

NSW FALL PREVENTION & HEALTHY AGEING NETWORK

ANNUAL FORUM

Friday 26th May 2023 Wesley Conference Centre

PROGRAM

SLIDO Website: www.slido.com Log in: #FallsForum23

8.30 am	REGISTRATION/ARRIVAL TEA/COFFEE
9.00 am	OPENING SESSION Wesley Theatre Chairperson: Ms Lorraine Lovitt WELCOME TO COUNTRY Aunty Joan Bell
9.10 am	OPENING Dr John Ward, Geriatrician, Co-Chair Hunter Ageing Alliance
9.20 am - 10.30 am	PLENARY SESSION 1 Chairperson: Prof Kim Delbaere
9.20 am	Pam Albany Guest Lecture <i>Physical activity for healthy ageing and fall prevention: translating evidence into action</i> Prof Anne Tiedemann, Institute for Musculoskeletal Health, University of Sydney
9.50 am	Fall prevention as the tip of the iceberg: rethinking our approach to healthy ageing A/Prof Frances Batchelor, Melbourne Ageing Research Collaboration, NARI
10.10 am	Question Time
10.20 am	Lifetime Achievement Award
10.30 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.00 am - 12.30 pm	PLENARY SESSION 2 Wesley Theatre Chairperson: Dr Daina Sturnieks
11.00 am	Compiling the evidence base: The research landscape over the past 30 years Prof Stephen Lord, Centre Director, Falls, Balance and Injury Research Centre, NeuRA, UNSW
11.20 am	Question time
11.25 am	Update from the Ophthalmology Network – Cataract surgery policy changes Prof Lisa Keay, Professor and Head of School, School of Optometry and Vision Science, UNSW Ms Kerrie Martin A/Network Manager Clinical Genetics and Ophthalmology, ACI
11.30 am	Occupational Therapy fall prevention reduces falls by 38%: new evidence from Cochrane Systematic Review Prof Emeritus Lindy Clemson, Sydney School of Health Sciences, University of Sydney
11.40 am	“The rising cost of falls, why investing in prevention can’t wait” – A call to Action Prof Kim Delbaere, Falls, Balance and Injury Research Centre, NeuRA, UNSW with consumer voices
11.55 pm	Translating Research into Practice Discussion Panel Facilitated by Dr Morag Taylor Panel: Ms Amanda Bates, Prof Kim Delbaere, Dr Jennie Hewitt, Prof Stephen Lord, Ms Lorraine Lovitt, Ms Deborah Moore
12.30 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY

1.10 pm - 3.00pm AFTERNOON CONCURRENT SESSIONS

A. <i>HOSPITAL CARE</i> - Wesley Theatre Chairperson: Ms Ingrid Hutchinson	B. <i>COMMUNITY EXERCISE</i> - Smith Room Chairperson: Ms Margaret Armstrong	C. <i>AGED CARE</i> - Lyceum Chairperson: Ms Lorraine Lovitt
1.10 pm: <i>Excellence in Care – Implementing Patient Care Essentials into clinical services in HNELHD</i> Mr Michael Fahy, Nurse Manager Clinical Practice & Leadership, HNELHD	1.10 pm: <i>Reducing Gaps: Implementing best practice fall prevention in community rehabilitation</i> Mrs Glade Vyslysel, Team Leader, Westlakes Community Rehabililtation Team, HNELHD	1.10 pm: <i>Residential Aged Care – update on the latest research and best practice</i> Prof Stephen Lord and Dr Jasmine Menant, NeuRA
1.20 pm: <i>3A Transforming Your Experience: A multi approach to reduce top 3 clinical risks</i> Ms Meilin Du Pecszen, 3A Nurse Unit Manager, SWSLHD	1.25 pm: <i>Active, Stronger, Better - turning Newcastle and Lake Macquarie into age-friendly cities</i> Ms Deborah Moore, NovaCare and Dr John Ward, Hunter Ageing Alliance	1.20 pm: <i>Virtual physiotherapy services with allied health assistant support for isolated rural sites</i> Ms Jenny Griffiths, Health Service Manager, Nyngan Health Service, WNSWLHD and Ms Ash Wright, Falls Prevention and Management Coordinator, Far West and Western NSW LHD
1.30 pm: <i>Safe Toileting Strategy, reducing unwitnessed falls in the bathroom</i> Mr Gregory Hays, Initiatives & Projects Coordinator (Excellence), Nursing & Midwifery Services, HNELHD	1.40 pm: <i>BEST at Home - a home-based balance and strength training program to prevent falls</i> Ms Amanda Bates, Health Promotion, ISLHD, PhD Candidate, USYD	1.35 pm: <i>The Sunbeam Program - Implementing and delivering evidence based falls prevention under AN-ACC</i> Dr Jennie Hewitt, Lecturer Allied Health, Clinical Educator Physiotherapy, University Centre for Rural Health, NNSWLHD
1.40 pm: <i>Risky Business in Falls</i> Ms Cassandra Chan, Director Safety and Quality, Auburn Hospital, WSLHD	1.50 pm: <i>Is dance exercise in disguise? An impact evaluation of the RIPE</i> Dr Heidi Gilchrist, Lecturer/Researcher, The Institute for Musculoskeletal Health, USYD, SLHD	2.00 pm: <i>Allied Health under AN-ACC: a case study</i> Mr Callan Roberts, Physiotherapist, Anglicare
1.50 pm: <i>Early mobilization – Give it a go!</i> Ms Claire Gardner and Ms Ashley Azzopardi, Physiotherapy and Occupational Therapy, Sutherland Hospital, SESLHD		2.15 pm: <i>Fall Prevention in Residential Aged Care – Twilight Aged Care Top UP Study Implementation</i> Mr Cameron Boyd, Active Lifestyle Physiotherapy
2.00 pm: <i>Missing piece of the puzzle</i> Ms Georgina Watts, Clinical Nurse Educator D12 Gen Med, Campbelltown Hospital, SWSLHD		2.30 pm: <i>Practical Workshop – The DanceWise and DanceMoves programs</i> Facilitator: Ms Gwen Korebrits, CEO Dance Health Alliance
2.10 pm: <i>Reducing Harm from Falls- The Sutherland Hospital</i> Miss Elham Almasi, Clinical Nurse Consultant and Mrs Liz Mason, Manager Clinical Governance Unit, Sutherland Hospital, SESLHD	2.00 pm: <i>Practical Workshop – Community Group Exercise Programming</i> Facilitators: Ms Sally Castell, Independent fitness consultant, Director - Movement Matters and Ms Diane Percy, Active Ageing Coordinator, COTA ACT	A practical session showcasing the DanceWise program which focuses on bringing physical, mental, social and creative health within reach of people living in Care facilities and people in the community who want to stay Independent and in their own homes longer.
2.20pm: <i>The Four D (Delirium, Dementia, Depression & Drowsiness) Falls Prevention</i> Ms Juvilet Smith, Clinical Nurse Educator and Tess Guevara, NUM, CNE Ward 3F, Bankstown Hospital, SWSLHD	A practical session addressing: • Building confidence and motivation with regard to returning to exercise • Incorporating, balance, strength and mobility into exercise programs. • Providing appropriate exercise progression on an individual basis within in a group setting	
2.30 pm: <i>Prevent the fall on the ward, put the mobility on the Board</i> Ms Tracy Heath, NUM A72 Surgical 2, Campbelltown Hospital SWSLHD		
2.40 pm: <i>Staying Active</i> Ms Nakedi Phaho, act. NUM, Cumberland Hospital Rehabilitation Unit, WSLHD		

