

New speakers
New research
New case studies
New solutions!

2nd Biennial

National Falls Prevention Summit

20th–21st June 2011 | Hilton Brisbane

KEY THEMES INCLUDE:

- Exercise to Reduce Falls and Fall Risk in People with Parkinson's Disease
- Using Exercise and Physical Activity to Reduce Fall Risk in the Old and Very Old
- Education and Integration of a Balance Program in the Community
- Building Confidence and Reducing Falls and Staying Power
- Fall Prevention and Design of the Physical Environment
- Reducing Falls Across Community, Hospital and Residential Care Settings within a Region
- Importance of Nutrition and Malnutrition Screening
- Promoting Medication Reviews and Knowledge in Falls Prevention

And many more

POST-CONFERENCE WORKSHOPS

WEDNESDAY 22ND JUNE

PART A:

Health Promotion:

The Way Forward For Aged Care

Jo Boylan, Doctorate Student Public Health, *Senior Manager of Northern Residential Services, ACH Group*

PART B:

Strength for Life/Living Longer
Living Stronger Transition and Integration

Jeanette Richards, *Project Officer – Strength for Life, Council on the Ageing*

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This conference is endorsed by APEC No 090810001 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance attracts 11.5 RCNA CNE points as part of RCNA's Life Long Learning Program (3LP). In addition, by attending the post-conference workshop you will earn an additional 2 ½ RCNA CNE points.

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2nd Biennial

National Falls Prevention Summit

Dear Colleague,

This is your invitation to attend the 2nd Biennial Falls Prevention Summit, which returns to Brisbane featuring a program packed with the latest research updates and new case studies on innovative Falls Prevention programs from across the country.

Injury due to falls continues to be the leading cause of hospitalisation in older people making falls prevention research and initiatives crucial in the battle to create a healthy older population for Australia.

Designed around your feedback and suggestions, the Summit will deliver strategies and improvement initiatives geared toward preventing the incidence and severity of falls in Australia.

Hear how your healthcare peers have overcome challenges, met consumer expectations, dealt with financial constraints, measured results and provided positive patient outcomes.

Take this opportunity to benchmark your facility against other successful case studies, take part in open discussion and leverage knowledge from the experiences of your peers.

In addition you can further your learning of two critical areas of Falls Prevention by attending the post-conference workshops which will cover topics surrounding health promotion and creating a model of wellbeing and pathways for community and residential care.

Leverage knowledge from the experiences of falls prevention experts from each major setting; hospitals, community and residential aged care.

Don't miss this fantastic chance to discuss future directions for Falls Prevention in Australia. I look forward to welcoming you to the event in June.

Kind regards,



Lauren Greschner
Conference Manager
2nd Biennial Falls Prevention Summit

PS. Ensure you register before 20th May to save \$220!

National Falls Prevention Summit

CONFERENCE DAY ONE – MONDAY 20TH JUNE 2011

- 8:30 Registration and Coffee
- 9:00 Opening Remarks From the Chair:
Debra Petrys, *General Manager – National Programs, Council on the Ageing (COTA)*
- 9:10 **Promoting Active, Healthy Living and Preventing Falls with the Stay On Your Feet® Initiative**
Kate Smith, *Principal Project Officer – Patient Safety and Quality Improvement Service, Centre for Healthcare Improvement, Queensland Health*
- 9:50 **Stay On Your Feet® – An Enabler for Change**
Karina Moore, *Senior Development Officer, Health Networks Branch, Department of Health, WA*
- 10:30 Morning Tea
- 11:00 **Exercise to Reduce Falls and Fall Risk in People with Parkinson's Disease**
 - Identification of fall risk factors that are potentially remediable with exercise
 - An overview of the evidence regarding exercise to reduce falls and fall risk
 - Issues to consider when designing an exercise program for people with Parkinson's disease
 - Resources for therapists
Dr Natalie Allen, *Research Officer, Discipline of Physiotherapy / Neurological Rehabilitation Research Group – Faculty of Health Sciences, The University of Sydney*
- 11:40 **Fall Prevention and Design of the Physical Environment: A Discussion on Three ways of Considering the Physical Environment when Designing for Fall Prevention**
 - Safety & Security: The role of regulations, standards and risk management
 - Functionality: Mitigation of falls through ergonomics and practical considerations
 - Design for Disability: How the well designed environment heals and empowers
John Clarke, *Principal Architect, GHD*
- 12:20 Lunch

