

2020

NSW Falls Prevention Network Forum Evaluation Report



Prepared by Cameron Hicks
Project Officer
NSW Falls Prevention Network

NSW FALLS PREVENTION NETWORK FORUM
Keeping Active for a Healthy Mind and Body
15 May 2020
EVALUATION SUMMARY

The NSW Falls Prevention Network Forum was held on Friday May 15, 2020, this year as an online webinar conducted through zoom. The theme of the event was Keeping Active for a Healthy Mind and Body and a copy of the program with abstracts and presenters' biographies is at Attachment 1.

Forum Summary

Participants: 735 (there were 1384 registered to attend the event), from hospitals, community services, residential aged care, and health promotion.

The Pam Albany Guest Lecture

Professor Kaarin Anstey delivered this lecture on *How can we delay dementia and promote brain health in older adults?*

Web-streaming

The webinar was streamed through zoom to 735 unique viewers.

Recording of Plenary Sessions

A recording of each Plenary presentation is available on the Falls Network website.

Evaluation

This year we used Zoom and Slido to collect questions during the forum and Slido for the evaluation.

Evaluation Summary:

Work Settings

This forum engages with professionals from each of the care settings, this question was answered by 107 participants – participants were able to select multiple settings

- Hospital – acute care (24%)
- Hospital – subacute care (13%)
- Multipurpose Service (5%)
- Community Health Service (33%)
- Community Health Provider (11%)
- Residential Aged Care (RAC) (15%).
- University/Research (7%)
- Private provider / self-employed (6%)
- Other settings (10%).

Reason for attendance: 97% of 107 respondents answered with knowledge building as the main reason for attending the forum.

Key messages from forum

The key messages that respondents gained from attending the forum included (summarized from :

- Fall risk assessment is not solved by simply adding sensors.
- Falls are preventable in community dwelling adults with exercise that challenges balance.
- Need to intervene earlier and get people physically active in middle age. Important to emphasise wholistic health not just fall prevention.
- Strategies to reduce risk of dementia.
- How to delay dementia and promote brain health in older adults and falls prevention in dementia.
- Make use of technology in falls prevention.
- Benefits of strength and balance exercise for middle age to prevent falls and dementia in older age.
- Importance of diet as a protective factor for decreasing risk of dementia.

- Multi-modal approach to falls most effective.
- New technology may work well for some older people.

Suggestions for Falls Topics for future forums

- Alternate models of intervention that can be reproduced out of the clinical research model without clinical oversight.
- More community-based research that is translational to practice.
- Virtual exercise groups.
- Dementia research and falls prevention research in older adults pre-dementia status.
- An exercise physiologist perspective on progressive resistance training and it's application for community-based exercise in older adults.
- More specifics on exercise programs via internet for falls prevention.
- Medications in older adults and the impact on falls.
- More discussion about falls prevention in aged care.
- Community exercise programs, falls prevention in rural areas.
- Scale up and implementation of effective fall prevention interventions.
- Update on specific physical activity parameters that are most effective in predicting falls.
- Delirium and falls.
- Reducing length of stay at hospital by offering at home/ community programs.
- Chronic pain in elderly people.

Overall comments on the forum were very positive with many commenting it was a great day and very informative, a selection of other comments are in Box 1.

<i>Box 1 Specific individual comments on the Forum</i>
<p><i>Thought stimulating</i> <i>Interesting information relating dementia to falls risk. All speakers were excellent</i> <i>I'm doing the right thing, and confirms it is important to stay up to date with current best practice</i> <i>I will continue to attend these forums every year! The information presented is always top notch</i> <i>Would love this forum to be offered as a webinar each year for those unable to travel to Sydney!</i></p>

This forum provides a mechanism for sharing current falls prevention research and best practice across the continuum of care and provides an opportunity for participants to network and share with colleagues.

Recording the sessions has increased the reach of this forum, to those professionals who are unable to attend the day, or who would like to listen to the presentations again following the forum. Each of the five plenary presentations have been viewed from 200-500 times since being uploaded. Recorded presentations and slides are available at <https://fallsnetwork.neura.edu.au/events/2020-events/>

The forum was hosted by Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, based at the Clinical Excellence Commission.

The Pam Albany Lecture given by Professor Kaarin Anstey from NeuRA. The title of her presentation was *How can we delay dementia and promote brain health in older adults?*. This presentation provided an overview of the research on reducing risk factors for developing dementia using physical activity, maintaining a healthy weight, a healthy diet and social engagement. This critical review of the evidence for brain health also focussed on areas relevant to falls prevention.



Professor Kaarin Anstey

Our second presentation in this session by Professor Jacqui Close, NeuRA who provided an update of the research between dementia and falls. Titled Dementia and Preventing Falls, this included data from large randomised controlled trials looking to prevent falls in people with dementia along with insights on what worked and what we need to keep striving towards.



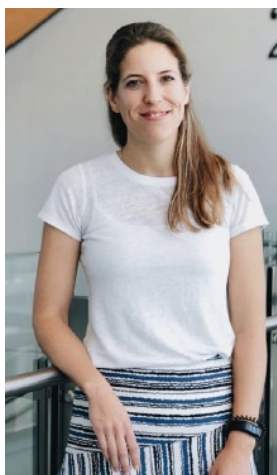
Professor Jacqui Close

Associate Professor Anne Tiedemann, University of Sydney presented on Physical activity for healthy ageing: development and evaluation of scalable interventions. The presentation provided an overview of different interventions looking to improve physical activity and reduce falls and how they hope to scale these programs to a larger audience in the future.



