

30th April 2021

NSW Fall Prevention &
Healthy Ageing Network

Virtual Forum

Safe Activity for Everybody



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NSW FALL PREVENTION AND HEALTHY AGEING NETWORK
Virtual Forum – Safe Activity for Everybody
30 April 2021 EVALUATION SUMMARY

The NSW Fall Prevention and Healthy Ageing Network Virtual Forum was held on Friday April 30, 2021. Due to COVID-19 this year our annual forum was conducted as an online webinar using the WHOVA platform and ZOOM teleconferencing. The day was conducted across three separate sessions targeting specific themes and audiences. Session 1 – Exergaming and telehealth to prevent falls. This session provided an overview of the recently completed Smart+ step research study, an analysis of digital telehealth interventions and what makes for effective fall preventions and an update of the literature for fall prevention. Session 2 – Focussed on fall prevention in hospital settings, provided an update on the recently announced Australian National Aged Care Classification and funding model and the effective use of consumer engagement to improve care in older people. Session 3 – two separate workshops were run concurrently; 1) Telehealth – A how to. A comprehensive how to on telehealth including an overview of telehealth resources from the Agency for Clinical Innovation followed by a practical demonstration and discussion, 2) The Clinical Excellence Commission Comprehensive Care Model – Minimising harm. This workshop provided a summary of the new Comprehensive Care Model to be rolled out across the state.

Forum Summary

Participants: 468 unique attendees (549 registered), from hospitals, community services, residential aged care, and health promotion.

Recording of Sessions

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

Session Summaries

Session 1 – Exergaming and telehealth to prevent falls

Facilitated by Ms Lorraine Lovitt, Senior Improvement Lead, Older Person's Patient Safety Program, CEC. This session included the Pam Albany Guest lecture from Dr Daina Sturnieks, School of Medical Sciences, UNSW, FBIRC, NeuRA. Her presentation on 'Smart+ step: A 3-arm randomised controlled trial of cognitive-only and cognitive-motor training to prevent falls in older people' provided the first results on this project. This trial found that 12 months of exergaming using dance mats and computer games led to a significant reduction in falls compared to a control group. Prof Chris Todd, Director of Research, SNMSW, University of Manchester presented on 'What characteristics of digital interventions make for effective activity promotion and fall preventions? Lessons for the COVID-19 pandemic' detailing the requirements that interventions should strive to achieve if they are to successfully improve physical activity levels and prevent falls in the community. Prof Stephen Lord, Director FBIRC, NeuRA, presented an update of the literature detailing interventions that have been shown to prevent falls under rigorous testing.

Session 2

Facilitated by Prof Cathie Sherrington, Institute for Musculoskeletal Health, University of Sydney. The session began with Prof Kathy Eagar, Director of AHSRI, University of Wollongong presenting an overview of the Australian National Aged Care Classification (AN-ACC) and funding model. This provided information on what to expect in the upcoming budget announcement on changes to Aged Care funding and the results of

some of the studies conducted in the royal commission on aged care. Prof Anne-Marie Hill, School of Physiotherapy and Healthy Sciences, Curtin University then presented on reducing falls in hospitals – translating evidence into practice. This provided an update on recent research conducted in preventing falls within hospitals and how nurses and clinicians can incorporate this into their work. A/Prof Kate Laver, Research Fellow, Flinders University presented on consumer engagement to improve care for older people.

Session 3 – concurrent workshops

Telehealth – A how to

Facilitated by Prof Kim Delbaere, FBIRC, NeuRA this workshop on telehealth aimed 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 was followed by a demonstration of running an exercise class via telehealth and provided examples of exercises that can be done, how to manage and check on your clients and ways to progress your exercise programs. Donna Parkes, ACI provided an overview of the ACI telehealth resources, tips on setting up a telehealth service and some of the benefits this service can provide. Lillian Miles, NeuRA then provided a live exercise demonstration highlighting the kinds of exercises she would do in her telehealth consultations, how to progress an exercise program as well as safety considerations for telehealth exercise classes. Margaret Armstrong, NSLHD Falls Prevention Coordinator, joined the discussion panel to provide input on the Healthy Active Living Online and SteppingOn Online programs.

The CEC Comprehensive Care Model – Minimising Harm

Facilitated by Lorraine Lovitt, Senior Improvement Lead, Older Person's Patient Safety Program, CEC. This workshop introduced the Clinical Excellence Commission's Comprehensive Care Model, this program incorporates team safety fundamentals including safety huddles and clinical handover, and clinical care actions that address patient fundamental care needs. Speakers included Ingrid Hutchinson, Improvement Lead, CEC, Dr Tracy Brown, Staff Specialist Geriatrician, CEC and Dr Sasha Bennett, Executive Officer, NSW Therapeutic Advisory Group.

Evaluation Summary

Work Settings

This forum engages with professionals from each of the care settings, this question was answered by 35 participants – participants were able to select multiple settings:

- Hospital – acute care (18%)
- Hospital – subacute care (6%)
- Community Health Service (18%)
- Community Health Provider (3%)
- Residential Aged Care (RAC) (18%)
- University/Research (18%)
- Private provider / self-employed (9%)
- Other settings (9%)

Satisfaction with overall forum

- Excellent (47%)
- Very good (41%)
- Good (12%)

Please see attached below webinar flyer, program and final costs.