

NSW FALL PREVENTION & HEALTHY AGEING NETWORK VIRTUAL FORUM PROGRAM

Friday 30 April 2021

Webinar

Safe Activity for Everybody

PLENARY SESSIONS



NSW
Fall Prevention
& Healthy Ageing
Network

NSW FALL PREVENTION & HEALTHY AGEING NETWORK

The NSW Fall Prevention and Healthy Ageing Network aims to share knowledge, expertise and resources on healthy ageing and fall prevention for older people

Functions of the Network

- Provide an environment to share research, information and experiences, current & potential initiatives related to healthy ageing and fall prevention.
- Develop and disseminate evidence-based fall prevention balance and strength training initiatives and co-design programs with health professionals, community service providers including primary health, and residential aged care sectors.
- Encourage collaborative research and evaluation projects aimed at healthy ageing and fall prevention.
- Provide advice to influence policy directions and funding priorities in NSW.
- Promote prevention of falls among older people as a key health issue by supporting active and healthy lifestyles.

All sessions will be recorded and posted on our website after the event has concluded

fallsnetwork.neura.edu.au

Exhibitors

Carers NSW

Center for Population Health

Clinical Excellence Commission

Council of the Ageing NSW

Macular Disease Foundation Australia

SHARE

StepUp for Dementia Research

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 FALL PREVENTION & HEALTHY AGEING NETWORK

VIRTUAL FORUM PROGRAM

9.30 am	Welcome and Acknowledgement of Country
9.35 am – 11.00 am	Plenary Session 1 Chairperson: Ms Lorraine Lovitt, Senior Improvement Lead, Older Person's Patient Safety Program, CEC
9.35 am	Pam Albany Guest Lecture <i>Smartstep - RCT of cognitive-only and cognitive-motor training to prevent falls in older people</i> Doctor Daina Sturnieks, Senior Principal Research Scientist, School of Medical Sciences, UNSW, FBIRC, NeuRA
10.05 am	<i>What characteristics of digital interventions make for effective activity promotion and fall prevention? Lessons for the COVID-19 pandemic.</i> Professor Chris Todd, Director of the NIHR Older People & Frailty Policy Research Unit, Deputy Director Healthy Aging Theme NIHR Applied Research Collaboration Greater Manchester, Professor of Primary Health and Community Health, University of Manchester
10.35 am	<i>Fall Prevention Research Update</i> Scientia Professor Stephen Lord, Senior Principal Research Fellow; Centre Director, Falls Balance and Injury Research Centre, NeuRA
10.50 am – 11.00 am	Question Time
11.00 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.30 am – 12.45 pm	Plenary Session 2 Chairperson: Professor Cathie Sherrington, School of Public Health and Institute for Musculoskeletal Health, University of Sydney
11.30 am	<i>RAC funding models</i> Professor Kathy Eagar, Director of Australian Health Services Research Institute, University of Wollongong
11.50 am	<i>Update on fall prevention in hospitals</i> Professor Anne-Marie Hill, Faculty of Health Sciences, Curtin University WA
12.15 pm	<i>Consumer engagement to improve care for older people: successful examples</i> Associate Professor Kate Laver, Occupational Therapist, Research Fellow, Ageing and Dementia research, Flinders University
12.35 pm – 12.45 pm	Question Time
12.45 pm – 1.30 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY

1.30 pm – 2.50 pm	CONCURRENT WORKSHOPS
1.30 pm	A. Telehealth – A how to Facilitators: Professor Kim Delbaere, FBIRC, NeuRA Lilian Miles, FBIRC, NeuRA Donna Parkes, Virtual Care Manager, ACI Telehealth is the delivery of healthcare at a distance using information communications technology. This allows for people to seek medical attention and continue Allied Health consultations and exercise programs when face-to-face care has been limited. This workshop on telehealth aims to provide a practical overview of how to set up a telehealth exercise program and will include key information on the benefits, enablers and barriers that telehealth can bring. This will be followed by a demonstration of running an exercise class via telehealth and will provide examples of exercises that can be done, how to manage and check on your clients and ways to progress your exercise programs.
1.30 pm	B. The CEC Comprehensive Care Model – Minimising harm Facilitators: Ms Lorraine Lovitt, Senior Improvement Lead, Older Person's Patient Safety Program NSW Fall Prevention Program, CEC Ingrid Hutchinson, Improvement Lead, CEC Dr Tracy Brown, Staff Specialist Geriatrician, HNE Health The Clinical Excellence Commission's safety model for Comprehensive Care aims to minimise harm to ensure safe, reliable and high value care for older people. This model builds on the Falls in hospital initiative, with a broader focus on the person and the safety system required to help drive sustained improvement. It aligns with the Australian Commission on Safety Quality Health Care National Standard 5: Comprehensive Care – minimising harm. The Comprehensive Care model ensures patient, family and carer experiences and outcomes are at the centre of our clinical care. There is a focus on quality improvement involving health staff, patients, their families and carers in improvement for older persons' safety. It incorporates team safety fundamentals including safety huddles and clinical handover, and clinical care actions that address patient fundamental care needs. It is anticipated that through improved focus on minimising harm there will be a reduction in hospital acquired complications such as falls, pressure injury, delirium, malnutrition and infection.

