

APRIL FALLS

Rural Falls Forum

Tamworth

2025 Evaluation Report



Situation

HNELHD Nursing & Midwifery Directorate have partnered with the NSW Falls Prevention & Health Ageing Network and the Clinical Excellence Commission (CEC) to present the Rural Falls Forum that was held on the 4th April, 2025 at Tamworth.

Background

This annual forum aims at increasing an awareness and understanding of current best practice for the prevention of injury as a result of falling including assessing for risk and implementing falls minimisation strategies.

Additionally, throughout April HNELHD Nursing & Midwifery Directorate are leading a series of Webinars that will provide valuable insights into falls prevention strategies including:

- Falls Health Check: Its everyone's business – 16th April
- Falls Case Study: Quality Improvement in a High-Risk Setting – 30th April

Assessment

There were 99 participants that attended the forum overall with the theme for this year being "Falls Prevention is Everyone's Business".

- Welcome to Country – Uncle Len
- Showcase opening – Yvonne Patricks
- Evidence Based Research Update – Daina Sturnieks
- Clinical Excellence Commission: NSW Falls and Comprehensive Care Update – Ingrid Hutchinson
- Falls Prevention in the Community, what are the needs of our ageing population? – Dr Simon Davidson
- Caring for Patients with Changed Behaviours – Sue Tripney
- Keeping Patients Safe in Hospital: Applying a Close Observation Bay Model – Sarah Elliott & Louise Albertson
- Targeting Falls on the Rehabilitation Ward: A qualitative improvement project – Dr Rebecca Morrissey
- Medicines implications in Falls – David Ross
- Falls Prevention & Osteoporosis – Claire Doherty
- Nutrition to Improve Balance and Mobility – Natasha Abraham
- Joy of Movement Program – Peta Cooper & Michelle Widdison

Participants were given the opportunity to provide feedback at the conclusion of the forum via a QR code, which including their overall assessment of the day, their own learning and information gained, and any other further comments or recommendations for future forum. A total of 63 responses were received and the results are as follows:

- The overall forum rated at 4.63 (1=poor, 5=outstanding)
- Key Messages that participants gained from the Forum include:
 - Falls are complex and there are many contributing factors
 - Exercise reduces falls
 - Bone density and the importance of this to prevent falls and fractures
 - Prevention is the best pathway for clinicians
 - The importance of mobility and nutrition to prevent falls
 - Must have a collaborative approach to prevent falls
 - Hospital Acquired Infections is the leading cause of adverse health outcomes and can lead to a fall
 - Strength exercises and how to approach this with a confused patient
 - Focus needs to shift to prevention for our ageing population
 - How to care for patients with dementia
- What would you like to hear about at future events?
 - Activities essential for falls prevention
 - Role of the OT in falls prevention
 - Projects occurring across the District
 - How remote sites can access support compared to TRRH and Armidale
 - Case studies showcasing how disciplines work together on falls prevention
 - Exercise specific information for Nurses
 - Ongoing research and management of falls
 - Effective risk mitigation for emergency departments
 - Inclusion of Mental Health
 - Geriatricians as speakers
 - How the Joy of Movement program progresses and incorporated into other areas across HNELHD
 - More education on BPSD management for all areas – inpatient, aged care and community
 - More on dementia care for patients
 - More information related to the geriatric population and their health
- Any additional comments?
 - Thank you for a very informative day
 - It was really good, thank you
 - Great day and will take a lot back
 - Very well run, great teams and contributions
 - Great day! Thank you. Great venue, great food and coffee
 - Well done and thank you.
 - Great day

- Amazing presenters and Admin Team, thank you so much, really appreciated.
- Forum was run very well, timely and well organised
- Networking with other attendees
- Very informative
- Please do not use round tables, otherwise very well done
- Great presentations and speakers! Overall great forum! Well-done to the organisers
- It was excellent
- Gluten free options would have been good, otherwise very good
- Excellently run and the topics were all very relevant

(see appendix 3 - evaluations)

