



NSW
Fall Prevention
& Healthy Ageing
Network

7th June 2024

NSW Fall Prevention & Healthy Ageing Network Annual Forum Wesley Conference Centre



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NSW FALL PREVENTION AND HEALTHY AGEING NETWORK
ANNUAL FORUM
Wesley Conference Centre
7 JUNE 2024 EVALUATION SUMMARY

The NSW Fall Prevention and Healthy Ageing Network Annual Forum was held on Friday June 7 2024 at the Wesley Conference Centre. The presentations in this year's annual forum focused on implementation and Parkinson's Disease, with the day divided into two morning plenary sessions, and concurrent hospital, community and aged-care sessions in the afternoon.

The forum was officially opened by Prof Jacqui Close, a geriatrician at the Prince of Wales Hospital, Sydney, and Clinical Director of the Falls, Balance and Injury Research Centre at Neuroscience Research Australia who was recently awarded a Member of the Order of Australia (AM) on 26 January 2024 for her significant service to medical research and to medicine as an orthogeriatrician. The Welcome to Country was organised to be performed by Savannah Flynn, however, due to illness, Lorraine Lovitt performed the Welcome to Country in her welcome address.

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

Forum Attendance

235 people attended the forum in person. Attendees worked in hospital, community services, residential aged care, research centre and health promotion settings and included 29 presenters and 9 session chairs.

Live-streaming and recording of sessions

All forum sessions were streamed live via YouTube, with 144 people registered for virtual attendance. YouTube analytics showed that the plenary sessions had 115 views, the concurrent sessions a combined 168 views and the closing session 57 views.

A recording of each session is available on The Network's website. The recordings had a total of 232 views in the month post website publication.

Live-streaming and recording of the sessions remains an effective way to increase reach of this forum for those who were unable to attend on the day (e.g. due to travel, weather and/or personal restrictions) whilst also allowing others to listen to the presentations again following the forum. Recorded presentations and slides are available at: <https://fallsnetwork.neura.edu.au/event/nsw-fall-prevention-and-healthy-ageing-network-annual-forum-2024/>

Poster Presentations:

This year, the forum program format included poster presentations during the lunch break which accommodated best practice initiatives and research abstracts submissions. There were 5 posters on display in the main exhibition area throughout the day, with a dedicated poster session held during lunch.

Trade Displays

There were 7 trade exhibits with representatives staffing the exhibit stalls. Trade Exhibitors included Active and Healthy, Australia and New Zealand Hip Fracture Registry, Seating Matters, Square Step, Stepping On, STOPFALLS PHYSIO as well as the NSW Fall Prevention and Healthy Ageing Network

Evaluation

This year we used an entirely virtual survey for forum participants to check-in and provide feedback on the forum during and post-forum. A total of 168 surveys were completed, with the majority completed on the day and 2 completed in the week following the forum.