PRESENTERS

Pam Albany Guest Lecture

Dr Daina Sturnieks, School of Medical Sciences, UNSW, FBIRC, NeuRA

Doctor Daina Sturnieks has worked in Falls and Balance related research at NeuRA for 18 years and holds an academic appointment in the Faculty of Medicine at UNSW. Her research focuses on understanding biomechanical, sensorimotor and neurocognitive contributions to balance and falls in older people and clinical groups, and randomised controlled trials of novel interventions to prevent falls involving balance, stepping and cognitive training. Daina is active in translating research findings into community, aged care and hospital settings and is Executive Board Member of the Australian and New Zealand Falls Prevention Society.



Prof Chris Todd, Professor of Primary Care and Community Health, School of Health Sciences, University of Manchester

Professor Chris Todd leads the Healthy Ageing Research Group at the University of Manchester, a research group comprising some 38 staff and postgraduates. He is Director of the UK National Institute for Health Research (NIHR) Policy Research Unit Older People and Frailty, and Lead for Healthy Ageing, NIHR Applied Research Collaboration-Greater Manchester.



Chris is NIHR Senior Investigator and Fellow of the Royal College of Physicians of Edinburgh. He currently sits on the UK Scientific Advisory Group for Emergencies (SAGE) Social Care Working Group. Chris's work is broadly Health Services Research related to fall prevention, frailty and activity promotion amongst older people, including the use of technologies in support of interventions with older people. Chris led the EC funded projects ProFaNE Prevention of Falls Network Europe; and ProFouND

Prevention of Falls Network for Dissemination. He has some 300 research publications. He sculls with Agecroft Rowing Club and despite living in Manchester has no interest in soccer.

Prof Stephen Lord, NeuRA

Professor Stephen Lord is a Scientia Professor at the University of New South Wales and a Senior Principal Research Fellow at Neuroscience Research Australia, Sydney, Australia. He has published over 500 papers in the areas of applied physiology, instability, falls and fractures in older people and clinical groups with balance impairment. Steve's research follows two main themes: the identification of neuropsychological, sensorimotor and balance risk factors for falls and the development and evaluation of fall prevention strategies. His current projects include cognitive-motor intervention studies using new technologies to prevent falls and studies addressing fall risk in clinical groups at high risk of falls including people with dizziness, multiple sclerosis, Parkinson's disease and dementia.



Prof Kathy Eagar, Australian Health Services Research Institute, University of Wollongong

Professor Kathy Eagar is Professor of Health Services Research and Director of the Australian Health Services Research Institute (AHSRI) at the University of Wollongong. AHSRI has a team of over 60 researchers and includes six research centres. Among these are, the Centre for Health Research Illawarra Shoalhaven Population (CHRISP), and three national patient outcome centres - the Australasian Rehabilitation Outcomes Centre (AROC), the Palliative Care Outcomes Collaboration (PCOC) and the electronic Persistent Pain Outcomes Collaboration (ePPOC). She has authored over 500 papers on management, quality, outcomes, information systems and funding of the Australia and New Zealand health and community care systems.



Professor Eagar has undertaken extensive work in the aged care system over the last two decades. Most recently she led the design of the new Australian National Aged Care Classification (AN-ACC) and funding model for residential aged care and undertook research commissioned by the Aged Care Royal Commission into the adequacy of residential aged care staffing. Based on that research, the Aged Care Royal Commission recommended mandated staffing ratios and a 5-star public reporting system for aged care

Prof Anne-Marie Hill, Curtin University

Professor Anne-Marie Hill is a researcher at Curtin University. She holds an NHMRC EL2 Investigator (2020-25) grant focusing on Fall Prevention and was previously awarded an NHMRC early career fellowship (2012-15). Anne-Marie is a Fellow of the Australian College of Physiotherapy and has over 30 years clinical experience working with older people.



Anne-Marie's interests are in fall prevention and translation of evidence into practice in health communities. She has conducted large clinical trials in hospital, community and residential care populations and has obtained over \$11M in research funding with over 120 peer reviewed publications. Currently she is working on NHMRC clinical trials focusing on in-hospital fall prevention and post discharge support for carers of older people.

A/Prof Kate Laver, Flinders University

Kate is a past NHMRC-ARC Dementia Research Development Fellow and current ARC Discovery Early Career Research Fellow. She works collaboratively with health professionals, patients and the public to design and conduct high quality and relevant research. Her work involves developing and evaluating rehabilitation interventions designed to optimise function and quality of life, especially in older people. She is an experienced occupational therapist and has expertise in knowledge translation and leading applied translational research projects.



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We would like to thank:

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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)

NSW Falls Prevention Network Advisory Committee 2020/21 membership:

Mr Cameron Hicks, Project Officer, NSW Falls Prevention Network, NeuRA

Ms Lorraine Lovitt (chair), Lead, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, Clinical Excellence Commission

Ms Mandy Meehan, Team Leader, Occupational Therapist, SMHSOP, Ryde Community Mental Health, Northern Sydney LHD

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

Mr Bharat Nepal, Mental Health, Western Sydney LHD

Ms Amy Maitland, Senior Physiotherapist, PACC, Hospital in the Home, Western Sydney LHD

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

Ms Vani David, Wollongong Hospital, Illawarra Shoalhaven LHD

Ms Naomi Case, Stomal Therapist & Wound CNS, Manning Rural Referral Hospital, Hunter New England LHD

Mrs Lucinda McIntosh, Coordinator Falls Strategy, NSW Ambulance

Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Barbara Ward, President, SHARE

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

Ms Lauren Chuter, Project Officer, Centre for Population Health

Mr John Allan, Nursing Unit Manager, St Vincent's Private, Lismore

Mrs Julia Tremonti, Liverpool Hospital, South Western Sydney LHD

Sally Castell, Movement Matters

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