3.00 pm – 4.00 pm	CONCLUDING SESSION
NEW RESEARCH FINDINGS Wesley Theatre Chairperson: Prof Stephen Lord	
3.00 pm:	<i>ReacStep – A novel, reactive balance training for clinical settings.</i> Dr Yoshiro Okubo, Research Fellow – Falls Balance and Injury Research Centre, NeuRA, UNSW
3.08 pm:	<i>An online health promotion program targeting social support, physical activity and falls prevention for older adults: The Moving Together randomised controlled trial.</i> Miss Chiara Mastrogiovanni, Masters by Research Candidate, Discipline of Psychiatry and Mental Health, UNSW
3.16 pm:	<i>Creating an Implementation Enhancement Plan for a Digital Fall Prevention Platform Using the CFIR-ERIC Approach</i> Mrs Melisa Grujovski, Practice Development Coordinator, Nursing and Midwifery Services, HNELHD, CSIRO
3.21 pm:	<i>Understanding and Reducing Falls in the Inpatient Hospital Setting.</i> Ms Charlotte McLennan, Physiotherapist, Inpatient Falls Research Manager, Institute for Musculoskeletal Health, SLHD
3.26 pm:	<i>How perceptions of ageing influence physical activity and exercise in older age: Exploring the behaviour of people aged 70+ years engaged in fall prevention activities.</i> Dr Meghan Ambrens, Postdoctoral Fellow, NeuRA
3.31 pm:	<i>The true cost of hidden waiting times for cataract surgery in Australia.</i> Ms Jessie Huang-Lung, Postdoctoral Fellow, School of Optometry & Vision Science, UNSW
3.36 pm:	<i>Avoiding God's waiting room: Lessons from the lived experiences of older people who use technology to support physical activity.</i> Dr Abby Haynes, Research Fellow, Sydney Musculoskeletal Health, USYD, SLHD and NSLHD
Question Time	
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 Anne Tiedemann, Robinson Fellow, Institute for Musculoskeletal Health, Sydney School of Public Health, USYD

Physical activity for healthy ageing and fall prevention: translating evidence into action

We all know that regular physical activity is good for our bodies and minds, however knowledge does not always translate to action. The WHO Global Action Plan on Physical Activity (GAPPA) recognises that to increase physical activity across the population requires a systems-based approach – there is no single policy solution to this complex issue. GAPPAs four objectives are to create: 1. Active Societies, 2. Active Environments, 3. Active People and 4. Active Systems, and it recommends 20 policy actions that address the cultural, environmental and individual determinants of inactivity.



evaluate the effect of yoga on falls in people aged 60 years and older.

This presentation will overview some of my current research, relevant to GAPPA policy action 3.5, physical activity programs and opportunities, evaluating scalable approaches to promoting fall prevention exercise and physical activity more broadly, among people aged 50+. This will include the NHMRC-funded Successful AGEing (SAGE) yoga trial, the Coaching for Healthy AGEing (CHAnGE) trial and the Active Women over 50 project.

Anne Tiedemann, PhD, is Professor of Physical Activity and Health in the Faculty of Medicine and Health, University of Sydney. Her research develops and evaluates scalable physical activity-based strategies to promote health and prevent falls in middle to older age. Professor Tiedemann’s current research includes the first trial internationally to

Associate Professor Frances Batchelor, Principal Research Fellow, Director of Clinical Gerontology, Research Lead Melbourne Ageing Research Collaboration, NARI

Fall prevention as the tip of the iceberg: rethinking our approach to healthy ageing

Despite overwhelming evidence that exercise of the right type and dosage is effective in preventing falls, the rate of falls in the general population is increasing rather than decreasing. I will discuss how a focus on individual behaviour change as the predominant approach may be contributing to a lack of progress in achieving healthy ageing and in the prevention of



conditions associated with ageing. I will describe how policy-level changes, environmental changes and community-based initiatives can be used to support healthy ageing, complementing individual behaviour change.

