

**27<sup>th</sup> May 2022**

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



Prepared by Cameron Hicks  
Project Officer  
NSW Fall Prevention and Healthy Ageing Network

**NSW FALL PREVENTION AND HEALTHY AGEING NETWORK  
ANNUAL FALLS FORUM  
Wesley Conference Centre  
27 MAY 2022 EVALUATION SUMMARY**

The NSW Fall Prevention and Healthy Ageing Network Annual Falls Forum was held on Friday May 27, 2021. Our annual forum was conducted as a hybrid event with an in person event held at the Wesley Conference Centre while the main theatre was also live streamed to YouTube. The day was divided into two plenary sessions, a care-setting specific best practice initiative session and a higher degree research update in the afternoon.

The forum was officially opened by Professor Andrew Wilson, Board Chair, Clinical Excellence Commission and Agency for Clinical Innovation. A Welcome to Country was performed by Yvonne Weldon, Deputy Chairperson MLALC.

**Forum Summary**

Participants: 250 attendees in person and 90 virtual attendees from hospitals, community services, residential aged care, research centres and health promotion in addition to 33 presenters and session chairs.

**Recording of Sessions**

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

**Trade Displays**

There were 9 trade exhibits with representatives staffing the exhibit stalls. Trade Exhibitors included Clinical Excellence Commission, SHARE, COTA, Stepping On, University of Sydney, NSW Fire and Rescue, Easy Care tech, NSW Centre for Population Health, and the NSW Falls Prevention Network

**Evaluation**

This year we used Slido to complete questions during the forum and evaluation. There were 330 joined users (88% of participants). Participation varied per evaluation poll or question from 20 – 45 respondents.

**Evaluation Summary:**

**Work Settings**

This forum engages with professionals from each of the care settings

- Hospital – acute care (29%)
- Hospital – subacute care (13%)
- Multipurpose Service (2%)
- Community Health Service (22%)
- Community Health Provider (20%)
- Residential Aged Care (RAC) (4%).
- University/Research (11%)
- Other settings (9%).

**Overall forum rating:** 84% of respondents rated the overall forum as 4 or 5 out of 5.

### **Key messages from forum**

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

- That there are always ways to improve our falls prevention interventions in the acute care setting.
- Education to patients is a gold bar intervention
- Falls are preventable
- Importance of physical activity to prevent falls and promote healthy aging
- Frailty is reversible
- Despite all the great work falls are continuing to increase in frequency and severity
- Framing outcomes around what individuals want to achieve/maintain i.e. being healthy, independent
- Ways to prevent falls in hospitals and help patients improve their quality of life
- Get people moving!
- The value of both networking after so long, and the latest updates and initiatives presented.

### **Falls prevention activities that they intended to progress included:**

- Routine postural hypotension monitoring on admission.
- Better delirium screening
- Adding perturbations and external forces to improve balance
- Education for falls prevention
- Better visualization of patients in single rooms
- Cathy Sherrington suggested success in decreasing Falls in RAC using a team approach - we desperately need this sort of help in this space.
- Quality improvement work
- Personally, I will be researching Strength and Balance exercises for Fall prevention
- Intergenerational play & dual-task training
- Looking into community group exercise options to refer clients to
- Falls health literacy
- More direct intervention at the ward level
- More education to staff and families

### **Suggestions for Falls Topics for future forums**

- Special populations and falls
- How we can best prevent falls in the person with delirium and dementia as this is the highest at-risk demographic
- more information on technology and new research, such as the last segment. More on the most effective exercises to prescribe.
- The PhD candidate presentations - I would like to see the follow up of their research.
- Any further studies on issues around frailty, and also activities helping people to continue to maintain healthy ageing.
- More hospital projects that have had good outcomes. More from Emergency Departments.
- Research on older persons playgrounds/ benefits of older persons crawling
- Look at how aged care providers in the home are supported to facilitate falls prevention in their clients.
- Annual update in plenary session of falls work for the CEC (as presented this time), the Network, ANZFPS, and the Active Aging Program in CPH.
- Successfully integrating theory into practice - translational research

- Update from Cathie Sherrington on how the work for getting a national policy is progressing
- Anything with a practical slant
- More specific information on types of exercise and brainstorming ways to progress exercise in a meaningful way
- Answers from some more research and other patient stories

### **Improving Forum or activities of the network**

Participants were asked for suggestions on improving the forum or the activities of the network.

The responses can be summarised as follows:

- More community initiatives and more time for them to present
- Please can we have more practical solutions.
- More input from people who do the intervention with real people, and less research presentation.
- More time given to the post lunch concurrent sessions which, to me, were the most informative.
- Have two streams for most of the day - hospital and community/RACF
- Provide links to resources
- 8 minutes per speaker in the afternoon session was too short - nowhere near long enough to truly engage or understand.

