



NSW Falls Prevention Network Rural Forum

Southern NSW Local Health District

Friday 27 October 2023
Bay Pavilions, Batemans Bay

Keeping Older People Safe

Program

Introduction

- 9.00 Registration /Tea/Coffee**
- 9.30 Opening and Housekeeping**
Ms. Lorraine Lovitt CEC Older Persons' Patient Safety Program, Clinical Excellence Commission
- 9.35 Welcome/Acknowledgement to Country**
Uncle Bunja Smith, Walbanga Elder, Yuin Nation, NSW
- 9.45 Opening address**
Ms. Alison Broadbent, Director Quality, Safety & Patient Experience Patient Safety, SNSWLHD

Plenary Session 1

Chairperson: Joanna Lyons

- 10.00 Fall Prevention Research Update — effective interventions in Community, Hospital and Residential Aged Care settings**
Scientia Professor Stephen Lord, Senior Principal Research Fellow; Centre Director, Falls Balance and Injury Research Centre, NeuRA
- 10.20 Question time/Slido**
- 10.30 Exercise break**
- 10.35 Keeping Older People Safe — Challenge and encouragement**
Ms. Lorraine Lovitt, Senior Improvement Lead, CEC Older Persons' Patient Safety Program, CEC
- 10.55 Question time/Slido**

11.00–11.20AM Morning Tea

Plenary Session 2

Chairperson: Lorraine Lovitt

- 11.20 “The rising cost of falls, why investing in prevention can’t wait” — A Call to Action**
Professor Kim Delbaere, Senior Principal Research Scientist, NeuRA; Director of Innovation & Translation, Falls, Balance & Injury Research Centre; School of Population Health, UNSW Sydney
- 11.40 Question time/Slido**
- 11.45 Medication and Falls — Pharmacy’s guide to a ‘fall-proof’ falls admission**
Shenea Kennedy, Senior Pharmacist, Eurobodalla Health Service, SNSWLHD
- 11.55 Question time/Slido**
- 12.00 Evolution of the ED Falls Pathway**
Ms. Vivienne Chapman, Clinical Nurse Consultant Critical Care, SNSWLHD & Katie Johnston Clinical Nurse Specialist Eurobodalla Emergency Departments & After Hours Clinical Educator for Eurobodalla Health Service, SNSWLHD
- 12.10 Question time/Slido**
- 12.15 SNSWLHD Safe Care Project**
Emma Peden, Project Officer — Safe Care Project Tablelands Network, SNSWLHD & Joanna Lyons, Manager Falls Prevention & Safe Care Initiatives, SNSWLHD
- 12.25 Question time/Slido**

12.30–1.15PM Lunch

Afternoon Session

Chairperson: Prof Stephen Lord

- 1.15 SNSWLHD Safe Care Project**
Rehabilitation In Patient Unit Goulburn Base Hospital, SNSWLHD
- 1.45 Question time/Slido**
- 1.55 Balancing Act: Falls prevention and exercise rehab in the community**
Hamish Gorman, Director Eurobodalla Health and Fitness, Accredited Exercise Physiologist
- 2.15 Question time/Slido**
- 2.20 Community Focussed content — demo with clients/consumer perspective**
Client of Hamish?
- 2.40 Panel Discussion**
Facilitated by Joanna Lyons
Panelists: Steve, Hamish, Lorraine, Safe Care project rep
- Evaluation — Slido**
- 2.55 Closing comments**
- 3.00 CLOSE**



Plenary Speaker Abstracts & Biographies



Scientia Professor Stephen Lord,
Senior Principal Research Fellow; Centre Director,
Falls Balance and Injury Research Centre, NeuRA

TOPIC: FALL PREVENTION RESEARCH UPDATE — effective interventions in community, hospital and residential aged care settings

This presentation will summarise the findings of recent fall prevention trials. Topics will include:

- Recent landmark randomised controlled trials that have reduced falls in the community, hospitals and residential aged care.
- Best-bet interventions for preventing falls based on randomised controlled trials; an update of systematic review evidence.
- An overview of the upcoming best practice fall prevention guidelines.

Professor Stephen Lord is a Senior Principal Research Fellow at Neuroscience Research Australia, Sydney, Australia. He has published over 400 papers in the areas of balance, gait and falls 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 fall prevention strategies. Key aspects of this research have been the elucidation of sensorimotor factors that underpin balance and gait and the design and evaluation of exercise programs for older people including those at increased risk of falls, i.e. people with Parkinson's disease, stroke, dementia and frailty. 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.

In December 2019, Stephen was awarded the Lifetime Achievement Award by the President of the British Geriatrics Society in recognition for his contribution to falls research.



Professor Kim Delbaere, Senior Principal Research Scientist, NeuRA; Director of Innovation & Translation, Falls, Balance & Injury Research Centre; School of Population Health, UNSW

“THE RISING COST OF FALLS, WHY INVESTING IN PREVENTION CAN’T WAIT” — A call to Action

With our ageing population, the healthcare costs associated with falls are on the rise. We advocate that government departments, agencies, and community and aged care organisations must adopt a state-wide approach to address falls, offering consistent and improved services, public awareness campaigns, and effective collaboration. These measures will ultimately enhance the health and well-being of those at risk of falls while saving healthcare resources over time.

Professor Kim Delbaere is a Senior Principal Research Scientist at NeuRA and Director of Innovation & Translation at the Falls, Balance & Injury Research Centre, supported by the Australian NHMRC, and Professor at University of New South Wales, Sydney. 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. Kim has been successful at developing novel methods of applying technology to healthy ageing for over 10 years, in both healthy older people and a range of chronic diseases. Her contributions to medical research have been recognised through two prestigious NHMRC excellence awards and numerous successful NHMRC applications, including a current NHMRC Investigator grant.



Ms Lorraine Lovitt, Senior Improvement Lead, CEC Older Persons’ Patient Safety Program, CEC

KEEPING OLDER PEOPLE SAFE — Challenge and Encouragement

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**Thank you to the Clinical Excellence Commission
and the NSW Fall Prevention and Healthy Ageing Network**