Associate Professor Anne Tiedemann

Doctor Kim van Schooten, NeuRA presented on Technology for fall risk prediction. This presentation provided an overview of different wearable technologies for measuring daily-life gait characteristics with the goal to identify people at risk for falls and tracking change in fall risk over time.



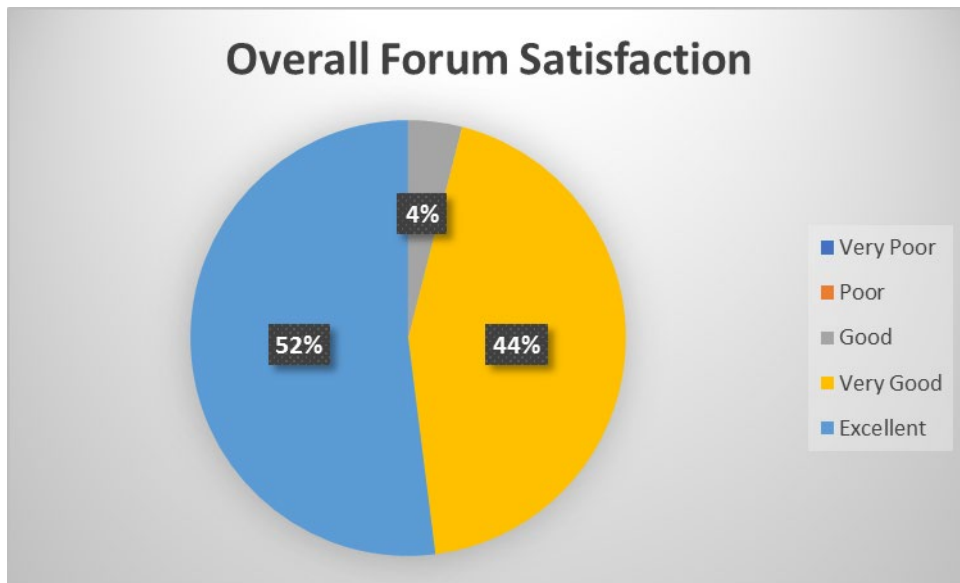
Doctor Kim van Schooten

Professor Stephen Lord gave the final presentation for the webinar. His talk Falls Prevention Research Update covered summaries of recently published research into fall prevention. The topics covered included brain activity during stepping and gait, pain, social isolation as a risk factor for falls and fall prevention in nursing homes.

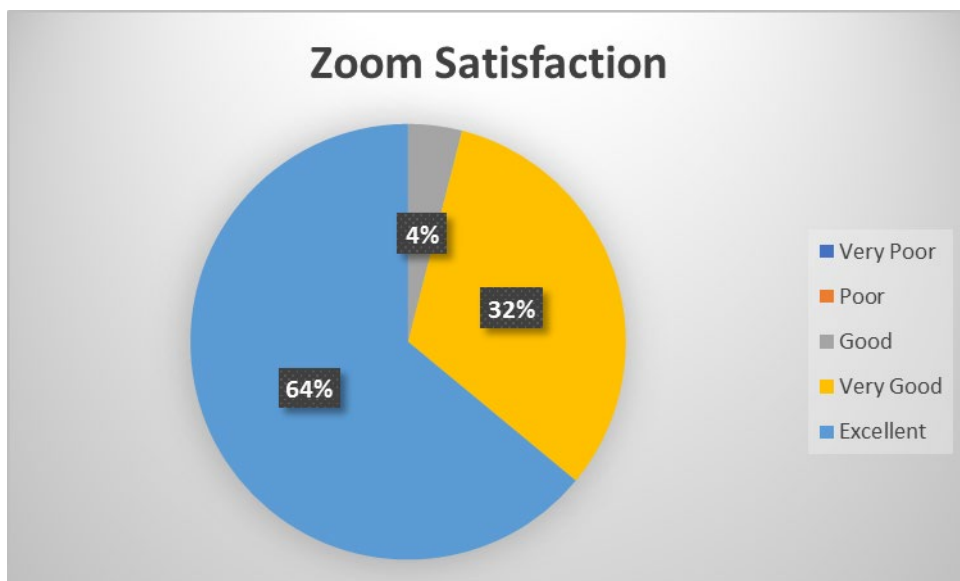


Professor Stephen Lord

Overall forum rating: 96% of 98 respondents rated the overall forum as 4 or 5 out of 5. The main comments on the overall forum are in Box 1.



Overall Platform rating: Satisfaction with using the Zoom Platform for the webinar was high with 96% of respondents rating the platform as Very Good or Excellent.



CONCLUSION

This forum provides a mechanism for sharing current falls prevention research and best practice across the continuum of care. The webinar format this year provided an event which anyone in NSW could participate in without need for travel and was reflected in the greatly increased numbers for the event. Recording the Plenary Sessions has increased the reach of this forum, to those professionals who are unable to attend the day, or who would like to listen to the presentations again