This forum provides a 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.

Recording and web streaming of the sessions have increased the reach of this forum, to those professionals who are unable to attend the day, or who would like 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/>

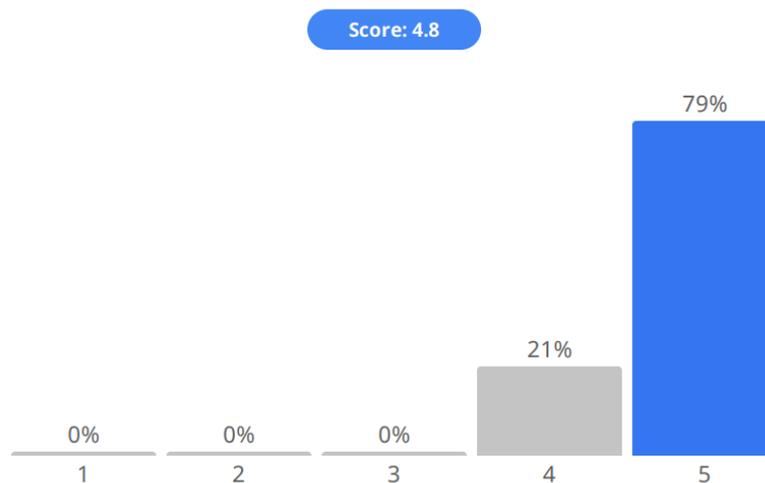
## Session Summaries

### Plenary Session 1

This session was chaired by Professor Lindy Clemson.

This session included the Pam Albany Lecture given by Professor Susan Kurrle, Geriatrician Hornsby Ku-ring-gai and Eurobodalla Health Services, Curran Professor in Health Care of Older People, Faculty of Medicine and Health, University of Sydney. The title of her presentation was Addressing frailty with 4 year olds running the show. Her presentation discussed the interventions and improvements made by participants in the intergenerational care program as seen on Series 1 and 2 in the ABC series 'Old People's Home for 4 Year Olds' with reference to frailty, and also improvements in quality of life.

The other presentation in this session was by Professor Cathie Sherrington FAHMS, FACP, PhD, MPH, BAppSc, Institute for Musculoskeletal Health and School of Public Health University of Sydney/ Sydney Local Health District who provided an update of the research literature including studies across hospital, community and aged care settings.



### Rating of Plenary Session 1

At the end of this Plenary session participants were asked what new information they had learned from these presentations and this is shown in the word cloud below.



## Plenary Session 2

This session was chaired by Professor Kim Delbaere.

This plenary session included:

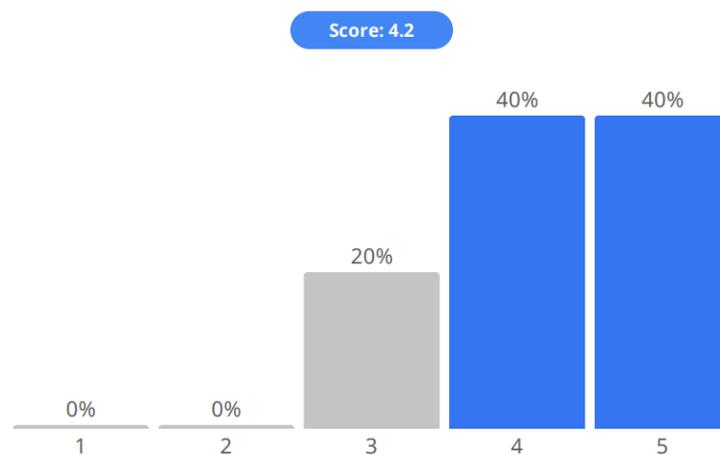
Dr Karla Seaman, Research Fellow, Australian Institute of Health Innovation, Macquarie University and Dr Nasir Wabe, Senior Research Fellow, Australian Institute of Health Innovation, Macquarie University

*A dashboard of predictive analytics and decision support to drive care quality and person-centred outcomes in aged care*

Professor Anna Barker, Executive Director, Research & Innovation at Silver Chain Group  
*RESPOND to the first fall to prevent the second*

Ms Lorraine Lovitt, Senior Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission

*CEC Older Persons' Patient Safety Program: Keeping older people safe in our care*



Rating of Plenary Session 2

## Concurrent Afternoon Sessions

There were 2 concurrent workshops in the afternoon:

1. Community and Residential Care Initiatives, chaired by Dr Daina Sturnieks
2. Hospital Care Initiatives, chaired by Mr Malcolm Green

### 1. Community and Residential Care Initiatives

This session provided a range of presentations covering community exercise program providers, preventing falls in a mental health setting, enhancing empathy in aged care and empowering aged care residents to get active will be given. This session aimed to provide an overview of the types of evidence-based exercise programs available in the community and to help attendees engage with their clientele to provide best-practice care.