Evaluation Summary

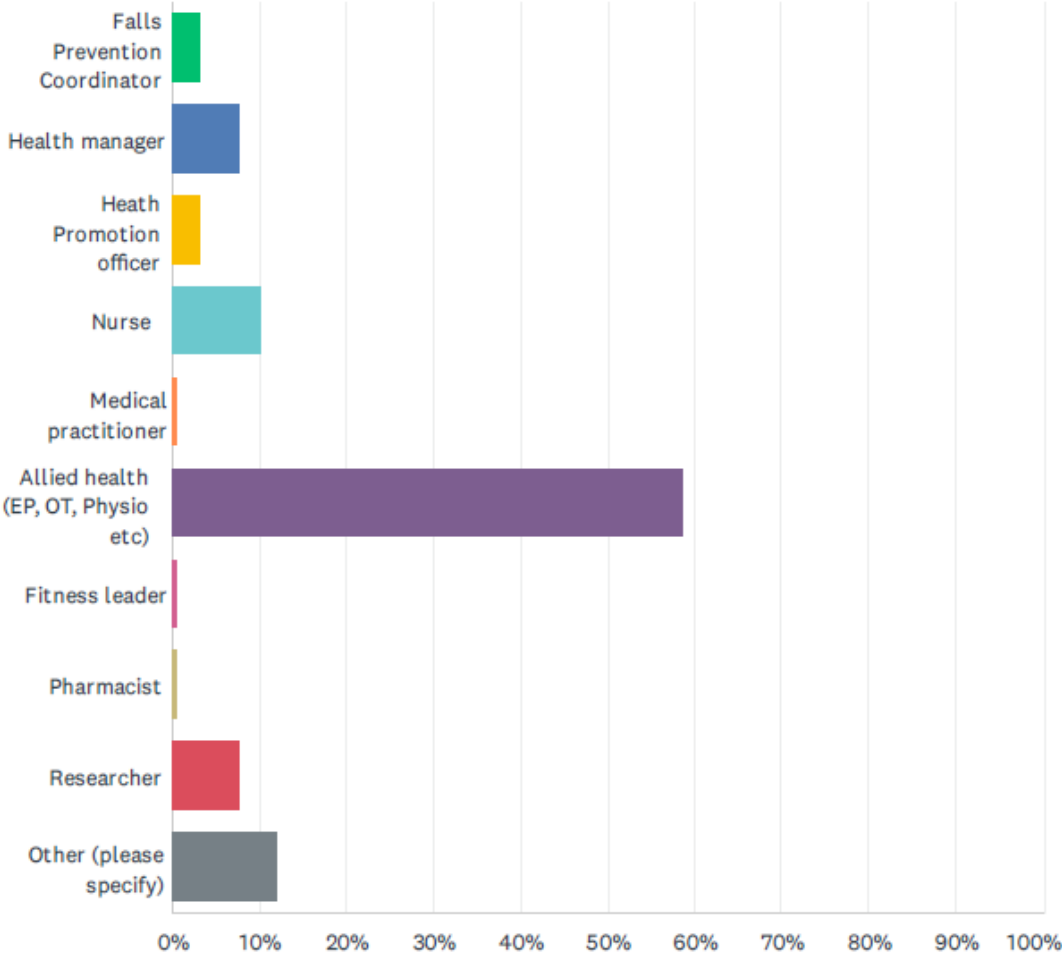
Professional Role

Professional Groups (157 respondents). Many respondents hold dual/multiple professional roles.

- Allied Health Professional – Exercise Physiologist, Physiotherapist, Occupational Therapy etc (59%)
- Nurse (10%)
- Health Manager (8%)
- Researcher (8%)
- Fall Prevention Coordinator (3%)
- Health Promotion Officer (3%)
- Other – including students, medical educators, managers (12%)
- <1% each of – Medical Practitioner, Fitness Leader, Pharmacist

Q4 What is your professional role?