Associate Professor Frances Batchelor is Senior Principal Research Fellow and Director of the Clinical Gerontology Division. She is also a Research Lead for the Melbourne Ageing Research Collaboration. As a research and clinical physiotherapist she has over 30 years of experience in community, hospital and aged care services and completed her PhD at the end of 2010 entitled “Falls Prevention After Stroke”. Her current research expertise is in healthy ageing, health conditions associated with ageing, the health and aged care system and the role of technology in ageing

PLENARY SESSION 2

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

Compiling the evidence base: The research landscape over the past 30 years

The volume of research being published on fall prevention can be overwhelming. This presentation aims to provide an update on the current evidence for fall prevention interventions in hospital, community and aged care settings and to overview important new studies.



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 Lisa Keay, Professor and Head of School, School of Optometry and Vision Science, UNSW

Update from the Ophthalmology Network – Cataract surgery policy changes

Research has found patients who wait more than six months for cataract surgery may experience negative outcomes during the waiting period, including vision loss, reduced quality of life and an increased rate of falls. Second-eye cataract surgery has been found to improve visual capacity, general health status, and patient satisfaction. It has also improved vision beyond that achieved by first-eye surgery and has been found to be cost-effective. This change will come into effect on 1 July 2024 whereby a patient presenting for cataract extraction for their second eye at a public hospital will be entered on to the elective surgery waitlist as a category 2 (surgery within 90 days).



Professor Lisa Keay is the Head of School at the School of Optometry and Vision Science, UNSW Sydney and an Honorary Professorial Fellow at The George Institute for Global Health, UNSW Sydney. She is a public health researcher, with expertise in epidemiology, health promotion, health systems research and injury prevention. She trained as an Optometrist, has a PhD and MPH from UNSW Sydney and completed a research fellowship at the Dana Center for Preventive Ophthalmology, Johns Hopkins University. Her research activities focus on patient-centred healthcare, impact of vision loss and the prevention of injury in older people with vision impairment.

Emeritus Professor Lindy Clemson, Sydney School of Health Sciences, University of Sydney

Occupational Therapy fall prevention reduces falls by 38%: new evidence from Cochrane Systematic Review

Reducing fall hazards around the home when delivered to people at higher risk of falling has a beneficial effect of almost 40% reduction (high-certainty evidence). This important and credible finding should be considered when making policy decisions.



Higher risk included those who have fallen in the past year and either need help with everyday activities or those who have been recently hospitalised. In other subgroup analysis there were observed greater effects when the intervention was highly tailored to fall prevention and when delivered by an occupational therapist. These results have implications for whom to offer the intervention and how it is best delivered.

Emeritus Professor Lindy Clemson, from the Faculty of Medicine & Health at The University of Sydney, has developed innovative and accessible programs underpinned by enabling strategies, so that as we age we can lead safe and active lives and stay connected with community. Lindy is in the top 10 most published fall prevention trial researchers; and more recently conducted translational research with the iSOLVE fall prevention project for GPs and is the principal researcher for the FAST NHMRC trial of a fall prevention community program for stroke survivors. Her work has influenced policy and practice, with Cochrane Reviews and national practice guidelines

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

On Thursday 24 November, the Australia and New Zealand Falls Prevention Society (ANZFPS) launched the report ‘**Why investing in falls prevention across Australia can’t wait**’ at NeuRA. The report highlights the growing issue of falls in Australia and calls for the development of a five-year National Falls Prevention Strategy accompanied by a long-term funding strategy to support its implementation, oversight, ongoing monitoring, and review. This presentation will outline the key points from this Call to Action and provide an update of proposed actions to facilitate this initiative.



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.

Translating Research into Practice Discussion Panel

Host: Dr Morag Taylor, Senior Postdoctoral Research Fellow, NeuRA; Conjoint Lecturer, UNSW, Sydney

Panelists:

- Prof Stephen Lord, Centre Director, Falls, Balance and Injury Research Centre, NeuRA, UNSW
- Prof Kim Delbaere, Falls, Balance and Injury Research Centre, NeuRA, UNSW
- Ms Lorraine Lovitt, Senior Improvement Lead, CEC Older Persons’ Patient Safety Program, CEC
- Dr Jennie Hewitt, Lecturer Allied Health, Clinical Educator Physiotherapy, University Centre for Rural Health, NNSWLHD
- Ms Deborah Moore, ‘ActiveStrongerBetter’ Pilot Project Manager, Hunter Ageing Alliance, NovaCare
- Ms Amanda Bates, Health Promotion, ISLHD, PhD Candidate, USYD

POSTER SESSION

Displayed during Morning Tea and Lunch, authors will be with posters from 12.30 – 1.10pm.