Six short presentations were given during this session:

1. Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health

*Healthy and Active for Life Online*

2. Kamilla Haufort, Living Longer Living Stronger Coordinator, COTA NSW

*The Living Longer Living Stronger program*

3. Adrian Prakash, General Manager, SHARE

*SHARE – building healthier communities through online exercise during COVID-19*

4. Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, Northern Beaches Older People's Mental Health Service

*Preventing falls among community-dwelling older adults living with mental illness*

5. Desley Johnson, WLHD Fall Prevention Coordinator

*FREDeX - enhancing empathy through simulation learning in aged care*

6. Ellen de Jong, National Aged Care Manager, Guide Healthcare

*Gamification to empower aged care residents to get active*

## **2. Hospital Care Initiatives**

This session provided a range of presentations focusing on quality improvement in the hospital system to prevent falls. The session aimed to show how falls can be prevented in the hospital and highlight key issues that have arisen within different hospitals across the state.

Nine short presentations were given during this session:

1. Vanathy David, Aged care CNC, Wollongong Hospital

*Let's reflect on the fall*

2. Briony Chasle, SWSLHD Fall Prevention Coordinator

*Be Curious: Plan for success*

3. Mayla Mendieta, Nursing Unit Manager, Bankstown Hospital

*By Your Side*

4. Amanda Wood, Nursing Unit Manager, Bankstown-Lidcombe Hospital

*A comprehensive approach to falls prevention, one meal at a time*

5. Vicki Deane, Aged care CNC, Liverpool Hospital

*Have a seat, not a fall!*

6. Melisa Grujovski, Practice Development Coordinator, Maitland Hospital

*Safety in Single Rooms*

7. Ruben Mateluna, Nursing Unit Manager, SWSLHD & Ying Chen, A/CNC, SWSLHD

*Falls no more*

8. Daniel Van Vorst, A/Clinical Nurse Consultant, Liverpool Hospital Emergency Department

*Falls Prevention in a busy ED environment*

9. Arjay Clamonte, Clinical Nurse Educator, Bowral & District Hospital

*Know Falls No Falls*

## **Concluding Session – New Research Findings**

This session was chaired by Dr Morag Taylor and showcased the latest research findings for fall prevention from higher degree researchers.

Presentations included:

1. Lloyd Chan, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA

*One smart watch to track them all: speed, quality and distribution of your day-to-day walks*

2. Venisa Kwok, PhD Candidate, Institute for Musculoskeletal health, Sydney University  
*Understanding physical activity and falls in women*

3. Dr Mae Lim, Postdoctoral Research Fellow, Falls Balance and Injury Research Centre, NeuRA

*Development and Validation of the Falls Health Literacy Scale in Older People*

4. Steven Phu, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA

*Mechanisms, Underlying Responses and Adaptations to Reactive Balance Training in Older Adults*

5. Dr Juliana Oliveira, Postdoctoral Research Fellow, School of Public Health, Sydney University

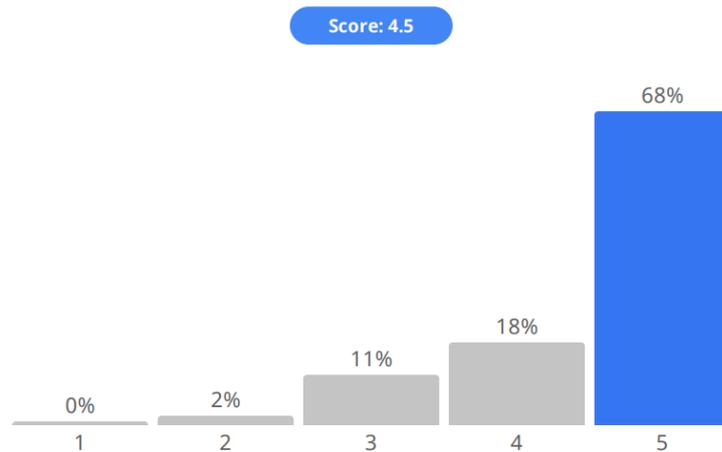
*Coaching for Healthy AGEing trial – a cluster-randomised controlled trial*

6. Dr Julieann Coombes, Research Fellow, Aboriginal & Torres Strait Islander Programs, The George Institute for Global Health

