

**NSW Falls Prevention Network Rural Forum**  
**Western NSW Local Health District**  
**Friday 12th April 2024**  
**Orange Lecture Theatre, Orange Health Service, Orange**

*Keeping Older People Safe*

**PROGRAM**

**Introduction**

- 9.00 **Registration /Tea/Coffee**
- 9.20 **Opening and Housekeeping** (Wi-Fi access)  
Ms. Lorraine Lovitt – CEC Older Persons' Patient Safety Program, Clinical Excellence Commission
- 9.30 **Welcome/Acknowledgement to Country**
- 9.40 **Opening address**  
Adrian Fahy – Executive Director WNSWLHD

**Plenary Session 1**

- 10.00 **Fall Prevention Research Update – Effective Interventions in Community, Hospital and Residential Aged Care settings**  
Scientia Professor Stephen Lord – Senior Principal Research Fellow; Centre Director, Falls Balance and Injury Research Centre, NeuRA
- 10.20 **Combatting Malnutrition One Bite at a Time**  
Kirstine Metcalf – Dietitian WNSWLHD
- 10.40 **Dignity of Risk from a Residents Perspective**  
Renee Mendes – Residential Aged Care Manager for WNSWLHD

*11.00 – 11.20 am Morning Tea*

**Plenary Session 2**

- 11.20 **Nga Nga Nha @ Molong**  
Cheryn Johnson – Fitness leader WNSWLHD / Lucy Cusack – Physiotherapist WNSWLHD
- 11.50 **Rural Allied Health Assistants Pilot Project**  
Dianne Harvey – Virtual Allied Health Manager WNSWLHD
- 12.10 **Pharmacy for Fall Prevention**  
Kate Grogan – Clinical Pharmacist, Virtual Clinical Pharmacy Service / Mary-Anne Spence – District Manager Aged Care Service WNSWLHD

## **12.30 - 1.10 pm Lunch**

### **Afternoon Session**

- 1.10 **Improving Comprehensive Care @ Bathurst Health Service**  
Bathurst Comprehensive Care team
- 1.25 **Prevention of Fractures – an ORP Clinic Perspective**  
Dr Phil Butler – Physician and Geriatrician Orange Health Service
- 1.45 **Keeping Older People Safe - Challenge and Encouragement**  
Ms. Lorraine Lovitt – Senior Improvement Lead, CEC Older Persons’ Patient Safety Program
- 2.05 **Dance for Healthy Ageing**  
Eloise Borschtsch – Senior Physiotherapist, Health Promotion Officer WNSWLHD and Far West LHD
- 2.25 **Fall Prevention from Birth @ Coonabarabran Health Service**  
Chris Druce – Health Service Manager WNSWLHD
- 2.40 **Panel Discussion**  
Panellists: Stephen Lord, Lorraine Lovitt, Ash Wright
- 2.55 **Closing Comments and Forum Evaluation**

### **3.00 CLOSE**

## PLENARY SPEAKERS

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



**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.

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

#### Keeping Older People Safe - Challenge and Encouragement



**Lorraine Lovitt** is a Senior Improvement Lead in the Older Persons Safety Program at Clinical Excellence Commission (CEC). Lorraine has a nursing background with considerable experience in aged care, in both community and acute care settings, as well as in the residential aged care sector. She is a Graduate of the Australian Institute of Company Directors (AICD), a non-executive director of a residential aged care provider, and has a long association with the NSW Fall Prevention Network.

## FEATURED LOCAL PRESENTATIONS

### Rural Allied Health Assistant Pilot Program

#### A WNSWLHD multisite initiative

Overview of the model of care for the implementation and service delivery of AHAs within five rural sites in WNSW LHD

### Pharmacy for Falls Prevention

#### Kate Grogan – Clinical Pharmacist, Virtual Clinical Pharmacy Service

Medications can contribute significantly to a person's falls risk. This presentation discusses how medications contribute to falls risk and what are high risk medications.

### Fall Prevention from Birth

#### Coonabarabran Health Service

Whole of health approach & fall prevention is everyone's business approach, for both inpatients and the community.