Answered: 157 Skipped: 0



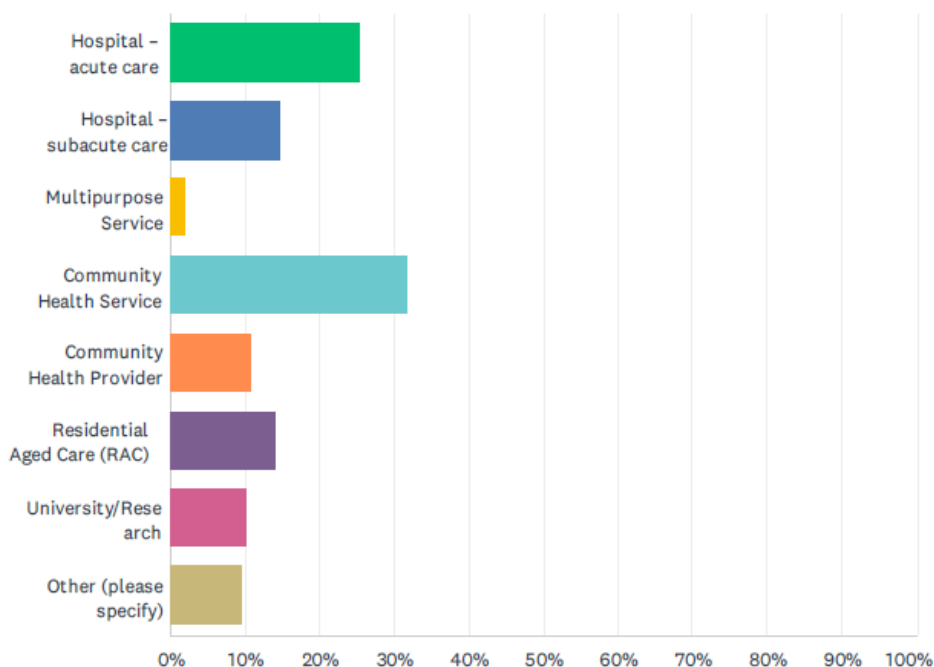
Work Settings

This forum engages with professionals from the following care settings. This question was answered by 157 respondents – respondents were able to select multiple settings.

- Community Health Service and Provider (43%)
- Hospital – acute care (25%)
- Hospital – subacute care (15%)
- Residential Aged Care (RAC) (14%)
- University/Research (10%)
- Multipurpose Service (2%)
- Other settings – including health promotion and government (10%)

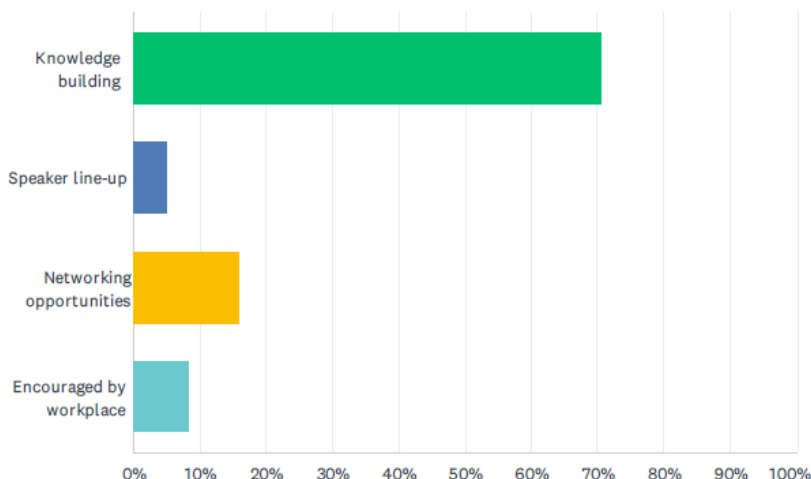
Q5 Which best describes your work setting?

Answered: 157 Skipped: 0



Reason for attendance:

Knowledge building was the most common reason for attending the forum. Of the 119 respondents, 71% attended for knowledge building, 16% for networking opportunities, 8% were encouraged by their workplace to attend and 5% attended for the speaker line-up.



Overall forum rating: 92% of 120 respondents rated the overall forum as 4 or 5 out of 5. The main comments on the overall forum are in Box 1.

Q7 How would you rate the overall forum?

Answered: 120 Skipped: 5

4.4★
average rating



	POOR	UNSATISFACTORY	SATISFACTORY	VERY SATISFACTORY	OUTSTANDING	TOTAL	WEIGHTED AVERAGE
☆	0.00% 0	0.00% 0	8.33% 10	46.67% 56	45.00% 54	120	4.37

