

NSW FALL PREVENTION & HEALTHY AGEING NETWORK ANNUAL FORUM PROGRAM

Friday 27 May 2022

Wesley Conference Centre, Sydney



NSW FALLS PREVENTION NETWORK FORUM

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PROGRAM

SLIDO Website: www.slido.com Log in: #FallsForum22

8.30 am	REGISTRATION/ARRIVAL TEA/COFFEE
9.00 am	<i>OPENING SESSION</i> Wesley Theatre Chairperson: Ms Lorraine Lovitt <i>WELCOME TO COUNTRY</i> Uncle Allen Madden, Gadigal Elder
9.10 am	<i>OPENING</i> Prof Andrew Wilson, Board Chair, Clinical Excellence Commission and Agency for Clinical Innovation
9.20 am - 10.35 am	<i>PLENARY SESSION 1</i> Chairperson: Prof Lindy Clemson
9.20 am	<i>Pam Albany Guest Lecture</i> <i>Addressing frailty with 4 year olds running the show</i> Professor Susan Kurrle, Geriatrician Hornsby Ku-ring-gai and Eurobodalla Health Services, Curran Professor in Health Care of Older People, Faculty of Medicine and Health, University of Sydney
9.50 am	<i>An update on the current evidence for fall prevention interventions</i> Professor Cathie Sherrington, Institute for Musculoskeletal Health and School of Public Health, University of Sydney/ Sydney Local Health District
10.10 am	<i>Question Time</i>
10.20 am	<i>Lifetime Achievement Award</i>
10.30 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.00 am - 12.50 pm	<i>PLENARY SESSION 2</i> Wesley Theatre Chairperson: Prof Kim Delbaere
11.00 am	<i>A dashboard of predictive analytics and decision support to drive care quality and person-centred outcomes in aged care</i> Dr Karla Seaman, Research Fellow, Australian Institute of Health Innovation, Macquarie University Dr Nasir Wabe, Senior Research Fellow, Australian Institute of Health Innovation, Macquarie University
11.30 am	<i>RESPOND, a patient-centered program to prevent falls in older people presenting to the emergency department with a fall</i> Prof Anna Barker, Executive Director, Research & Innovation, Silver Chain Group Limited
12.00 noon	<i>CEC Older Persons' Patient Safety Program: Keeping older people safe in our care</i> Ms Lorraine Lovitt, Older Person's Patient Safety Program, Clinical Excellence Commission
12.20 pm	Question time
12.40 pm	<i>NSW Fall Prevention and Healthy Ageing Network – an update and plans for the future</i> Mr Cameron Hicks and Ms Natassia Smith, NSW FPHAN Project Officers, NeuRA
12.50 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY

1.30 pm - 3.00pm AFTERNOON CONCURRENT SESSIONS	
A. HOSPITAL CARE <i>Smith Room</i> Chairperson: Malcolm Green	B. COMMUNITY AND RESIDENTIAL CARE INITIATIVES <i>Wesley Theatre</i> Chairperson: Sharon Butler
<i>Let's reflect on the fall</i> Vanathy David, Aged care CNC, Wollongong Hospital	<i>Healthy and Active for Life Online</i> Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health
<i>Be Curious: Plan for success</i> Briony Chasle, SWSLHD Fall Prevention Coordinator	
<i>By Your Side</i> Mayla Mendieta, Nursing Unit Manager, Bankstown Hospital	<i>The Living Longer Living Stronger program</i> Kamilla Haufort, Living Longer Living Stronger Coordinator, COTA NSW
<i>A comprehensive approach to falls prevention, one meal at a time</i> Amanda Wood, Nursing Unit Manager, Bankstown-Lidcombe Hospital	<i>SHARE – building healthier communities through online exercise during COVID-19</i> Adrian Prakash General Manager, SHARE
<i>Have a seat, not a fall!</i> Vicki Deane, Aged care CNC, Liverpool Hospital	<i>Preventing falls among community-dwelling older adults living with mental illness</i> Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, Northern Beaches Older People's Mental Health Service Rebecca Baiada, Project Officer, Sydney University
<i>Safety in Single Rooms</i> Melisa Grujovski, Practice Development Coordinator, Maitland Hospital	
<i>Falls no more</i> Ruben Mateluna, Nursing Unit Manager, SWSLHD Ying Chen, A/CNC, SWSLHD	<i>FREDeX - enhancing empathy through simulation learning in aged care</i> Desley Johnson, WLHD Fall Prevention Coordinator
<i>Falls Prevention in a busy ED environment</i> Daniel Van Vorst, A/Clinical Nurse Consultant, Liverpool Hospital Emergency Department	
<i>Know Falls No Falls</i> Arjay Clamonte, Clinical Nurse Educator, Bowral & District Hospital	<i>Gamification to empower aged care residents to get active</i> Ellen de Jong, National Aged Care Manager, Guide Healthcare
Questions and Discussion	Questions and Discussion
3.00 pm - 4.00 pm CONCLUDING SESSION	
NEW RESEARCH FINDINGS <i>Wesley Theatre</i> Chairperson: Morag Taylor	
<i>"One smart watch to track them all: speed, quality and distribution of your day-to-day walks"</i> Lloyd Chan, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA	
<i>Understanding physical activity and falls in women</i> Venisa Kwok, PhD Candidate, Institute for Musculoskeletal health, Sydney University	
<i>Development and Validation of the Falls Health Literacy Scale in Older People</i> Dr Mae Lim, Postdoctoral Research Fellow, Falls Balance and Injury Research Centre, NeuRA	
<i>Mechanisms Underlying Responses and Adaptations to Reactive Balance Training in Older Adults</i> Steven Phu, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA	
<i>Coaching for Healthy AGEing trial – a cluster-randomised controlled trial</i> Dr Juliana Oliveira, Postdoctoral Research Fellow, School of Public Health, Sydney University	
<i>Covid-19 related implementation challenges for the Ironbark falls prevention trial for Older Aboriginal people 2020-2022</i> Dr Julieann Coombes, Research Fellow, Aboriginal & Torres Strait Islander Programs, The George Institute for Global Health	
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 Susan Kurrle, Geriatrician Hornsby Ku-ring-gai and Eurobodalla Health Services, Curran Professor in Health Care of Older People, Faculty of Medicine and Health, University of Sydney

Addressing frailty with 4 year olds running the show

Frailty is an age associated decline in functioning across multiple physiological systems resulting in an increased vulnerability to stressors, and an increased chance of poor health outcomes. People with frailty are 2 to 3 times more likely to fall than their non-frail counterparts, and experience higher morbidity and mortality as well as lower quality of life. It is therefore important to recognise and intervene in frailty, and intergenerational care programs have a significant part to play in improving mobility and function.

This presentation discusses the interventions and improvements made by participants in the intergenerational care program as seen on Series 1 and 2 in the ABC series 'Old People's Home for 4 Year Olds' with reference to frailty, and also improvements in quality of life.



Professor Susan Kurrle holds the Curran Chair in Health Care of Older People in the Faculty of Medicine and Health at the University of Sydney and is also a geriatrician at Hornsby Ku-ring-gai Hospital in Northern Sydney and at Batemans Bay and Moruya Hospitals in Southern NSW. She is the Clinical Director of Aged Care and Rehabilitation for Northern Sydney Local Health District. Prof Kurrle has worked extensively in the area of dementia, and has developed a memory assessment and dementia program at Hornsby Ku-ring-gai Hospital where she works clinically in this area, and leads a Dementia Clinical Drug Trials Unit. She has also developed rural memory clinics in Southern NSW and a telehealth dementia clinic in Armidale in northern NSW.

Professor Cathie Sherrington, Institute for Musculoskeletal Health and School of Public Health, University of Sydney/ Sydney Local Health District

An update on the current evidence for fall prevention interventions

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 Cathie Sherrington FAHMS, FACP, PhD, MPH, BAppSc, Institute for Musculoskeletal Health and School of Public Health University of Sydney/ Sydney Local Health District where she leads the Physical Activity, Ageing and Disability Research Stream. Her research focuses on the design and evaluation of falls prevention and exercise interventions for older people and those with disabilities. She has authored 280+ refereed journal articles, 47 clinical trials (18 with NHMRC funding) and 26 systematic reviews, and has been a Chief Investigator on NHMRC grants totaling over \$26 million include the Centre of Research Excellence in the Prevention of Fall-related Injuries that she leads. Cathie is ranked # 3 falls researcher in the world by Scopus and Expertscape.

