

NSW Fall Prevention & Healthy Ageing Network Annual Forum

Friday 7th June 2024
Wesley Conference Centre, Sydney



PROGRAM

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8.30 am	REGISTRATION/ARRIVAL TEA/COFFEE
9.00 am	OPENING SESSION Wesley Theatre Chairperson: Ms Lorraine Lovitt WELCOME TO COUNTRY Savannah Flynn
9.10 am	OPENING Professor Jacqueline Close
9.20 am - 10.20 am	PLENARY SESSION 1 Chairperson: Prof Stephen Lord
9.20 am	<i>Preventing falls in community dwelling populations: new approaches</i> Prof Sallie Lamb
9.50 am	<i>2024 Australian Fall Prevention Guidelines</i> Dr Jasmine Menant
10.20 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.00 am - 12.10 pm	PLENARY SESSION 2 Wesley Theatre Chairperson: Prof Kim Delbaere
11.00 am	<i>Pam Albany Guest Lecture: Feet, footwear, and falls in older people</i> Prof Hylton Menz
11.30 am	<i>Improving food quality reduces falls and fractures in older adults in aged care</i> Dr Sandra Iuliano
11.50 am	<i>Falls prevention in people with Parkinson's disease</i> A/Prof Natalie Allen
12.10 pm	LUNCH, TRADE EXHIBITS & POSTER SESSION

1.10 pm - 3.00pm AFTERNOON CONCURRENT SESSIONS

A. HOSPITAL CARE - Wesley Theatre Chairperson: Ms Lorraine Lovitt	B. COMMUNITY CARE - Smith Room Chairperson: Prof Cathie Sherrington and Ms Kamilla Haufort	C. AGED CARE - Lyceum Chairperson: Prof Kim Delbaere and Ms Ingrid Hutchinson
1.10 pm: <i>Data for improvement</i> Paul Hudson, Principal Lead, Patient Safety Improvement, Systems Improvement Directorate, Clinical Excellence Commission	1.10 pm: <i>Dance for Healthy Ageing</i> Eloise Borschtsch and Gwen Korebrits, Senior Physiotherapist – WNSWLHD Health Promotion/ CEO & Founder, Dance Health Alliance Limited	1.10 pm: <i>Live it UP - translating best practice falls prevention and reablement research to practice, in Care Homes.</i> Dr Jennie Hewitt, Senior Manager Research and Positive Ageing / Senior Lecturer, Whiddon Aged Care / The University of Sydney
1.30 pm: <i>Designing a hospital fall prevention program</i> Charlotte McLennan, PROTECT Fall Prevention Program Manager, Sydney Local Health District	1.30 pm: <i>A scoping review of safer mobility behaviour for falls prevention: implications for people with Parkinson's disease</i> Daniel Cheung, University of Sydney	1.30 pm: <i>Falls Prevention in Residential Care</i> Julee Wilson and Sylvia Harvey, Anglicare Newmarch House and Goodhew Gardene/Bay Breeze Care Homes, Western Sydney and Southern Sydney
1.45 pm: <i>A multi-disciplinary team approach to supporting older people with changed behaviours</i> Donna McCade, Uniting War Memorial Hospital	1.45 pm: <i>Standing strong and tall - Improving strength and balance in older Aboriginal people through the Ironbark Program.</i> Prof Rebecca Ivers and Cassia Lindsay, School of Population Health, UNSW	1.50 pm: <i>Physiotherapy-led telehealth and exercise intervention to improve mobility in older people receiving aged care services (TOP UP): results from a randomised controlled type 1 hybrid effectiveness-implementation trial</i> Dr Rik Dawson, Institute for Musculoskeletal Health
2.00 pm: <i>Bringing it all together - HNELHD Falls Health Check - A Multidisciplinary framework for the prevention of falls within Hospital.</i> Gregory Hays, Initiatives & Projects Coordinator (Excellence), Nursing & Midwifery Services, HNELHD	2.00 pm: <i>A Case for Preventative Outpatient Services for Older Adults: The STRONG Medicine Model</i> Tess Hawkins, Senior Exercise Physiologist, Centre for STRONG Medicine, Concord Repatriation General Hospital, Sydney LHD	2.10 pm: <i>Using an Occupational therapy model to implement a Falls Prevention Committee & change and Cycling Without Age Australia (CWAA) and Gumleigh Gardens Hostel-Nothing is exercise if we like what we are doing!</i> Teresa McMullen, Occupational therapist, UPA Gumleigh Gardens Hostel, Murrumbidgee
2.15 pm: <i>Close Observation of Patients at Risk of Clinical Deterioration and Falls with the use of CCTV</i> Svetlana Bosevski and Erin Suturs, Nurse Unit Manager / Clinical Nurse Educator, Wollongong Hospital – A5	2.15 pm: <i>Physical activity and falls from mid-life to older age in Australian women</i> Wing Kwok, Institute for Musculoskeletal Health, University of Sydney	2.30 pm: <i>Insights from real-life data on the causes of falls and fall-related injuries in long-term care</i> Prof Stephen Robinovitch, Simon Fraser University
2.30 pm: <i>"Don't Fall for It"</i> Preetika Narayan, Braeside Hospital, South Western Sydney local District	2.30 pm: <i>Practical approach to falls prevention in Parkinson's Disease</i> Dr Melissa McConaghy, CEO and Specialist Neurological Physiotherapist, PD Warrior, Macquarie University	
	2.45 pm: <i>Translating Research to Practice. A clinicians story</i> Megan Swann, Consultant Occupational Therapist	