*Covid-19 related implementation challenges for the Ironbark falls prevention trial for Older Aboriginal people 2020-2022*

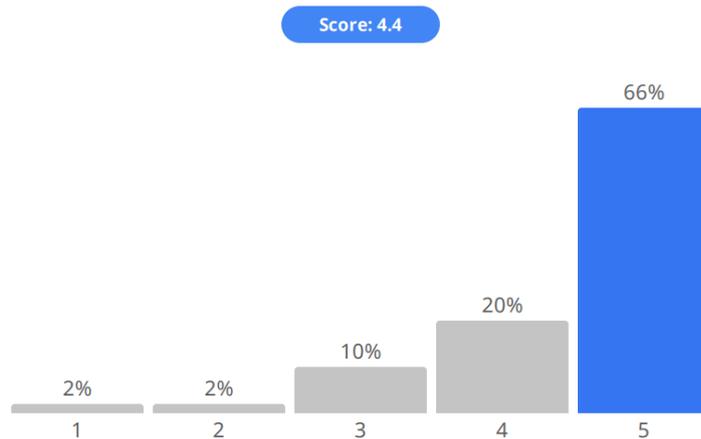
**Venue and Catering**

86% of respondents were very satisfied or satisfied with the venue.



There were multiple mentions for the main theatre being cold, this was addressed multiple times during the day with venue staff.

86% of respondents were very satisfied or satisfied with the catering.



A few people commented there was a lack of hot food and that special dietary requirements need to be better marked.

**Conclusion**

This forum provides a 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.

Recording and web-streaming the Plenary Sessions has increased the reach of this forum, to those professionals who are unable to attend the day, or who would like to listen to the presentations again.

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

Link to online advertising material:

<https://greenarrow.health.nsw.gov.au/ga/webviews/4-0-100-8685-9489-0-rb793d335d>

**COSTING FOR 2022 NSW FALL PREVENTION & HEALTHY AGEING NETWORK FORUM**

		<b>Proposed</b>	<b>Actual Costs</b>
Venue	Theatre/Rooms Hire	\$11398	\$11399
Catering	350 persons	\$14560	\$12600
	Per person	\$41.60	\$41.60
<b>Total (Venue + Catering for 350 participants)</b>		<b>\$25948</b>	<b>\$23999</b>
<b>Other Anticipated costs</b>	<b>Audio Visual equipment hire + labor</b>	<b>\$5255</b>	<b>\$6516</b>
	<b>Video recording/editing</b>	<b>\$6000</b>	<b>\$10159</b>
	<b>Rural Travel funding</b>	<b>\$3300</b>	<b>\$4000</b>
	<b>Sli.do</b>	<b>\$250</b>	<b>\$250</b>
	<b>Speakers Gifts</b>	<b>\$350</b>	<b>\$240</b>
	<b>Welcome to Country</b>	<b>\$430</b>	<b>\$430</b>
	<b>Airfares/Accommodation</b>	<b>\$1000</b>	<b>\$516</b>
	<b>Eventbrite Ticket fees</b>	<b>\$1235</b>	<b>\$1295</b>
	<b>(per ticket)</b>	<b>\$4.94</b>	
	<b>Ticket GST</b>	<b>\$1750</b>	<b>\$1974</b>
	<b>TOTAL</b>	<b>\$19570</b>	<b>25380</b>
	<b>GRAND TOTAL (350 participants)</b>	<b>\$45518</b>	<b>\$49379</b>
<b>(Costs inclusive of GST)</b>			
<b>Income</b>	<b>Grant from CEC inc. GST</b>	<b>\$26600</b>	<b>\$26600</b>
	<b>Rural travel funding inc. GST</b>	<b>\$3300</b>	<b>\$3300</b>
	<b>\$77.00 per participant inc. GST (250 payments)</b>	<b>\$19250</b>	<b>\$23676</b>
	<b>TOTAL INCOME</b>	<b>\$49150</b>	<b>\$53576</b>
	<b>(Income inclusive of GST)</b>		
<b>Total Balance</b>		<b>\$3632</b>	<b>\$3997</b>

