

NSW FALLS PREVENTION NETWORK FORUM PROGRAM

Friday 15 May 2020
Webinar

Keeping Active for a Healthy Mind and Body

PLENARY SESSIONS



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 USB produced. 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

NSW FALLS PREVENTION NETWORK FORUM

Friday 15th May 2020

PROGRAM

Questions and Evaluation

www.slido.com

SLIDO: #FallsForum2020

9.15am	Welcome
9.20 am - 10.00 am	Pam Albany Guest Lecture How can we delay dementia and promote brain health Professor Kaarin Anstey, Senior Principal Research Fellow; NeuRA
10.00 am - 10.30 am	Dementia and preventing falls Professor Jacqueline Close, Geriatrician POWH; Clinical Director, Falls, Balance and Injury Research Centre, NeuRA
10.30 am - 11.00 am	Physical activity for healthy ageing: development and evaluation of scalable interventions A/Professor Anne Tiedemann, Principal Research Fellow; Institute for Musculoskeletal Health, Sydney School of Public Health
11.00 am - 11.30 am	Technologies for fall prevention Dr Kim van Schooten, Postdoctoral Fellow; Falls, Balance and Injury Research Centre, NeuRA
11.30 am - 12.00 pm	Falls prevention research update Scientia Professor Stephen Lord, Senior Principal Research Fellow; Centre Director, Falls, Balance and Injury Research Centre, NeuRA
12.00 pm	Close

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.

The 2020 Pam Albany Guest Lecturer is Professor Kaarin Anstey, NeuRA

How can we delay dementia and promote brain health in older adults?

There is an increase in public information on reducing risk of dementia with strategies such as physical activity, maintaining a healthy weight and blood pressure, healthy diet and social engagement being promoted. However the clinical trial evidence in support of these interventions is less strong than the observational evidence. The lifestyle intervention for which evidence is strongest is physical activity. I will present a critical review of the evidence for brain health promotion, focussing on areas that are also relevant to falls.

Professor Kaarin Anstey is a Professor of Psychology at UNSW, and will take up an ARC Laureate Fellowship in



2020. She is also Director of the UNSW Ageing Futures Institute and conjoint Senior Principal Research Scientist at NeuRA. Kaarin completed her PhD in Psychology at the University of Queensland.

Kaarin's research programs focus on the causes, consequences and prevention of cognitive ageing, dementia, and common mental disorders in adulthood. A second focus is on older drivers' risk assessment and safety. She leads programs of work in epidemiology as well as trials of interventions to promote healthy ageing.

Kaarin is a Director of the Board of the Dementia Australia Research Foundation, a member of the Governance Committee of the Global Council on Brain Health, a Member of the Expert Advisory Panel for the MRFF Mission on Ageing, Dementia and Aged Care,

a member of the AIHW Working group on Dementia, and works with the World Health Organisation on dementia risk reduction. Contact email: k.anstey@neura.edu.au

Professor Jacqueline Close, NeuRA
Dementia and preventing falls

People with dementia are more likely to fall, sustain an injury and have poorer outcomes from a fall event. Unfortunately there is limited evidence at this point in time around effective intervention strategies to reduce falls risk in this important population. This presentation will include new data from a large randomised controlled trial looking at preventing falls in people with dementia and will consider where these results sit within the broader evidence base in this area.



Professor Jacqui Close is a Geriatrician at the Prince of Wales Hospital in Sydney and Clinical Director of the Falls, Balance and Injury Research Centre at Neuroscience Research Australia.

Her primary research area is falls and injury prevention and management with interests extending from risk factors and interventions to prevent falls to the impact of falls and injury to health service use and the way in which health services are designed to prevent and manage falls in older people. She has published over 200 articles in this area.

She is active in the area of translation and implementation research and sits on a number of state and national committees responsible for policy and practice.

She is Co-Chair of the ANZ Hip Fracture Registry, housed here at Neura and a Past-President of the Australian and New Zealand Society for Geriatric Medicine.

Contact email: j.close@neura.edu.au

Associate Professor Anne Tiedemann

Physical activity for healthy ageing: development and evaluation of scalable interventions

Physical activity is key to maximising health and wellbeing across the lifespan. Physical activity prevents chronic disease and disability, and improves cognition, social connectedness and mental wellbeing. Balance-specific exercise, a subset of physical activity, is essential for the prevention of falls in older age.

Despite these significant benefits, older people are the most inactive segment of society with over 70% of Australians aged 75 years and over not sufficiently active, highlighting a need for more effective strategies to promote uptake and adherence to physical activity and fall prevention programs.

This presentation will overview research being undertaken by my team to evaluate scalable strategies, involving behaviour change techniques, for the promotion of physical activity. I will report on completed and ongoing trials evaluating the impact of these approaches on falls and physical activity among people aged 50 years and older.



Associate Professor Anne Tiedemann is Principal Research Fellow at the Institute for Musculoskeletal Health, School of Public Health, The University of Sydney. She is the Institute's Theme Leader in Healthy Ageing within the Physical Activity, Ageing and Disability Stream. Anne's research aims to bridge the gap between the compelling evidence of the importance of physical activity for maximising health and the very low rates of participation across the population, particularly in middle to older age. Over the past 10 years Anne has led research exploring the design and evaluation of low cost, sustainable strategies for preventing falls and increasing physical activity for people aged 50 years and over. Anne has published more than 100 peer-reviewed papers on this topic, which have been cited over 7500 times, demonstrating her research significance and impact.

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Dr Kim van Schooten Technology for fall risk prediction

Wearables are becoming ubiquitous for activity tracking and can provide insight into quality of movement. These devices can be used to unobtrusively assess the amount and quality of gait someone engages in during daily life, which has been linked to fall risk. This presentation will review current evidence for using daily-life gait characteristics to identify people at risk for falls and tracking change in fall risk over time. It will provide an overview of the opportunities, challenges and limitations of using wearable sensors in large-scale studies and clinical settings to assess fall risk and mobility decline.



Dr Kim van Schooten is a postdoctoral fellow at NeuRA and conjoint senior lecturer at UNSW supported by the Human Frontier Science Program. She obtained her Ph.D. in 2014 from the faculty of Human Movement Sciences, Vrije Universiteit Amsterdam (the Netherlands). She was a Mitacs & Michael Smith Foundation for Health Research postdoctoral fellow at the faculty of Biomedical Physiology and Kinesiology, Simon Fraser University and the Centre for Hip Health and Mobility, University of British Columbia (Canada). Her research focuses on balance control and fall risk in seniors. She is particularly interested in the underlying mechanisms of balance impairments, and methodologies for ambulatory monitoring of mobility using wearable sensors. Through a combination of experimental and epidemiological studies, she studies how people maintain and recover balance during daily-life activities, to improve our understanding of why falls occur and to reveal targets for the prevention of mobility impairments and falls.

Scientia Professor Stephen Lord, NeuRA Falls Prevention research update

This presentation will cover summaries of recently published research studies that have addressed fall prevention in older people. Topics will include: brain activity required for stepping and gait; pain, social isolation as risk factors for falls; effective exercise modalities; fall prevention in nursing homes; and compliant flooring as a fall-injury prevention strategy. It will conclude with an update of "gold bar" best-bet evidence for fall prevention.



Scientia 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. His 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.

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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 2019/20 membership:

Scientia Professor Stephen Lord, NHMRC Senior Principal Research Fellow, Director, Falls, Balance & Injury Research Centre, NeuRA

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 Deidre Upton, Senior Project Officer, NSW Office of Preventative Health, MOH

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

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

Mr Bharat Nepal, Mental Health, Western Sydney LHD

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Ms 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

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