Key messages from forum

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

- Need for better advocacy
- Falls prevention is everyone’s business
- Falls needs more funding and research. Population based programs.
- Falls prevention is a collaborative approach
- Focus needs to shift to implementation of falls strategies.
- Falls are multi factorial and that it’s a team effort.
- Empower staff and engage with staff, patients and the MDT
- The need for policy to be involved in preventing falls
- Lots happening in the space. We need to sort out implementation. Advocacy and persuading lawmakers and decision makers remains a challenge
- Holistic approach to falls is important and how we can continue to help grow awareness of falls to everyone we meet.
- Falls prevention is very allied health led. There is value in using nurse’s especially rehabilitation nurses. More research needs to be done in this area. There is no consistency in falls outcome measures used to promote service.
- Falls is a significant issue in Australia however we can make a difference by keeping our clients moving and providing up to date information on how they can improve their safety
- Continuing trying to educate my clients re staying active, pay attn, to centre of gravity, shoes they wear, eating well etc Think raising the profile in general community so important

Suggestions for Topics for future forums

- Diet, Examples of exercises in visual form, Sarcopenia
- Impact and treatment of sensory loss in the feet in particular. I am aware of socks, which are being trialled in Germany which give sensory feedback. I would be interested to find out more about tools, ie socks or shoes with laser been or walking aids with sensors.
- How to spread information of positive research outcomes to the general population. Who do you approach to implement policy and funding changes for older people with falls
- Research updates, what other areas are doing
- Generalising this info into wider community forums, there is never going to be enough AH practitioners to see all clients needing it, and we are running to keep up already
- More about progress of implementation based on today's presentations.

- Implementation, Funding avenues, Behavioural change
- How falls links with comprehensive care and prevention of frailty
- Vestibular training
- Relation to falls and diversity in regions
- Population health approaches
- More international studies from Asia/Africa and South America would be nice
- Studies with poor cognition
- Guidelines, economic assessment.
- How can clinicians participate in research or find out how to help
- More strategies for acute ward based falls prevention
- More on ex phys and falls prevention
- Community dwelling adults after hospital eg opportunities in areas like transitional aged care programs

Additional Comments

Respondents were asked to provide additional comments on improving the forum or the activities of the network.

The responses can be summarised as follows:

- Loved the shorter talks. When the studies get too technical I switch off
- I think it would be good to have a speaker like Anne Ring, to help us get an angle in how to engage with ageing as a health professional and also individually as we are all getting older. I heard her speak and it was fascinating the insights she had as an 80 year old lady incorporating exercise or right living into her day www.annering.au
- More support in the workplace to engage with research projects
- Thank you Mix of studies & practical application is very worthwhile. Opportunity to ask questions also appreciated.
- There is no presentation for falls prevention for people with cognitive impairment and involuntary movements in hospital setting. I look forward to hearing any guideline or recommendation in future
- Could policy makers be invited to this?
- I thought it would be more interactive but otherwise it was very good and inspiring

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.

Box 1 Specific individual comments on the Forum
<p><i>Great day, speakers were excellent: keep doing the great work!</i></p> <p><i>LOVED the speakers</i></p> <p><i>Thank you, a well considered program.</i></p> <p><i>Really great 1st experience at the 31st forum!</i></p> <p><i>It was excellent!!! Thank you to all the speakers. There were some questions in slido not addressed that I would have loved to hear the answer to.</i></p> <p><i>It was a full day. The online platform was very easy to use. Thankyou</i></p> <p><i>Very well organised and useful forum. Many thanks</i></p>

Session Summaries

Plenary Session 1

This session was chaired by Prof Stephen Lord, Senior Principal Research Fellow; Centre Director, Falls Balance and Injury Research Centre, NeuRA.

This session opened with a presentation from an international invited speaker, Professor Sallie Lamb, the Pro-Vice-Chancellor and Executive Dean of the Faculty of Health and Life Sciences from the University of Exeter. The title of her presentation was '*Preventing falls in community dwelling populations: new approaches*'. This presentation explored the potential options for improving the outcomes of fall prevention programmes and look at the emerging evidence on the mechanism of falls in a range of different settings, with a focus on new approaches which considered pain and pain medication as targets alongside exercise.