# NSW FALL PREVENTION & HEALTHY AGEING NETWORK ANNUAL FORUM PROGRAM

---

Friday 27 May 2022

---

Wesley Conference Centre, Sydney



# NSW FALLS PREVENTION NETWORK FORUM

Friday 27<sup>th</sup> May 2022  
Wesley Conference Centre  
PROGRAM

SLIDO Website: [www.slido.com](http://www.slido.com) Log in: #FallsForum22

8.30 am	REGISTRATION/ARRIVAL TEA/COFFEE
9.00 am	<i>OPENING SESSION</i> Wesley Theatre Chairperson: Ms Lorraine Lovitt <i>WELCOME TO COUNTRY</i> Uncle Allen Madden, Gadigal Elder
9.10 am	<i>OPENING</i> Prof Andrew Wilson, Board Chair, Clinical Excellence Commission and Agency for Clinical Innovation
9.20 am - 10.35 am	<i>PLENARY SESSION 1</i> Chairperson: Prof Lindy Clemson
9.20 am	<i>Pam Albany Guest Lecture</i> <i>Addressing frailty with 4 year olds running the show</i> Professor Susan Kurrle, Geriatrician Hornsby Ku-ring-gai and Eurobodalla Health Services, Curran Professor in Health Care of Older People, Faculty of Medicine and Health, University of Sydney
9.50 am	<i>An update on the current evidence for fall prevention interventions</i> Professor Cathie Sherrington, Institute for Musculoskeletal Health and School of Public Health, University of Sydney/ Sydney Local Health District
10.10 am	<i>Question Time</i>
10.20 am	<i>Lifetime Achievement Award</i>
10.30 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
11.00 am - 12.50 pm	<i>PLENARY SESSION 2</i> Wesley Theatre Chairperson: Prof Kim Delbaere
11.00 am	<i>A dashboard of predictive analytics and decision support to drive care quality and person-centred outcomes in aged care</i> Dr Karla Seaman, Research Fellow, Australian Institute of Health Innovation, Macquarie University Dr Nasir Wabe, Senior Research Fellow, Australian Institute of Health Innovation, Macquarie University
11.30 am	<i>RESPOND, a patient-centered program to prevent falls in older people presenting to the emergency department with a fall</i> Prof Anna Barker, Executive Director, Research & Innovation, Silver Chain Group Limited
12.00 noon	<i>CEC Older Persons' Patient Safety Program: Keeping older people safe in our care</i> Ms Lorraine Lovitt, Older Person's Patient Safety Program, Clinical Excellence Commission
12.20 pm	Question time
12.40 pm	<i>NSW Fall Prevention and Healthy Ageing Network – an update and plans for the future</i> Mr Cameron Hicks and Ms Natassia Smith, NSW FPHAN Project Officers, NeuRA
12.50 pm	LUNCH, TRADE EXHIBITS & POSTERS DISPLAY

1.30 pm - 3.00pm AFTERNOON CONCURRENT SESSIONS	
<b>A. HOSPITAL CARE</b> <i>Smith Room</i> <b>Chairperson: Malcolm Green</b>	<b>B. COMMUNITY AND RESIDENTIAL CARE INITIATIVES</b> <i>Wesley Theatre</i> <b>Chairperson: Sharon Butler</b>
<i>Let's reflect on the fall</i> Vanathy David, Aged care CNC, Wollongong Hospital	<i>Healthy and Active for Life Online</i> Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health
<i>Be Curious: Plan for success</i> Briony Chasle, SWSLHD Fall Prevention Coordinator	
<i>By Your Side</i> Mayla Mendieta, Nursing Unit Manager, Bankstown Hospital	<i>The Living Longer Living Stronger program</i> Kamilla Haufort, Living Longer Living Stronger Coordinator, COTA NSW
<i>A comprehensive approach to falls prevention, one meal at a time</i> Amanda Wood, Nursing Unit Manager, Bankstown-Lidcombe Hospital	<i>SHARE – building healthier communities through online exercise during COVID-19</i> Adrian Prakash General Manager, SHARE
<i>Have a seat, not a fall!</i> Vicki Deane, Aged care CNC, Liverpool Hospital	<i>Preventing falls among community-dwelling older adults living with mental illness</i> Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, Northern Beaches Older People's Mental Health Service Rebecca Baiada, Project Officer, Sydney University
<i>Safety in Single Rooms</i> Melisa Grujovski, Practice Development Coordinator, Maitland Hospital	
<i>Falls no more</i> Ruben Mateluna, Nursing Unit Manager, SWSLHD Ying Chen, A/CNC, SWSLHD	<i>FREDeX - enhancing empathy through simulation learning in aged care</i> Desley Johnson, WLHD Fall Prevention Coordinator
<i>Falls Prevention in a busy ED environment</i> Daniel Van Vorst, A/Clinical Nurse Consultant, Liverpool Hospital Emergency Department	
<i>Know Falls No Falls</i> Arjay Clamonte, Clinical Nurse Educator, Bowral & District Hospital	<i>Gamification to empower aged care residents to get active</i> Ellen de Jong, National Aged Care Manager, Guide Healthcare
Questions and Discussion	Questions and Discussion
3.00 pm - 4.00 pm CONCLUDING SESSION	
<b>NEW RESEARCH FINDINGS</b> <i>Wesley Theatre</i> <b>Chairperson: Morag Taylor</b>	
<i>"One smart watch to track them all: speed, quality and distribution of your day-to-day walks"</i> Lloyd Chan, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA	
<i>Understanding physical activity and falls in women</i> Venisa Kwok, PhD Candidate, Institute for Musculoskeletal health, Sydney University	
<i>Development and Validation of the Falls Health Literacy Scale in Older People</i> Dr Mae Lim, Postdoctoral Research Fellow, Falls Balance and Injury Research Centre, NeuRA	
<i>Mechanisms Underlying Responses and Adaptations to Reactive Balance Training in Older Adults</i> Steven Phu, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA	
<i>Coaching for Healthy AGEing trial – a cluster-randomised controlled trial</i> Dr Juliana Oliveira, Postdoctoral Research Fellow, School of Public Health, Sydney University	
<i>Covid-19 related implementation challenges for the Ironbark falls prevention trial for Older Aboriginal people 2020-2022</i> Dr Julieann Coombes, Research Fellow, Aboriginal & Torres Strait Islander Programs, The George Institute for Global Health	
<i>Question Time</i>	
4.00 pm CLOSE OF FORUM	