HOSPITAL AND RESIDENTIAL AGED CARE SETTINGS

- 1:20 **Using Exercise and Physical Activity to Reduce Fall Risk in the Old and Very Old**
 - Identify the physiological declines that are associated to falls
 - Discuss present knowledge
 - Assessment of balance in older adults and the relationship to falls risk
 - Designing appropriate program for high – and low-functioning adults
 - Barriers, motivators and the change in present attitude to falls risk
Tim Henwood, PhD, *Research Fellow – UQ/Blue Care Research & Practice Development Centre – School of Nursing and Midwifery, The University of Queensland*
- 2:00 **Best Practice Guide for Orthogeriatric Care: The Acute Perioperative Care of Frail Fracture Patients Requiring Surgical Management**
 - The evidence for an orthogeriatric model of care
 - Key practice issues in the acute perioperative care of fracture patients
 - The current state of orthogeriatric care in NSW
 - Falls prevention in the acute setting
 - Future directions for orthogeriatric care
Dr Laura Ahmad, *Geriatrician, Concord Hospital*

2:40 Afternoon Tea

- 3:10 **Case Study: Implementing the Partners in Positive Ageing Program in ACH Residential Facilities**
 - The context of the Partners in Positive Ageing – model of wellbeing and its relationship with health promotion and healthy ageing
 - The key features of the model for older people and our staff
 - A planned approach to achieving health and wellbeing through specific interventions
 - The Early Intervention Working Party – monitors resident attendance at gym/fitness classes, participation in every day activities, adverse events and the working party initiates a bounce back approach through recovery and rehabilitation programs
 - Data gathering; to measure target outcomes
 - Evaluating to review results; early impact studies on older peoples' mobility status across their life course (aim: to die, still walking)
Jo Boylan, *Doctorate Student Public Health, Senior Manager of Northern Residential Services, ACH Group*

- 3:50 **Don't Fall for it; Injuries can be Prevented!**
 - Overview of The Northern Hospital (TNH) Falls Prevention Program
 - Program was implemented at TNH in 2002
 - Falls-related injuries reduced by 60% within 2 years of program implementation
 - The reduction of falls related injuries has been maintained since
 - Key features of the program
 - Barriers, enablers and lessons learned
 - Largest falls prevention Randomised Control Trial in the world has been funded by the National Health & Medical Research Council to evaluate if the TNH falls prevention program can be replicated in other acute hospital settings across Australia (2011–2014)
Jeanette Kamar, *Injury Prevention Coordinator – Quality, Safety & Risk Unit – The Northern Hospital, Northern Health*

- 4:30 **Importance of Nutrition and Malnutrition Screening**
Jan Hill, *Manager, Malnutrition Prevention Program – Patient Safety and Quality Improvement Service, Centre for Healthcare Improvement, Queensland Health*

5:10 Close of the Day From the Chair and Networking Drinks



CONFERENCE DAY TWO – TUESDAY 21ST JUNE 2011

- 8:30 Morning Coffee
- 9:00 Opening Remarks From the Chair:
Debra Petrys, *General Manager – National Programs, Council on the Ageing (COTA)*
- 9:10 **Reducing Falls Across Community, Hospital and Residential Care Settings within a Region**
 - Implementation of a multi-disciplinary falls portfolio model across the inpatient, community and residential sectors
 - Development and use of program specific falls assessment tools
 - Promoting engagement and communication between clinicians across the continuum to enhance falls prevention management
 - An innovative home based approach to delivery of community falls prevention assessments
Vicki Davies, *Manager Falls Prevention Service, Peninsula Health*

COMMUNITY SETTINGS

- 9:50 **Education and Integration of A Balance Program in the Community**
The Better Balance training program was developed as a collaborative partnership between the Department of Health, Centre for Physical Activity in Ageing (Hampstead Centre) and COTA Seniors Voice, with

input from an advisory group consisting of stakeholders from Falls Prevention backgrounds.

The Aim of the project was to develop training that will equip community-based fitness professionals to deliver safe and effective balance exercises for older people. COTA's Strength for Life instructors were identified as ideal candidates to receive the training, however the training would also include other fitness instructors in the community.

This presentation will discuss:

- The development and content of the package
- The evaluation of the training program as well as the integration of the training into the Strength for Life program
- The intention to implement the Better Balance program into existing COTA SFL/Living Longer Living Stronger programs in other states
- Outcomes including:
 1. The development of a better balance educational training package
 2. The training of 100 SFL instructors by 30th June 2011
 3. Integration of effective balance exercises into existing SFL programs state-wide
 4. Doctors and allied health professionals are informed of the better balance component of the SFL program and have the confidence to refer clients who may be at risk of falls into programs where instructors have been trained
 5. Transition from Falls Clinics and Day Therapy programs into mainstream SFL community classes
 6. Integration of the Better Balance program into fitness programs within an aged care residential setting
 7. The provision of ongoing professional development for SFL instructors through the Better Balance training

Jeanette Richards, *Project Officer – Strength for Life, Council on the Ageing (COTA)*

10:30 Morning Tea

11:00 Case Study: Filling the Gaps – Coordination of Falls Prevention Services in Southern Adelaide