3.00 pm – 4.00 pm CONCLUDING SESSION

3.00 pm - 4.00 pm	CLOSING SESSION Wesley Theatre Chairperson: Dr Daina Sturnieks
3.00 pm	Research Update Prof Cathie Sherrington
3.20 pm	Panel – What does it all mean? Prof Sallie Lamb, Prof Hylton Menz, Prof Cathie Sherrington, A/Prof Natalie Allen, Dr Sandra Iuliano, Dr Jasmine Menant
3.55 pm - 4.00 pm	FEEDBACK SURVEYS AND CLOSE OF FORUM Chairperson: Prof Stephen Lord / Ms Lorraine Lovitt

POSTER SESSION

Displayed during Morning Tea and Lunch, authors will be with posters from 12.10 – 1.10pm.

New Research Project Posters

FORTRESS Plus (Frailty in Older Adults Research in Treatment Rehabilitation Examining Separate Settings Plus) – Rosanna Tran, Hornsby Ku-ring-gai Hospital, NSLHD

Best Practice Initiatives Posters

Rising Stronger: Student led exercise in Mental Health – Bronte Scott, WSLHD

FEELing Great Program - Frailty Exercises and Education for Living Great – Carmel Illsley, Calvary Health Care Kogarah, SESLHD

FACIT (Falls and Cognitive Impairment Team) – Karlee Mueller, POWH, SESLHD

Optimising Patient safety through implementation of Opioid Stewardship in the Emergency Department – Lina Okati, Maitland Hospital, Hunter New England



PLENARY SPEAKER ABSTRACTS AND BIOGRAPHIES

PLENARY SESSION 1

Professor Sarah (Sallie) Lamb, Pro-Vice-Chancellor and Executive Dean of the Faculty of Health and Life Sciences, University of Exeter, UK



Preventing falls in community dwelling populations: new approaches

This presentation will explore potential options for improving the outcomes of fall prevention programmes. We will look at emerging evidence on the mechanism of falls in a range of different settings, and then focus on new approaches that consider pain and pain medication as targets alongside exercise.

Prof Sallie Lamb is Pro-Vice-Chancellor and Executive Dean of the Faculty of Health and Life Sciences, and Mireille Gillings Professor of Health Innovation at the University of Exeter, UK. An internationally recognised scholar in ageing, disability, and rehabilitation, she is also an experienced methodologist in the area of clinical

trials and high-quality evaluation of health care practice.

Sallie has a strong commitment to improving the lives of older people through excellent research that answers difficult questions and can inform policy making and commissioning.

Dr Jasmine Menant, Senior Research Scientist, Falls, Balance and Injury Research Centre, NeuRA



2024 Australian Fall Prevention Guidelines

In 2020, falls were the leading cause of hospitalised injuries and injury deaths among older Australians. Minimising falls and injuries from falls remain a key challenge for older adults. We were commissioned by the Australian Commission on Safety and Quality in Health Care to update the 2009 Australian Fall Prevention Guidelines. The 2024 edition includes evidence-based recommendations and good practice points to assess, prevent and manage falls for older people in community, residential aged care and hospital settings.

Dr Jasmine Menant is a Senior Research Scientist at NeuRA's Falls, Balance & Injury Research Centre in Randwick, Conjoint Senior Lecturer in the UNSW School of Population Health and part of the Centre for Research Excellence Prevention of Fall Injuries.

Jasmine's research in ageing and clinical groups with balance impairments combines mechanistic work, longitudinal studies and randomised controlled trials. These investigate the control of balance and gait, identify risk factors for falls and mobility decline and develop interventions to improve health outcomes.