## PLENARY SPEAKER ABSTRACTS AND BIOGRAPHIES

### PLENARY SESSION 1

**Pam Albany Guest Lecture - this lecture honours the late Pam Albany, a passionate advocate for accident and injury prevention in her various work roles. She was the key facilitator for promoting evidence-based practice through the NSW Falls Policy and NSW Falls Prevention Program and Network.**

**Professor Susan Kurrle, Geriatrician Hornsby Ku-ring-gai and Eurobodalla Health Services, Curran Professor in Health Care of Older People, Faculty of Medicine and Health, University of Sydney**

#### **Addressing frailty with 4 year olds running the show**

Frailty is an age associated decline in functioning across multiple physiological systems resulting in an increased vulnerability to stressors, and an increased chance of poor health outcomes. People with frailty are 2 to 3 times more likely to fall than their non-frail counterparts, and experience higher morbidity and mortality as well as lower quality of life. It is therefore important to recognise and intervene in frailty, and intergenerational care programs have a significant part to play in improving mobility and function.

This presentation discusses the interventions and improvements made by participants in the intergenerational care program as seen on Series 1 and 2 in the ABC series 'Old People's Home for 4 Year Olds' with reference to frailty, and also improvements in quality of life.



**Professor Susan Kurrle** holds the Curran Chair in Health Care of Older People in the Faculty of Medicine and Health at the University of Sydney and is also a geriatrician at Hornsby Ku-ring-gai Hospital in Northern Sydney and at Batemans Bay and Moruya Hospitals in Southern NSW. She is the Clinical Director of Aged Care and Rehabilitation for Northern Sydney Local Health District. Prof Kurrle has worked extensively in the area of dementia, and has developed a memory assessment and dementia program at Hornsby Ku-ring-gai Hospital where she works clinically in this area, and leads a Dementia Clinical Drug Trials Unit. She has also developed rural memory clinics in Southern NSW and a telehealth dementia clinic in Armidale in northern NSW.

**Professor Cathie Sherrington, Institute for Musculoskeletal Health and School of Public Health, University of Sydney/ Sydney Local Health District**

#### **An update on the current evidence for fall prevention interventions**

The volume of research being published on fall prevention can be overwhelming. This presentation aims to provide an update on the current evidence for fall prevention interventions in hospital, community and aged care settings and to overview important new studies.



**Professor Cathie Sherrington** FAHMS, FACP, PhD, MPH, BAppSc, Institute for Musculoskeletal Health and School of Public Health University of Sydney/ Sydney Local Health District where she leads the Physical Activity, Ageing and Disability Research Stream. Her research focuses on the design and evaluation of falls prevention and exercise interventions for older people and those with disabilities. She has authored 280+ refereed journal articles, 47 clinical trials (18 with NHMRC funding) and 26 systematic reviews, and has been a Chief Investigator on NHMRC grants totaling over \$26 million include the Centre of Research Excellence in the Prevention of Fall-related Injuries that she leads. Cathie is ranked # 3 falls researcher in the world by Scopus and Expertscape.

Cathie has a clinical background as a physiotherapist in aged care and rehabilitation and is a Fellow of the Australian College of Physiotherapists as well as the Australian Academy of Health and Medical Sciences.