- Identification of clients at risk of falling – how and where
- Description of common entry point for falls referrals
- Triage of referrals to identify the level of falls risk and urgency of response required
- Ensure correct service matching and referral to appropriate services
- Follow up and monitoring of clients
- Evaluation of program including uptake of services and readmission data

Chrissie Isaksson, *Program Manager, Health Service Integration – Adelaide Health Service – Southern Area, SA Health*

11:40 Case Study: Constructing a Regional Falls Program to Provide Clinical, Support and Strategic Roles across the Central and Northern Adelaide Health Areas

An integrated program is discussed including:

- Triage and care coordination of complex elderly fallers living in the community including clients referred from the South Australian Ambulance Service
- Operation of four falls clinics
- Coordination of a large network of health professionals and regional newsletters
- Strategic alignment with health reform in South Australia and nationally
- Resource development directed at health professionals and consumers and Health promotion activities

Program outcomes have been integral to ongoing funding. Data collected and service impact are discussed.

Gill Bartley, *Program Manager, Falls Prevention Program, Central and Northern Adelaide Health Service Areas and Physiotherapy Clinical Lead Ambulatory and Primary Health Care Directorate, SA Health*

12:20 Lunch

1:20 Stepping On: Building Confidence and Reducing Falls and Staying Power – Tips and Tools to Keep You on Your Feet

This practical program is based on a strong psycho-social framework and also incorporates strong factual knowledge from Allied Health professionals. Participants are encouraged to participate in their own Health Care with a paradigm shift away from an outdated didactic model. The aim was to implement a sustainable, preventative health intervention within the St Vincent's Hospital Community Primary Care team, through the introduction of a best-practice program that reduces falls and builds confidence among community-dwelling older people.

The session will cover:

- Program development and implementation
- Facilitating program and training other staff to embed the program in their work practice
- Analysing the success of the project and the challenges of embedding it as an ongoing community program within St Vincent's Community Health Service
- Key outcomes: Program sustainability and further projected Falls Pathway programs

Megan Swann, *Health Education Officer, St. Vincent's Community Health Service*

2:00 Promoting Medication Reviews and Knowledge in Falls Prevention

- Medication and Falls
- Reducing the drug burden and reducing the risk
- The use of sedatives – It's never too late to quit
- Reducing falls and fractures – The role of Vitamin D
- Pain management and exercise – Too little too late
- The importance of Pharmacist medication review – Home Medication Review and Residential Medication Management Review

Representative, *Consultant Pharmacist, Meditrax*

2:40 Afternoon Tea

3:10 Working with Clients who are Blind and/or have Low Vision – Orientation & Mobility Training

- Assess our clients' needs and expectations – Note issues specific to certain age groups i.e. higher risks, the older a client is, etc
- Focus on reducing our clients' risks regarding falls on familiar and unfamiliar travel routes
- Training clients, focus on safety, reducing falls and other risks – Discuss types of orientation and mobility training programs i.e. types of equipment
- Challenges:
 1. Improving community education regarding the risks regarding falls and other hazards i.e. types of steps, kerbs, potholes in footpaths and roadways encountered
 2. Client's other health issues & the impact upon their safe mobility travel
- Outcomes:
 1. Client and community education
 2. Where to next, recommendations

Anne Fagerlund, *Orientation & Mobility Specialist, Vision Australia*
Chantelle Smith, *Orientation & Mobility Specialist, Vision Australia*

3:50 Medico Legal Considerations after an In-hospital or Aged Care Facility Fall

- The basics of a medical negligence claim in Queensland
- Investigation of a medical negligence claim
- Falls and quality of care in hospital and aged care facilities
- Recurring themes

Margaret Brain, *Practice Group Leader, Slater and Gordon Lawyers*

4:30 Close of Conference From the Chair

National Falls Prevention Summit

POST-CONFERENCE WORKSHOPS | WEDNESDAY 22nd JUNE: 9:00am–4:00pm

*Please note that the morning and afternoon workshops are designed to compliment each other. While you are welcome to book a single workshop, in order to get the most out of the day we would recommend attending both the morning and afternoon sections

Part A: 9:00am – 12:00pm

Health Promotion: The Way Forward For Aged Care

In the first half of this workshop participants will:

- Explore the rationale behind the WHO's Ottawa Charter and the 5 standards for health promotion
- Understand the context of the Healthy Ageing framework for aged care service delivery
- Identify the key components of the Healthy Ageing Framework; health policy and procedures, the model of wellbeing – Partners in Positive Ageing
- Explore definitions around healthy, positive and active ageing

Model of Wellbeing and Pathways to Re-Orientation of Services

Assessment and interventions for rehabilitation, prevention and health promotion

In the second half of the workshop participants will explore:

- 6 key understandings for wellbeing for residents and staff – a life course model
- The core feature – Active Ageing – how it works to prevent falls/and assist to help older people bounce back from adversity
- How do we know? – Collect the data – through various tools
- How do we use the data? – Analyse through the Early Intervention Working party
- Explore monitoring/ evaluation processes appropriate to interventions to reach target outcomes

Jo Boylan, *Doctorate Student Public Health, Senior Manager of Northern Residential Services, ACH Group*

Part B: 1:00pm – 4:00pm

Strength for Life/Living Longer Living Stronger Transition and Integration

A model of pathways for community and residential care

- Demonstrate overview the SFL/ LLLS model including differences from state to state plus how the models work with GPs and allied health
- How we have integrated from mainstream into residential
- The transition of rehabilitation into mainstream which would also demonstrate the differences between a rehabilitation service and residential care
- Requirements of staff – training, updates etc

Better Balanced – integration of falls prevention initiatives

- Integration of Better Balance – falls prevention into the program
- Promotion, engagement of participants
- Benefits of program for participants including evidence from evaluation done on programs

Jeanette Richards, *Project Officer – Strength for Life, Council on the Ageing (COTA)*

"Broad range of topics – something for everyone. Excellent highly qualified speakers who were practical and passionate regarding the topic."

Queensland Health

"High professional calibre of speakers, wide range of relevant subjects."

Department of Veterans' Affairs

"(The conference) offered an opportunity to hear about what other people are doing in their field and hear their success stories."

St. Andrews Toowoomba

"Very informative, relevant, good evidence."

Royal Perth Hospital

Sponsorship Opportunities

The 2nd Biennial Falls Prevention Conference will showcase a range of programs being implemented in health services across the country.

Whether your goal is to showcase through leadership, make new contacts, introduce products and services, or establish and maintain your prominence in the industry, we will work with you to develop a solution that meets your specific objectives. A range of packages can be tailored to suit your needs.

For more information, please contact Samantha Gilroy on (+61) 2 9080 2042 or sgilroy@iir.com.au



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REGISTER EARLY & SAVE UP TO \$220	STANDARD RATE Book & pay on or before 20 May 2011				LATE RATE Book & pay after 20 May 2011		
	PRICE	GST	TOTAL	SAVE	PRICE	GST	TOTAL
2 day conference (20–21 June 2011)	\$1395.00	\$139.50	\$1534.50	\$220	\$1595.00	\$159.50	\$1754.50
2 day conference + Workshop A or B (20–22 June 2011)	\$1795.00	\$179.50	\$1974.50	\$220	\$1995.00	\$199.50	\$2194.50
2 day conference + Both Workshops (20–22 June 2011)	\$2195.00	\$219.50	\$2414.50	\$220	\$2395.00	\$239.50	\$2634.50



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Registration Fees Include:

Entrance to the relevant conference package purchased, refreshment breaks, lunch, online access to available speaker presentations (five working days post event). Please note travel and accommodation is not included.

Accommodation & Travel:

For your convenience, please access this event via our website and click on the 'Venue, Accommodation and Travel' tab or call the Lido Group on 1800 817 339.

Cancellation Policy & Substitutions:

Cancellations must be advised in writing at least 10 working days prior to the event. An administration fee of \$550 (inc 10% GST) will be incurred for cancellations. A refund will not be given if a delegate fails to attend or cancels within 10 working days prior to the event. Informa reserves the right to cancel, alter the content and/or speakers on any program. Paid registration fees will be fully refunded for cancelled events. Fully paid delegates unable to attend will be provided with on line access to speaker presentations post event. Substitutions can be made at any time before the event without penalty.

Dress Code:

Smart casual wear is suggested along with a sweater or jacket in case the conference room is cool.

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Conference Papers

Papers will be available for download from our website five working days after the event. These are available for purchase online at: www.iir.com.au/falls



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KEY THEMES INCLUDE:

- Evidence Based Care and Fall Risk in People with Fracture or Osteoporosis
- Clinical Practice and Research Update in Falls Risk in the Old and Very Old
- Education and Implementation of a Research Program in the Community
- Building Confidence and Reducing Falls and Fracture Risks
- Fall Prevention and Design of the Physical Environment
- Reducing Risk Across Continuity, Support and Residential Care Settings within a Region
- Importance of Practice and Measurement Assessment
- Progress the Medication Review and Knowledge of Falls Prevention
- Any other topic

POST CONFERENCE MEASUREMENTS (POSTCONF 2010-2012)

AIM 1: Health Promotion
The Best Research For Aged Care
The Best Research For Aged Care
The Best Research For Aged Care
The Best Research For Aged Care

AIM 2: Clinical Practice
The Best Research For Aged Care
The Best Research For Aged Care
The Best Research For Aged Care
The Best Research For Aged Care

AIM 3: Community
The Best Research For Aged Care
The Best Research For Aged Care
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