The second presentation in Plenary Session 1, was from Dr Jasmine Menant, a Senior Research Scientist at the Falls, Balance and Injury Research Centre, NeuRA. The title of Jasmine's presentation was '*2024 Australian Fall Prevention Guidelines*'. Jasmine provided an overview of the yet to be released update to the 2009 Australian Fall Prevention Guidelines commissioned by the Australian Commission on Safety and Quality in Health Care. A review of the evidence-based recommendations and good practice points to assess, prevent and manage falls for older people in community, residential aged care and hospital settings were provided.

Feedback from this plenary session was highly favourable (figure below)

Plenary Session 2

This session was chaired by Prof Kim Delbaere, Senior Principal Research Scientist, NeuRA; and Director of Innovation & Translation, Falls, Balance & Injury Research Centre; School of Population Health, UNSW.

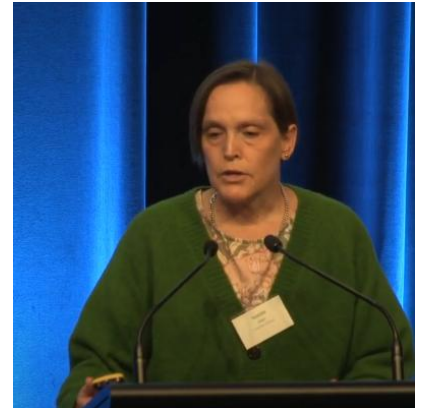
This session opened with the Pam Albany Lecture, presented by Professor Hylton Menz, a NHMRC Senior Research Fellow at the School of Allied Health, Human Services and Sport, La Trobe University. The title of his presentation was '*Feet, footwear, and falls in older people*'. This presentation discussed the contribution of feet and footwear to falls, with a focus on prospective studies linking foot problems and inappropriate footwear to falls, and recent clinical trials which suggested that modifying risk factors may reduce falls risk.





The second presentation in Plenary Session 2, was from Dr Sandra Iuliano, a Senior Research Fellow at the Department of Medicine, University of Melbourne. The title of Sandra’s presentation was ‘*Improving food quality reduces falls and fractures in older adults in aged care*’. Sandra provided an insight to her clinical trial which addressed inadequate intakes of protein and calcium in aged care facilities and the effect of fall and fracture risk. The study was a 2-year food-based intervention among 7000 residents in 60 aged care homes which used milk, yoghurt, and cheese to correct nutritional inadequacies. This was associated with reductions in falls by 11%, fractures by 33% and hip fractures by 46%.

The final presentation in Plenary Session 2, was from A/Prof Natalie Allen, a Senior Lecturer and Program Director at The University of Sydney. The title of Natalie’s presentation was, ‘*Falls prevention in people with Parkinson's disease*’. Natalie provided an overview of a recent Cochrane Review exploring interventions aimed at reducing falls in people with Parkinson’s disease in addition to the recently completed Integrate trial that explored the feasibility of a multicomponent fall prevention intervention including exercise, home hazard reduction and safer mobility behaviour. It was found that this intervention was safe and feasible and led to a promising reduction in falls.



Feedback summary on Plenary Sessions 1 and 2

Respondents were asked to rate each session and how relevant each presentation was to their work. Results are shown in the following figures.

Overall, the presentation in both plenary sessions was well rated

Q1 How would you rate the first plenary session with Prof Sallie Lamb and Dr Jasmine Menant?

Answered: 167 Skipped: 1

4.6★
average rating



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	EXCELLENT	TOTAL	WEIGHTED AVERAGE
☆	0.00% 0	0.00% 0	2.99% 5	29.94% 50	67.07% 112	167	4.64

Q2 How would you rate the second plenary session with Prof Hylton Menz, Dr Sandra Iuliano and Assoc Prof Natalie Allen?

Answered: 168 Skipped: 0

4.7★
average rating



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	EXCELLENT	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	3.57%	24.40%	72.02%	168	4.68
	0	0	6	41	121		

In addition, the session was considered to be highly relevant to participant's work.

How relevant was the information have you learnt from these presentations?

