

**NSW FALL PREVENTION AND HEALTHY AGEING NETWORK  
EXERCISE TO PREVENT FALLS IN OLDER PEOPLE WORKSHOP  
SNHN Training Rooms, Chatswood NSW  
29 JUNE 2024 EVALUATION SUMMARY**

The NSW Fall Prevention and Healthy Ageing Network “Exercise to Prevent Falls in Older People Workshop” was run on Saturday 29 June 2024 at the SNHN Training Rooms in Chatswood NSW.

The workshop was presented by Dr Daina Sturnieks (Senior Research Scientist), Sally Castel (Physiotherapist) and Steven Phu (Project Officer).

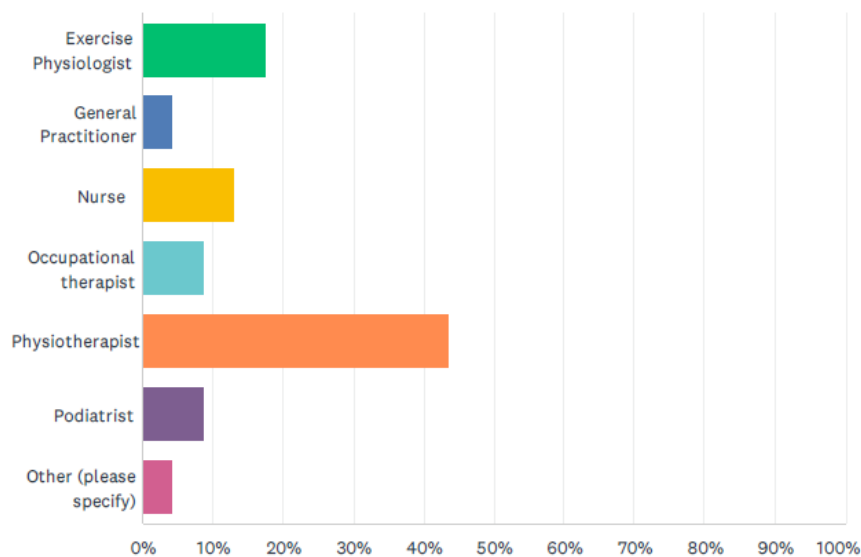
The workshop included 6 online learning modules completed through an online learning platform and a 3hr face-to-face practical session including fall risk screening, case study discussions, exercise demonstrations and an opportunity to develop and present an exercise class.

**Workshop Attendance**

26 people attended the workshop and 23 completed the post-workshop feedback survey. Attendees worked in hospital, community services and residential aged care settings, and respondents were predominately exercise physiologists and physiotherapists.

**Q1 What is your occupation / role**

Answered: 23 Skipped: 0



**Online Learning Feedback**

Feedback for the self-paced online learning modules was highly rated for the content and structure.

**Q2 The self-paced online theory modules met my expectations**

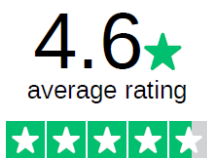
Answered: 23 Skipped: 0

**4.7** ★  
average rating

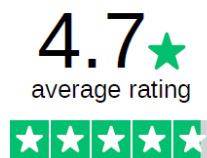


Q3 The self-paced online component was well structured Q4 The self-paced online theory content was appropriate

Answered: 23 Skipped: 0



Answered: 23 Skipped: 0

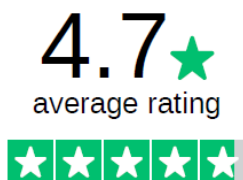


### Face to Face Worksoop

Feedback for the face-to-face component of the workshop was also highly positive, with respondents pleased with the timing and practical applications, and balance between theory and practical activities, finding the overall workshop to be beneficial for their work, and matching their current skill level.

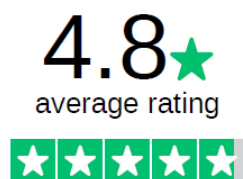
Q5 The practical workshop was well-paced and well-timed

Answered: 23 Skipped: 0



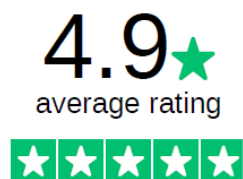
Q6 The practical workshop contained sufficient practical applications

Answered: 23 Skipped: 0



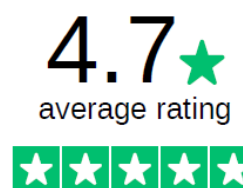
Q7 The information and/or skills presented were relevant and useful

Answered: 23 Skipped: 0



Q8 There was a good balance between theory and practical informati

Answered: 23 Skipped: 0



Q9 The workshop was worthwhile/applicable to my job

Answered: 23 Skipped: 0

4.8★  
average rating



Q10 The workshop was above or below my current skill level

Answered: 23 Skipped: 0

2.1★  
average rating



### Other Feedback and Suggestions

Suggestions to improve the workshop included changes to the online modules for better flow, including the addition of practical activities, improving the timing of practical activities and increasing the difficulty of quizzes.

#### Suggestions to improve the workshop

More time for practical

I would have found the online modules more interesting if they were more practical

Online modules a bit disjointed because of lots of small videos

Careful planning around timing, some aspects were very rushed

Maybe a quick demo of the first practical activity tests so doesn't take too long

The practical course could have gone for an extra couple of hours so it was less rushed

Please consider sharing this resource/course promotion via other professional associations e.g. OT

Australia. Recommend making notes available and make quizzes harder

Slightly longer time

Increase practical and case studies

For workshop activity could have one leader for each group, for all three rooms of activities

Increase more descriptions in videos

Reading resources for online modules

Use of time

Attendees reported several interesting/relevant topic, including the tips provided and evidence-based research update.

<b>Responses for most interesting/relevant components</b>
<p>New practical ideas to implement</p> <p>Learning about available programs</p> <p>Ideas for balance exercises</p> <p>Progressing to more dynamic and difficult exercises</p> <p>Little tips here and there, resources I can share and provide to patients</p> <p>Exercise ideas and resources</p> <p>Exercise prescription</p> <p>Latest research updates - translated into action. Whole thing was good</p> <p>Great to have such a relevant course, suprised me such a small group - think many more would be interested</p> <p>Different exercise ideas and progressions, holistic approach to encouraging people to exercise</p> <p>Enjoyed all of the content, the theory online component for falls prevention with rehab patients and practical ideas for OT based balance tasks for ADLs</p> <p>Practical trial and case formulation, sharing view points from other health professionals</p> <p>Concentration on fall prevention and exercise prescription and variety</p> <p>More research findings for outcome measures, reduce simple tools to incorporate into exercises. This was the most relevant and beneficial web/prac-based experiences I have attended in 5 years, thanks</p> <p>Practical exercise program introduced by Sally, also screening program which can be utuilised in health assessment in GP setting</p> <p>Exercise examples and ideas</p> <p>Very practical</p> <p>Evidence for practice</p> <p>Exercise skills to improve the residents in aged care</p> <p>Ideas of difference exercise and prescription can be used</p> <p>Practical exercise program</p> <p>Evidence and guidelines, new ideas for exercise</p> <p>Evidence based research"</p>

Few responses were recorded for the least interesting/relevant topics, with mention of the first practical activity involving assessment.

<b>Responses for least interesting/relevant components</b>
<p>First activity less interesting as use these</p> <p>Practicing 5STS, TUG etc</p> <p>Videos</p>