Recommendations

The 2025 Rural Falls Forum has been considered as a success, with participant feedback highlighting the valuable opportunity it provided for interdisciplinary teams to connect, collaborate, and exchange experiences. Additional key takeaways include:

1. Incorporate the suggested topics for future forums
2. Include OT in the program for interdisciplinary input

Appendices

Appendix 1 – Program

Appendix 2 – HNELHD April Falls Initiatives across HNELHD

Appendix 3 – Responses from the Evaluations

Appendix 4 – Photo of the Attendees

Appendix 5 – Photo of the Presenters and Organising Committee

Appendix 6 – Photo of the Lucky Door Prize Winner – Josana Stockdale from Manning Hospital

Appendix 1 – Program



Hosted at Tamworth- Wests Tamworth 4th April 2025

Time	Title	Presenter
09:30	Registration, trade displays and networking	
10:00	Welcome to Country	Uncle Len
10:10	Showcase Opening	Yvonne Patricks General Manager, Tamworth Hospital
10:30	Evidenced Based Research update	Daina Sturnieks Associate Professor in Anatomy at UNSW Medicine Conjoint Senior Research Scientist at NeuRA
11:00	Clinical Excellence Commission NSW Falls and Comprehensive care update	Ingrid Hutchinson Improvement Leads Clinical Excellence Commission
11:20	Falls prevention in the community, what are the needs of our ageing population?	Dr Simon Davidson Project Officer – Population Health, Research Fellow, University of Sydney
11:40	Caring for patients with changed behaviours	Sue Tripney Diversional Therapist, Gloucester Health Service
12:25	Lunch	
13:00	Keeping patients safe in Hospital, applying Close Observation Bay Model	Tamworth Leaders Sarah Elliott and Louise Albertson Nursing Unit Manager Surgical 2 - Orthopaedics, Clinical Nurse Consultant Dementia/Delirium
13:30	Targeting falls on the rehabilitation ward: A Quality Improvement Project	Dr Rebecca Morrissey Rehabilitation Physician – Tamworth Hospital
13:45	Medicines implications in falls	David Ross Pharmacist- Tamworth Hospital
14:00	Stretch Break	
14:05	Falls prevention and osteoporosis	Claire Doherty OAM Senior Physiotherapist- Tamworth Hospital
14:20	Nutrition to improve balance and mobility	Natasha Abram Dietician- Tamworth Hospital
14:35	Joy of movement program	Peta Cooper TNP Aged Care Michelle Widdison CNC dementia Armidale Community Health Services
14:50	Closing Summation	
15:00	Thankyou/ Close	

Appendix 2 – HNELHD April Falls Initiatives across HNELHD

April Falls 2025

“Falls Prevention is Everyone's Business”

Presented by HNELHD and NSW Fall Prevention & Healthy Ageing Network


HNE Rural Falls Forum

Theme: Guest speakers and best practice presentations

Date and Time: Friday 5th of April, 9.30am -3.00pm

Location: Face to face @ Wests Tamworth

Enrol: Register via **My Health Learning** course code **583501789** or search 'falls'



Falls Prevention Workshop



Theme: 'Exercise to Prevent Falls in Older People' a skills-based workshop

Date and time: Saturday 6th of April, 9.00am - 12.30pm

Location: Tamworth Rural Referral Hospital

Enrol: Register via NSW Fall Prevention & Healthy Ageing Network website or via QR code

Cost: \$125 limited place available





Falls Inservice: Wednesday Webinar

Topic: 'Falls Health Check', its everyone's business

Date and time:

- Wednesday 16th of April 3-3.30pm

Location: Virtual via Microsoft Teams



Enrol: Register via **My Health Learning** (course code **585891475**) or scan the **QR code** to dial in


Falls Case Study

Date and time:

- Wednesday 23rd of April 3-3.30pm

Location: Virtual via Microsoft Teams

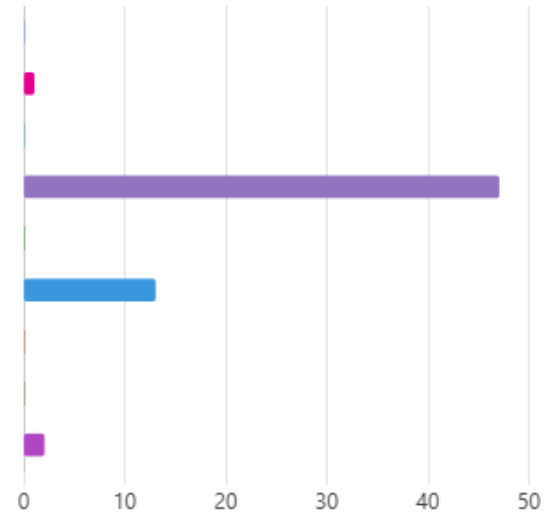
Enrol: Register via **My Health Learning** (course code **585893013**) or scan the **QR code** to dial in



Appendix 3 – Responses from the Evaluations

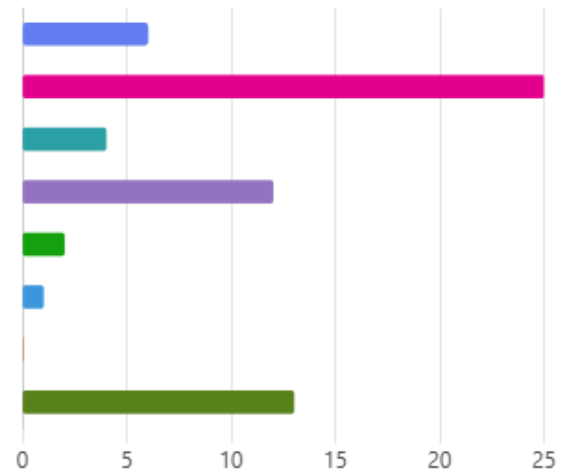
1. What is your professional role?

Falls Prevention Coordinator	0
Health Manager	1
Health Promotion Officer	0
Nurse	47
Medical Practitioner	0
Allied Health	13
Fitness Leader	0
Researcher	0
Other	2



2. Which best describes your work setting?

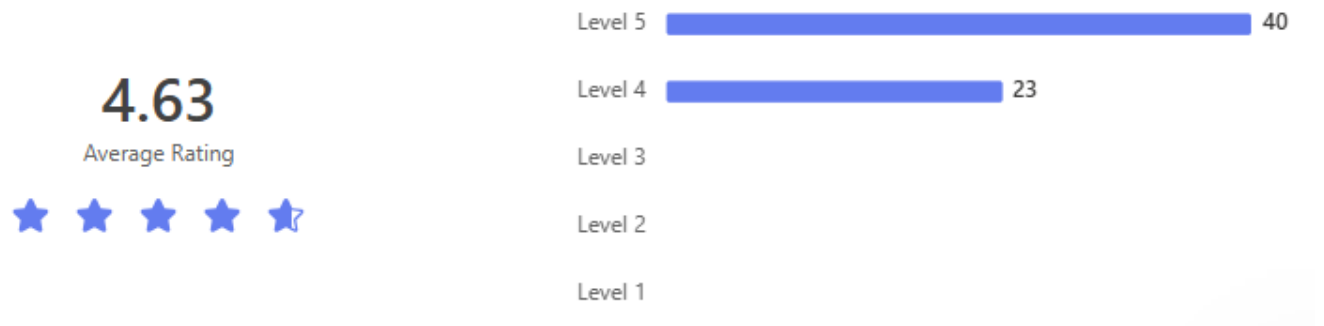
Hospital - Aged Care	6
Hospital - Subacute Care	25
Multi-Purpose Service	4
Community Health Service	12
Community Health Provider	2
Residential Aged Care	1
University / Researcher	0
Other	13



3. What was the key message you gained from attending this forum?



4. How would you rate the overall forum? (0 = Poor - 5 = Outstanding)



5. What would you like to hear about in future events?



Appendix 4 – Photos of the Attendees



Appendix 5 – Photo of the Presenters and Organising Committee



Appendix 6 – Photo of the Lucky Door Prize Winner – Josana Stockdale from Manning Hospital