Cathie has a clinical background as a physiotherapist in aged care and rehabilitation and is a Fellow of the Australian College of Physiotherapists as well as the Australian Academy of Health and Medical Sciences.

PLENARY SESSION 2

Dr Karla Seaman, Research Fellow, Australian Institute of Health Innovation, Macquarie University

Dr Nasir Wabe, Senior Research Fellow, Australian Institute of Health Innovation, Macquarie University

A dashboard of predictive analytics and decision support to drive care quality and person-centred outcomes in aged care

Older people in residential aged care facilities are vulnerable to falls and associated injuries. We are currently working in partnership with an aged care provider to co-develop a dashboard to improve care quality and early identification of individuals at risk of falls using routinely collected aged care data. In this presentation, we will discuss various aspects of our project, including co-designing of the dashboard, falls epidemiology, the validity of the current fall risk assessment tool, and the development of a novel dynamic falls risk prediction tool.



Doctor Karla Seaman is an experienced pharmacist and health services research fellow in the Aged Care Evaluation and Research Team at the Australian Institute of Health Innovation, Macquarie University. She has expertise in linked administrative data, mixed methods, evaluation, and stakeholder research projects. She has worked across a variety of health sectors including leading and coordinating research for a non-for-profit organisation, hospitals and within the community. She focuses primarily on translation research in the areas of aged care and older adults. She supported the establishment of a research centre in aged care and has been an industry leader for the NHMRC Cognitive Decline Partnership Centre.



Doctor Nasir Wabe is a Senior Research Fellow with multi-disciplinary background (pharmacy, epidemiology, and data science) and expertise in the areas of outcome-based health services research, health informatics, pharmacoepidemiology and quality use of medicine. Dr Wabe has extensive experience in conducting data linkage and analysis of big health data obtained from primary care, hospitals, and residential aged care. He has been successful in securing >\$1 million in research funding and has led the statistical aspects of several large-scale projects over the past 5 years. Dr Wabe has a strong track record of research outputs with >50 peer-reviewed papers (h-index 20, i-10 27).

Professor Anna Barker, Executive Director, Research & Innovation, Silver Chain Group Limited
RESPOND to the first fall to prevent the second

This presentation will include recent population data and evidence on fall related hospital presentations and evidence around falls prevention in the community. An overview of the RESPOND trial that tested a novel approach to falls prevention involving a telephone-based patient-centred program will be presented. The results of the ASPREE-Fracture study that explored the effect of daily low-dose aspirin on fractures and fall related hospital presentations will also be shared. Challenges to reducing falls at a population level will be discussed and potential solutions explored.



Professor Anna Barker is the Executive Director, Research & Innovation at Silver Chain Group. Anna leads the Future Care strategy that will shape how care in the home is delivered in Australia and Internationally. The strategy brings together service evaluation, innovation and research activities. Anna leads strategic planning and implementation of the research and innovation activities across the Future Care workstream and the business. This includes building academic and industry partnerships to support research and innovation activities, management of the research governance function and supervision of research and innovation staff across the business.

Anna has led several large NHMRC multi-centre Randomised Controlled Trials in fall and fracture prevention (combined budget >\$5M) and supported several others as CIB including NHMRC funded Better Brains trial to delay cognitive decline via e-health technologies (2019-24 \$1.6M). In evidence of the quality and significance of my research, key findings have been cited by National Best Practice Guidelines. Anna also led the world's largest falls prevention RCT with >40,000 hospital patients. This landmark study was published in The BMJ and the full text of the article was downloaded >7,000 times in the first month after publication.