Answered: 166 Skipped: 2

3.5★
average rating



	NOT RELEVANT	SOMEWHAT RELEVANT	QUITE RELEVANT	HIGHLY RELEVANT	TOTAL	WEIGHTED AVERAGE
☆	0.00%	6.63%	34.34%	59.04%	166	3.52
	0	11	57	98		

With regards to the new information learned in these plenary sessions, many respondents noted the impact of nutrition and footwear on falls.



Afternoon Concurrent Sessions

Three concurrent workshops were held in the afternoon:

- A. Hospital Care, chaired by Lorraine Lovitt
- B. Community Exercise, chaired by Prof Cathie Sherrington and Kamilla Haufort
- C. Aged Care, chaired by Prof Kim Delbaere and Ingrid Hutchinson

A. Hospital Care

This session aims to highlight fall prevention quality improvement initiatives within hospital care. During this session, care teams across NSW had the opportunity to showcase the work they have progressed in reducing falls, minimising injuries from falls and improving health outcomes in hospital care.

Six short presentations were given during this session:

1. Paul Hudson, Principal Lead, Patient Safety Improvement, Systems Improvement Directorate, Clinical Excellence Commission
Data for improvement
2. Charlotte McLennan, PROTECT Fall Prevention Program Manager, Sydney Local Health District
Designing a hospital fall prevention program
3. Donna McCade, Uniting War Memorial Hospital
A multi-disciplinary team approach to supporting older people with changed behaviours
4. Gregory Hays, Initiatives & Projects Coordinator (Excellence), Nursing & Midwifery Services, HNELHD
Bringing it all together - HNELHD Falls Health Check - A Multidisciplinary framework for the prevention of falls within Hospital.
5. Svetlana Bosevski and Erin Suters, Nurse Unit Manager / Clinical Nurse Educator, Wollongong Hospital – A5
Close Observation of Patients at Risk of Clinical Deterioration and Falls with the use of CCTV
6. Preetika Narayan, Braeside Hospital, South Western Sydney local District
"Don't Fall for It"

B. Community Exercise

This session provided a range of presentations covering fall prevention in community rehabilitation, results and highlights from recent exercise intervention studies, and a practical workshop on dance and the PD warrior program.

Presentations included:

1. Eloise Borschtsch and Gwen Korebrits, Senior Physiotherapist – WNSWLHD Health Promotion/ CEO & Founder, Dance Health Alliance Limited
Dance for Healthy Ageing
2. Daniel Cheung, University of Sydney
A scoping review of safer mobility behaviour for falls prevention: implications for people with Parkinson's disease
3. Prof Rebecca Ivers and Cassia Lindsay, School of Population Health, UNSW
Standing strong and tall - Improving strength and balance in older Aboriginal people through the Ironbark Program.
4. Tess Hawkins, Senior Exercise Physiologist, Centre for STRONG Medicine, Concord Repatriation General Hospital, Sydney LHD
A Case for Preventative Outpatient Services for Older Adults: The STRONG Medicine Model
5. Wing Kwok, Institute for Musculoskeletal Health, University of Sydney
Physical activity and falls from mid-life to older age in Australian women
6. Dr Melissa McConaghy, CEO and Specialist Neurological Physiotherapist, PD Warrior, Macquarie University
Practical approach to falls prevention in Parkinson's Disease

7. Megan Swann, Consultant Occupational Therapist
Translating Research to Practice. A clinicians story

C. Aged Care

This session provided a range of presentations covering latest research updates, exercise programming under AN-ACC, unique programming strategies within rural services and a video presentation on the mechanisms of falls in aged care settings

Presentations included:

1. Dr Jennie Hewitt, Senior Manager Research and Positive Ageing / Senior Lecturer, Whiddon Aged Care / The University of Sydney
Live it UP - translating best practice falls prevention and reablement research to practice, in Care Homes.
2. Julee Wilson and Sylvia Harvey, Anglicare Newmarch House and Goodhew Gardene/Bay Breeze Care Homes, Western Sydney and Southern Sydney
Falls Prevention in Residential Care
3. Dr Rik Dawson, Institute for Musculoskeletal Health
Physiotherapy-led telehealth and exercise intervention to improve mobility in older people receiving aged care services (TOP UP): results from a randomised controlled type 1 hybrid effectiveness-implementation trial
4. Teresa McMullen, Occupational therapist, UPA Gumleigh Gardens Hostel, Murrumbidgee
Using an Occupational therapy model to implement a Falls Prevention Committee & change and Cycling Without Age Australia (CWAA) and Gumleigh Gardens Hostel-Nothing is exercise if we like what we are doing!
5. Prof Stephen Robinovitch, Simon Fraser University
Insights from real-life data on the causes of falls and fall-related injuries in long-term care

Concluding Session – Research Update and Panel Discussion

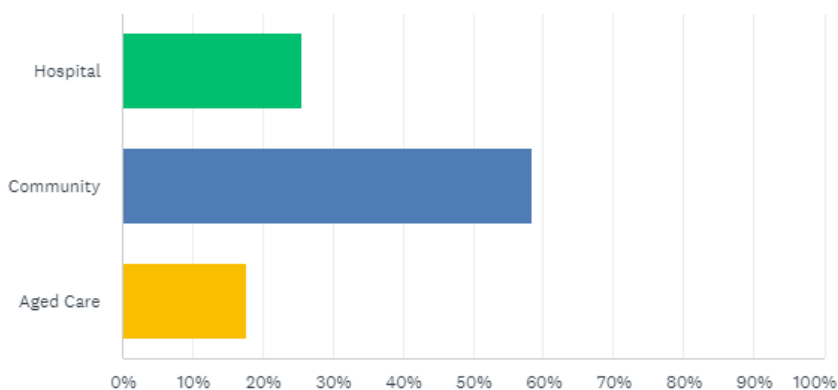
This session was chaired by Dr Daina Sturnieks and provided an update with the latest research findings by Prof Cathie Sherrington and a panel discussion providing the audience a chance to ask questions to all plenary speakers (Prof Sallie Lamb, Prof Hylton Menz, Prof Cathie Sherrington, A/Prof Natalie Allen, Dr Sandra Iuliano, Dr Jasmine Menant) and Prof Stephen Lord.

Feedback summary on Afternoon Concurrent and Closing Sessions

The majority of registrants attended the community care afternoon concurrent session (73 out of 125 respondents).

Which afternoon concurrent session did you attend?

Answered: 125 Skipped: 0



The afternoon concurrent sessions and closing session were well rated, with the majority of respondents rating it as above average and being highly relevant to the work they perform.

How would you rate the presentations and workshop in the concurrent session?

Answered: 125 Skipped: 0



	POOR	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	EXCELLENT	TOTAL	WEIGHTED AVERAGE
☆	0.00% 0	0.00% 0	11.20% 14	44.00% 55	44.80% 56	125	4.34

The afternoon concurrent session was relevant to your work

Answered: 125 Skipped: 0



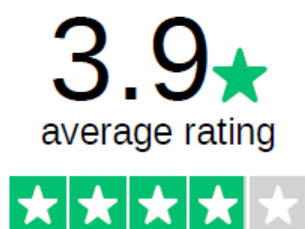
	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
☆	2.40% 3	0.00% 0	1.60% 2	40.00% 50	56.00% 70	125	4.47

Catering

The majority of respondents were satisfied with the catering, which was 50% vegetarian, based on feedback from the 2023 annual forum.

Q6 How would you rate your satisfaction with the catering?

Answered: 104 Skipped: 21



	POOR	UNSATISFACTORY	SATISFACTORY	VERY SATISFACTORY	OUTSTANDING	TOTAL	WEIGHTED AVERAGE
☆	1.92% 2	0.96% 1	26.92% 28	41.35% 43	28.85% 30	104	3.94

Conclusion

This forum provides an effective and well received 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.

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