

**NSW FALL PREVENTION AND HEALTHY AGEING NETWORK  
EXERCISE TO PREVENT FALLS IN OLDER PEOPLE WORKSHOP  
Tamworth Hospital – HNELHD  
5 APRIL 2025 EVALUATION SUMMARY**

The NSW Fall Prevention and Healthy Ageing Network “Exercise to Prevent Falls in Older People Workshop” was run on Saturday 5 April 2025 at the Bluegum room in Tamworth Hospital, Tamworth.

The workshop was presented by Assoc/Prof Daina Sturnieks, a Conjoint Senior Research Scientist at UNSW Medicine and the Falls, Balance and Injury Research Centre at Neuroscience Research Australia, and Dr Steven Phu, the Project Officer at the NSW Fall Prevention and Healthy Ageing Network.

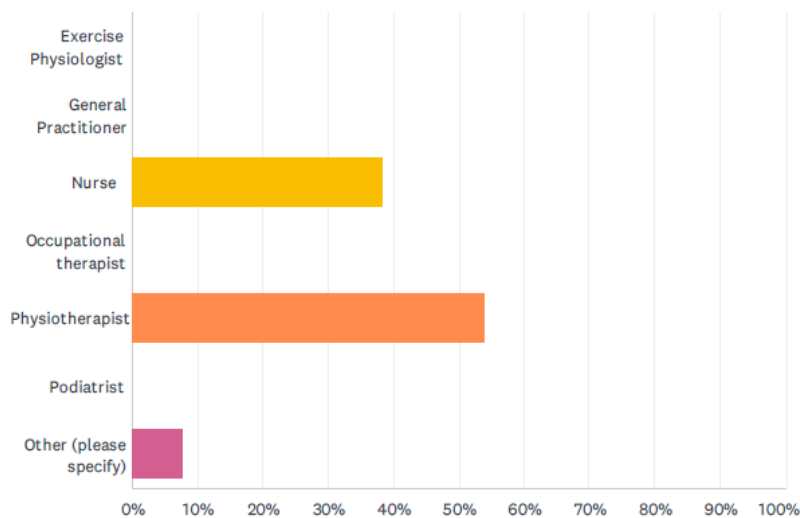
The workshop included 6 online learning modules completed through an online learning platform and a 3hr face-to-face practical session including fall risk screening, case study discussions, exercise demonstrations and an opportunity to develop and present an exercise class.

**Workshop Attendance**

15 people attended the workshop. Attendees worked in hospital, community services and residential aged care, and were predominately physiotherapists, nurses and allied health assistants.

**Q1 What is your occupation / role**

Answered: 13 Skipped: 2



**Online Learning Feedback**

Feedback for the self-paced online learning modules was positive in terms of the content and structure.

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

Answered: 15 Skipped: 0

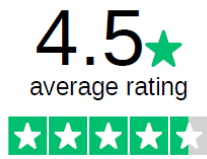
4.5★

average rating

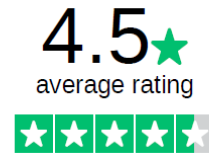


Q3 The self-paced online component was well structured Q4 The self-paced online theory content was appropriate

Answered: 15 Skipped: 0



Answered: 15 Skipped: 0

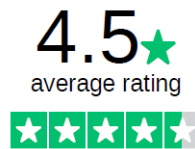


### Face to Face Workspop

Feedback for the face-to-face component of the workshop was also largely 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.

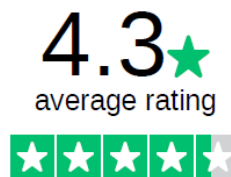
Q5 The practical workshop was well-paced and well-timed

Answered: 15 Skipped: 0



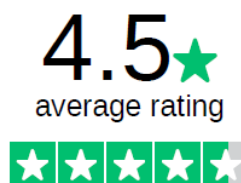
Q6 The practical workshop contained sufficient practical applications

Answered: 15 Skipped: 0



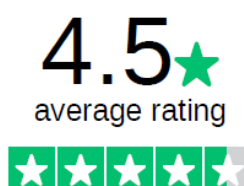
Q7 The information and/or skills presented were relevant and useful

Answered: 15 Skipped: 0



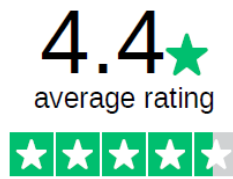
Q8 There was a good balance between theory and practical information

Answered: 15 Skipped: 0



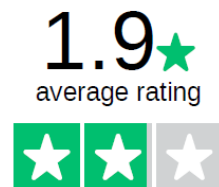
Q9 The workshop was worthwhile/applicable to my job

Answered: 15 Skipped: 0



Q10 The workshop was above or below my current skill level

Answered: 15 Skipped: 0



### Other Feedback and Suggestions

In response to open-ended questions for feedback and suggestions, workshop attendees suggested the possibility for eligibility to be identified pre-registration, combining shorter presentations between practical activities into prior longer ones, and requested more practical activities that varied from conventional exercises. Suggestions from attendees are provided below.

#### RESPONSES

Quite basic information. Eligibility for course should be more identified pre-registrations

Combining the shorter presentations into longer ones would be beneficial (e.g. 5 minute presentations)

Both were beneficial and interesting

All good

It was good - more networking and what works clinically and challenges/solutions in each area (e.g. what works/doesn't work at your hospital)

More focus on acute care setting

Need aged care facility studies/evidence/programs, mobility aids, seated programs

More latest research

I would have liked more practical on exercises - especially exercises on reaction times, group activities, exercises that are varied from the standard to increase variety in classes

Facilitators unable to answer some questions as "I don't work clinically, just research".  
Some data outdated - e.g. a reference from 1982

Finally, when asked what was most interesting/relevant about the workshop, attendees enjoyed the practical activities and discussion following, opportunity to network with others working in the fall prevention space, and research/update to evidence on balance training for fall prevention.