Research Posters

A Safe Mobilisation Program to improve functional mobility and reduce fall risks in cognitively impaired older adults with higher level gait disorders: A pilot study

Ms Weihong Zhang, Lecturer and researcher/Discipline of Occupational Therapy, School of Health Sciences, Faculty of Medicine and Health, USYD Sydney

Investigating the feasibility of a home-based exercise program adapted for tele-practice for older Australians with low vision or blindness amid COVID-19

Dr Lisa Dillon, Postdoctoral Research Fellow, School of Optometry and Vision Science, UNSW Sydney; Ms Kelly Prentice, Service Impact and Improvement Coordinator, Guide Dogs NSW/ACT, Adjunct Lecturer, School of Optometry and Vision Science, UNSW Sydney

Quantifying the depth perception deficit experienced by people living with dementia in the community

Clinical Vision Research Fellow, Department of Optometry and Vision Sciences, University of Melbourne & National Vision Research Institute, Australian College of Optometry

Using professional skills of volunteer physiotherapists to promote physical activity; development of interventions for older adults

Mrs Ima Strkljevic, HDR Candidate IMH, School of Public Health, Faculty of Medicine and Health, USYD Sydney

Supporting physical activity maintenance in older adults following supervised group exercise: A mixed methods study among culturally diverse older adults

Dr Jessica wells, Public Health Physician, Centre for Population Health, WSLHD

Best Practice Posters

Are you ready for April Falls? Engaging and preparing a district

Mr Gregory Hays, Initiatives & Projects Coordinator (Excellence) / Nursing & Midwifery Services, James Fletcher Campus, HNELHD

Med App Falls Project

Miss Lucy Haver, SESLHD Falls prevention and management coordinator, Nursing and Midwifery Burwan office Sutherland Hospital, SESLHD

Reducing falls in Neurosurgery

Mrs Meghan Spiteri, Neurosurgery CNC, Liverpool Hospital, SWSLHD

Let's Light up the Night

Ms Vicki Deane, Clinical Nurse Consultant, Liverpool Hospital, SWSLHD

Post Fall Management - Getting Patients off the Ground - use of Spinal Boards

Mrs Cheryl Baldwin, Aged Care Nurse Consultant, CCHLHD

ACKNOWLEDGEMENTS

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

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Exhibitors:

Stepping On

Med App

STOPFALLS PHYSIO

Holdsworth HomeShare

Fire and Rescue NSW

Alpha Global – Digital Angel

Alpha Lifecare

NSW Falls Prevention Network Advisory Committee 2023 membership:

Ms Lorraine Lovitt (chair), Senior Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission

Ms Ingrid Hutchinson, Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission

Ms Natassia Smith, Project Officer, NSW Falls Prevention & Healthy Ageing Network, NeuRA

Ms Lauren Chuter, Project Officer – Priority Populations, Centre for Population Health, NSW Health

Mr Adrian Prakash, General Manager, SHARE

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

Mr Bharat Nepal, Mental Health, Western Sydney LHD

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

Mr John Allan, Nursing Unit Manager W4 and Renal, St Vincent's Private Lismore, Northern NSW LHD

Ms Natalie McDermott, Health Promotion Officer, Wagga Wagga Community Health, Murrumbidgee LHD

Ms Vani David, Aged Care CNC, Wollongong Hospital, Illawarra Shoalhaven LHD

Ms Lucinda McIntosh, Falls Coordinator, NSW Ambulance

Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Sally Castel, Director - Movement Matters

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