### PLENARY SESSION 2

**Dr Karla Seaman, Research Fellow, Australian Institute of Health Innovation, Macquarie University**

**Dr Nasir Wabe, Senior Research Fellow, Australian Institute of Health Innovation, Macquarie University**

**A dashboard of predictive analytics and decision support to drive care quality and person-centred outcomes in aged care**

Older people in residential aged care facilities are vulnerable to falls and associated injuries. We are currently working in partnership with an aged care provider to co-develop a dashboard to improve care quality and early identification of individuals at risk of falls using routinely collected aged care data. In this presentation, we will discuss various aspects of our project, including co-designing of the dashboard, falls epidemiology, the validity of the current fall risk assessment tool, and the development of a novel dynamic falls risk prediction tool.



**Doctor Karla Seaman** is an experienced pharmacist and health services research fellow in the Aged Care Evaluation and Research Team at the Australian Institute of Health Innovation, Macquarie University. She has expertise in linked administrative data, mixed methods, evaluation, and stakeholder research projects. She has worked across a variety of health sectors including leading and coordinating research for a non-for-profit organisation, hospitals and within the community. She focuses primarily on translation research in the areas of aged care and older adults. She supported the establishment of a research centre in aged care and has been an industry leader for the NHMRC Cognitive Decline Partnership Centre.



**Doctor Nasir Wabe** is a Senior Research Fellow with multi-disciplinary background (pharmacy, epidemiology, and data science) and expertise in the areas of outcome-based health services research, health informatics, pharmacoepidemiology and quality use of medicine. Dr Wabe has extensive experience in conducting data linkage and analysis of big health data obtained from primary care, hospitals, and residential aged care. He has been successful in securing >\$1 million in research funding and has led the statistical aspects of several large-scale projects over the past 5 years. Dr Wabe has a strong track record of research outputs with >50 peer-reviewed papers (h-index 20, i-10 27).

**Professor Anna Barker, Executive Director, Research & Innovation, Silver Chain Group Limited**  
**RESPOND to the first fall to prevent the second**

This presentation will include recent population data and evidence on fall related hospital presentations and evidence around falls prevention in the community. An overview of the RESPOND trial that tested a novel approach to falls prevention involving a telephone-based patient-centred program will be presented. The results of the ASPREE-Fracture study that explored the effect of daily low-dose aspirin on fractures and fall related hospital presentations will also be shared. Challenges to reducing falls at a population level will be discussed and potential solutions explored.



**Professor Anna Barker** is the Executive Director, Research & Innovation at Silver Chain Group. Anna leads the Future Care strategy that will shape how care in the home is delivered in Australia and Internationally. The strategy brings together service evaluation, innovation and research activities. Anna leads strategic planning and implementation of the research and innovation activities across the Future Care workstream and the business. This includes building academic and industry partnerships to support research and innovation activities, management of the research governance function and supervision of research and innovation staff across the business.

Anna has led several large NHMRC multi-centre Randomised Controlled Trials in fall and fracture prevention (combined budget >\$5M) and supported several others as CIB including NHMRC funded Better Brains trial to delay cognitive decline via e-health technologies (2019-24 \$1.6M). In evidence of the quality and significance of my research, key findings have been cited by National Best Practice Guidelines. Anna also led the world's largest falls prevention RCT with >40,000 hospital patients. This landmark study was published in The BMJ and the full text of the article was downloaded >7,000 times in the first month after publication.

**Ms Lorraine Lovitt, Senior Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission**

**CEC Older Persons' Patient Safety Program: Keeping older people safe in our care**



**Ms Lorraine Lovitt** is a Senior Improvement Lead in the Older Persons' Patient Safety Program at the Clinical Excellence Commission (CEC). Our role is to support health services to build capacity in undertaking quality and safety improvement initiatives to improve the safe care for older people by focusing the implementation of the CEC model for Comprehensive Care – minimising harm.

Lorraine has a nursing background with considerable experience in aged care in both community and acute care settings and in the residential aged care sector.

## **AFTERNOON SPLIT SESSIONS HOSPITAL CARE INITIATIVES**

1. Vanathy David, Aged care CNC, Wollongong Hospital  
Let's reflect on the fall
2. Briony Chasle, SWSLHD Fall Prevention Coordinator  
Be Curious: Plan for success
3. Mayla Mendieta, Nursing Unit Manager, Bankstown Hospital  
By Your Side
4. Amanda Wood, Nursing Unit Manager, Bankstown-Lidcombe Hospital  
A comprehensive approach to falls prevention, one meal at a time
5. Vicki Deane, Aged care CNC, Liverpool Hospital  
Have a seat, not a fall!
6. Melisa Grujovski, Practice Development Coordinator, Maitland Hospital  
Safety in Single Rooms
7. Ruben Mateluna, Nursing Unit Manager, SWSLHD  
Ying Chen, A/CNC, SWSLHD  
Falls no more
8. Daniel Van Vorst, A/Clinical Nurse Consultant, Liverpool Hospital Emergency Department  
Falls Prevention in a busy ED environment
9. Arjay Clamonte, Clinical Nurse Educator, Bowral & District Hospital  
Know Falls No Falls