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

CEC Older Persons' Patient Safety Program: Keeping older people safe in our care



Ms Lorraine Lovitt is a Senior Improvement Lead in the Older Persons' Patient Safety Program at the Clinical Excellence Commission (CEC). Our role is to support health services to build capacity in undertaking quality and safety improvement initiatives to improve the safe care for older people by focusing the implementation of the CEC model for Comprehensive Care – minimising harm.

Lorraine has a nursing background with considerable experience in aged care in both community and acute care settings and in the residential aged care sector.

AFTERNOON SPLIT SESSIONS HOSPITAL CARE INITIATIVES

1. Vanathy David, Aged care CNC, Wollongong Hospital
Let's reflect on the fall
2. Briony Chasle, SWSLHD Fall Prevention Coordinator
Be Curious: Plan for success
3. Mayla Mendieta, Nursing Unit Manager, Bankstown Hospital
By Your Side
4. Amanda Wood, Nursing Unit Manager, Bankstown-Lidcombe Hospital
A comprehensive approach to falls prevention, one meal at a time
5. Vicki Deane, Aged care CNC, Liverpool Hospital
Have a seat, not a fall!
6. Melisa Grujovski, Practice Development Coordinator, Maitland Hospital
Safety in Single Rooms
7. Ruben Mateluna, Nursing Unit Manager, SWSLHD
Ying Chen, A/CNC, SWSLHD
Falls no more
8. Daniel Van Vorst, A/Clinical Nurse Consultant, Liverpool Hospital Emergency Department
Falls Prevention in a busy ED environment
9. Arjay Clamonte, Clinical Nurse Educator, Bowral & District Hospital
Know Falls No Falls

COMMUNITY AND RESIDENTIAL AGED CARE INITIATIVES

1. Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health
Healthy and Active for Life Online
2. Kamilla Haufort, Living Longer Living Stronger Coordinator, COTA NSW
The Living Longer Living Stronger program
3. Adrian Prakash, General Manager, SHARE
SHARE – building healthier communities through online exercise during COVID-19
4. Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, Northern Beaches Older People's Mental Health Service
Rebecca Baiada, Project Officer, Sydney University
Preventing falls among community-dwelling older adults living with mental illness
5. Desley Johnson, WLHD Fall Prevention Coordinator
Paul Bennett, Clinical Educator, BHUDRH, University of Sydney
Hamish MacDougall, Virtual Reality Design, RPA IAS – SLHD
Sabina Nadvi, Clinical Nurse Educator, WNSWLHD
Emily Saurman, Research Supervisor, BHUDRH-USYD
Lucia Wuersch, Qualitative Analysis, CSU

6. Ellen de Jong, National Aged Care Manager, Guide Healthcare
Gamification to empower aged care residents to get active

CONCLUDING SESSION

NEW RESEARCH FINDINGS

1. Lloyd Chan, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA
One smart watch to track them all: speed, quality and distribution of your day-to-day walks
2. Venisa Kwok, PhD Candidate, Institute for Musculoskeletal health, Sydney University
Understanding physical activity and falls in women
3. Dr Mae Lim, Postdoctoral Research Fellow, Falls Balance and Injury Research Centre, NeuRA
Development and Validation of the Falls Health Literacy Scale in Older People
4. Steven Phu, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA
Mechanisms, Underlying Responses and Adaptations to Reactive Balance Training in Older Adults
5. Dr Juliana Oliveira, Postdoctoral Research Fellow, School of Public Health, Sydney University
Coaching for Healthy AGEing trial – a cluster-randomised controlled trial
6. Dr Julieann Coombes, Research Fellow, Aboriginal & Torres Strait Islander Programs, The George Institute for Global Health
Covid-19 related implementation challenges for the Ironbark falls prevention trial for Older Aboriginal people 2020-2022

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Exhibitors:

Clinical Excellence Commission, SHARE, COTA, Stepping On, University of Sydney, NSW Fire and Rescue, Easy Care tech, NSW Centre for Population Health

NSW Falls Prevention Network Advisory Committee 2021/2022 membership:

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

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

Ms Ingrid Hutchinson, Improvement Lead, Older Persons' Patient Safety Program, CEC

Ms Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, NBOPMHS

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Ms Sally Castell, Movement Matters