hospital, South Eastern Sydney LHD
   Don't Fall! Sydney Hospital and Sydney Eye Hospital keeping a watchful eye on minimising falls and falls risk – A multidisciplinary approach

4. Ms Fiona Conacher and Ms Belinda Marshall, Prince of Wales Community Health - TACP, South Eastern Sydney LHD
   Aiming Low – aiming for a lower falls rate after discharge from hospital

5. Ms Vani David, CNC, Acute Geriatrics, Wollongong Hospital, Illawarra Shoalhaven LHD
   Let's reflect on a fall!

6. Ms Cynthia Tse, Ms Victoria Esler, Ms Lyndel Hewitt and Mr Edward Davidson, Physiotherapy, Coledale Hospital, Illawarra Shoalhaven LHD
   What is the missing ingredient in hospitals falls prevention: A retrospective study evaluating the use of best practice guidelines at Wollongong Hospital.

7. Ms Carmel Illsley, Senior Physiotherapist, Calvary Community Health, South Eastern Sydney LHD
   Frailty, function and falls risk. Does the Strong and Steady program help?

8. Ms Natalie James and Ms Margaret Hassan, Orthopaedics, Wollongong Hospital, Illawarra Shoalhaven LHD
   All hands on deck: reducing falls in cognitively impaired adults

9. Ms Jennifer Jedovnicky and Ms Shelley Goldsmith, Orientation and Mobility Specialist, Guide Dogs NSW/ACT
   Homebased daily activity program to reduce the risk of falls for people with vision impairment

10. Ms Jennifer Mitchell, RN and Falls Champion, Braidwood MPS, Southern NSW LHD
    Falls risk and cognitive screening in the Emergency Department

11. Ms Kate Pargeter, Community Care, Border Network, Murrumbidgee Local Health District
    Managing the risk = Staying on your feet

12. Ms Olivia Paulik, CNC, Aged Care, St George Hospital, South Eastern Sydney LHD
    Post Agitation Safety Huddles

13. Ms Melissa Smith, Acute Nurse Unit Manager, SARU, Moruya Hospital, Southern NSW LHD
    Orthostatic BP Monitoring

14. Ms Emma Wirth, Senior Physiotherapist, Orange Mental Health, Drug & Alcohol Service, Bloomfield Hospital, Western NSW LHD
    If you're going to move it, move it right, right?
ACKNOWLEDGEMENTS

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, Filming: Mr Paul Sheaffe

Exhibitors:
Agency for Clinical Innovation, Carers NSW, Clinical Excellence Commission, Dementia Australia, Guide Dogs NSW/ACT, Macular Disease Foundation Australia, Parkinson’s Disease Australia, SHARE, StepUp for Dementia Research, Vision Australia

NSW Falls Prevention Network Advisory Committee 2018/19 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
Dr Stefanie Mikolajzik, Project Officer, NSW Falls Prevention Network, NeuRA
Ms Lorraine Lovitt (chair), Lead, NSW Falls Prevention Program, Clinical Excellence Commission
Ms Ingrid Hutchison, 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, Ryde Older People's Mental Health Service, 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, Mental Health, Western 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/Fracture Liaison Coordinator (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 GnanaKumaran, 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 Anthea Temple, Network Manager, Aged Health, Agency for Clinical Innovation
Ms Julia Thompson, 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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