## **COMMUNITY AND RESIDENTIAL AGED CARE INITIATIVES**

1. Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health  
Healthy and Active for Life Online
2. Kamilla Haufort, Living Longer Living Stronger Coordinator, COTA NSW  
The Living Longer Living Stronger program
3. Adrian Prakash, General Manager, SHARE  
SHARE – building healthier communities through online exercise during COVID-19
4. Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, Northern Beaches Older People's Mental Health Service  
Rebecca Baiada, Project Officer, Sydney University  
Preventing falls among community-dwelling older adults living with mental illness
5. Desley Johnson, WLHD Fall Prevention Coordinator  
Paul Bennett, Clinical Educator, BHUDRH, University of Sydney  
Hamish MacDougall, Virtual Reality Design, RPA IAS – SLHD  
Sabina Nadvi, Clinical Nurse Educator, WNSWLHD  
Emily Saurman, Research Supervisor, BHUDRH-USYD  
Lucia Wuersch, Qualitative Analysis, CSU

6. Ellen de Jong, National Aged Care Manager, Guide Healthcare  
Gamification to empower aged care residents to get active

## **CONCLUDING SESSION**

### **NEW RESEARCH FINDINGS**

1. Lloyd Chan, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA  
One smart watch to track them all: speed, quality and distribution of your day-to-day walks
2. Venisa Kwok, PhD Candidate, Institute for Musculoskeletal health, Sydney University  
Understanding physical activity and falls in women
3. Dr Mae Lim, Postdoctoral Research Fellow, Falls Balance and Injury Research Centre, NeuRA  
Development and Validation of the Falls Health Literacy Scale in Older People
4. Steven Phu, PhD Candidate, Falls Balance and Injury Research Centre, NeuRA  
Mechanisms, Underlying Responses and Adaptations to Reactive Balance Training in Older Adults
5. Dr Juliana Oliveira, Postdoctoral Research Fellow, School of Public Health, Sydney University  
Coaching for Healthy AGEing trial – a cluster-randomised controlled trial
6. Dr Julieann Coombes, Research Fellow, Aboriginal & Torres Strait Islander Programs, The George Institute for Global Health  
Covid-19 related implementation challenges for the Ironbark falls prevention trial for Older Aboriginal people 2020-2022

## **ACKNOWLEDGMENTS**

### **We would like to thank:**

NSW Clinical Excellence Commission

NSW Local Health District Falls Prevention Coordinators

Staff from the Falls, Balance and Injury Research Centre, NeuRA

Filming: Mr Paul Sheaffe

### **Exhibitors:**

Clinical Excellence Commission, SHARE, COTA, Stepping On, University of Sydney, NSW Fire and Rescue, Easy Care tech, NSW Centre for Population Health

### **NSW Falls Prevention Network Advisory Committee 2021/2022 membership:**

Mr Cameron Hicks, Project Officer, NSW Falls Prevention Network, NeuRA

Ms Lorraine Lovitt, Senior Improvement Lead, Older Persons' Patient Safety Program, CEC

Ms Ingrid Hutchinson, Improvement Lead, Older Persons' Patient Safety Program, CEC

Ms Mandy Meehan, Senior Mental Health Clinician & Occupational Therapist, NBOPMHS

Ms Joanne Macmillan, CNC, Aged Care/Dementia (Community), Northern Sydney LHD

Mr Bharat Nepal, Mental Health, Western Sydney LHD

Ms Amy Maitland, Senior Physiotherapist, PACC, Hospital in the Home, Western Sydney LHD

Dr Tai-Tak Wan, Medical Director, Ambulatory Care, Fairfield Hospital, South Western Sydney LHD

Ms Vani David, Wollongong Hospital, Illawarra Shoalhaven LHD

Ms Naomi Case, Stomal Therapist & Wound CNS, Manning Rural Referral Hospital, Hunter New England LHD

Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Ms Sharon Butler, President, SHARE

Mr Adrian Prakash, General Manager, SHARE

Ms Lauren Chuter, A/Senior Project Officer, Centre for Population Health, NSW Ministry of Health

Mr Joan Allan, Nursing Unit Manager, St Vincent's Private, Lismore

Ms Sally Castell, Movement Matters