Jasmine is the Communication Manager of the Australia New-Zealand Fall Prevention Society where she sits on the Executive Board. She is also a member of the Scientific Committee of the International Society for Posture & Gait Research. Her research translation work includes the update of the Australian Best Practice Guidelines for Falls Prevention.

PLENARY SESSION 2

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 Hylton Menz, NHMRC Senior Research Fellow, School of Allied Health, Human Services and Sport, La Trobe University



Feet, footwear, and falls in older people

The foot provides the only direct contact with the ground when performing weightbearing tasks, so it is reasonable to suggest that foot problems and footwear influence balance and risk of falling in older people. In this presentation, the contribution of feet and footwear to falls will be discussed. In particular, the presentation will focus on prospective studies linking foot problems and inappropriate footwear to falls, and recent clinical trials which have suggested that modifying these risk factors may reduce falls risk.

Professor Hylton Menz graduated with first class Honours and the University Medal from La Trobe University in 1993, and completed his PhD in the Faculty of Medicine at the University of New South Wales in 2002. He received continual National Health and Medical Research Council of Australia fellowship funding between 2003 and 2022. Professor Menz's broad research disciplines are human movement, rehabilitation and rheumatology, with a particular focus on musculoskeletal foot problems in older people. His research extends from laboratory-based biomechanical studies through to analysis of epidemiological datasets and the conduct of clinical trials.

Dr Sandra Iuliano, Senior Research Fellow, Department of Medicine, University of Melbourne



Improving food quality reduces falls and fractures in older adults in aged care

Falls and fracture rates are highest in older adults living in aged care homes. These residents also have inadequate intakes of protein and calcium, so correcting these inadequacies would likely reduce risk of falls and fractures. A 2-year food-based intervention among 7000 residents in 60 aged care homes using milk, yoghurt, and cheese to correct these nutritional inadequacies was associated with reductions in falls by 11%, fractures by 33% and hip fractures by 46%. Improving food quality in aged care is an important consideration when implementing falls prevention strategies with all residents benefiting independent of underlying falls risk.

Dr. Sandra Iuliano is a senior research fellow in the department of medicine, University of Melbourne. She has worked extensively in the aged care sector in particular researching food-based approaches to improving health outcomes in residents. Dr Iuliano presented evidence at the Royal Commission in aged-care and is a member of the National Aged-care Advisory Council. She is a strong advocate for improving nutritional care and quality of life via improved food provision in aged care.

A/Prof Natalie Allen, Senior Lecturer, Program Director, The University of Sydney



Falls prevention in people with Parkinson's disease

Most people with Parkinson's disease (PwP) will experience falls as the disease progresses. We conducted a Cochrane Review exploring interventions aimed at reducing falls in PwP. Results showed exercise probably reduces fall rates in people with mild to moderate disease by around 26%. However, minimally supervised exercise might increase falls in people with more advanced disease. Falls therefore remain a substantial issue. The recently completed Integrate trial explored the feasibility of a multicomponent fall prevention intervention including exercise, home hazard reduction and safer mobility behaviour. The intervention was safe and feasible and led to a promising reduction in falls.

Associate Professor Natalie Allen is a Physiotherapist and academic at The University of Sydney. Her research focuses on exercise interventions aimed at helping people with Parkinson's disease to live well by optimising movement, reducing falls and managing pain.

RESEARCH UPDATE

Prof Cathie Sherrington, Senior Principal Research Fellow, NHMRC Leadership Fellow, The University of Sydney



Research Update

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.

Prof Cathie Sherrington is a Professor at the Sydney School of Public Health, The University of Sydney. Prof Sherrington leads the 28-person Physical Activity, Ageing and Disability Research Stream within the Institute for Musculoskeletal Health (a partnership between the University of Sydney and the Sydney Local Health District) and is Deputy

Director of the Institute. Prof Sherrington's research focuses on the promotion of physical activity and the prevention of falls in older people and people with chronic disabling conditions.

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Exhibitors:

Active and Healthy

Australia and New Zealand Hip Fracture Registry

Seating Matters

Square Step

Stepping On

Stopfalls Physio

NSW Falls Prevention Network Advisory Committee 2024 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

Mr Steven Phu, Project Officer, NSW Falls Prevention & Healthy Ageing Network, NeuRA

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

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Sally Castel, Director - Movement Matters

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

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

Ms Martha Dwyer, Project Officer – Priority Populations, Centre for Population Health, NSW Health

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Mr Adrian Prakash, General Manager, SHARE

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