

# Knowledge to action in falls prevention across the care continuum

Day 1: Thursday April 3rd 2014

## About the seminar

Researchers from the Centre of Research Excellence in Patient Safety (CRE-PS) in the Department of Epidemiology and Preventive Medicine, School of Public Health and Preventive Medicine (SPHPM) at Monash University have just completed the world's largest hospital falls prevention trial—the 6-PACK trial. In undertaking this project there were many learnings about the challenges and facilitators to achieving successful falls prevention in the hospital setting.

Currently, the team is also leading a large project that is testing a novel service model for older people presenting to the Emergency Department (ED) with a fall, which will provide an insight to falls prevention in the community—the RESPOND project.

This seminar has been developed to provide clinicians, quality staff and policy leaders, with up-to-date information on best practice for minimising falls and related harm in the hospital, home and residential aged care.

The seminar will address a broad range of topics including:

- Insights into current falls prevention practice in Australia and the UK
- Falls prevention in people with delirium and dementia
- Nocturia and falls

We anticipate that delegates will leave with a number of useful ideas to implement in clinical areas and policy frameworks in their healthcare setting.

## We will provide you with:

- An update on the research evidence
- Updates on falls prevention initiatives in the UK
- Practical tools and information



## Seminar details

### Venue:

Village Roadshow Theatre  
The State Library of Victoria  
328 Swanston Street | Melbourne VIC 3000

### Seminar date:

Thursday April 3rd, 2014

### Seminar time:

9am— 4pm (Registration opens at 8:30am)

### Cost:

\$295 (early bird registrations prior to Feb 28th)  
\$395 (registration from Feb 28th onwards)

### Registration:

For all registration information, please see page 5 of this flyer

For enquiries, please contact Ms Sarah Mizzi on  
**03 9903 0354** or [falls6pack.depm@monash.edu](mailto:falls6pack.depm@monash.edu)

## Who should attend?

- Clinicians
- Researchers
- Senior quality staff
- Policy leaders involved in falls prevention

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## Speaker Profiles



### **Dr Anna Barker (Monash University)**

Anna is the leader of the Falls and Bone Health Team in the CRE-PS at Monash University. She is an experienced falls prevention researcher and continues to work as a physiotherapist. She has developed a strong interest in the management of older people having completed a Masters in Geriatrics and a PhD on falls and has led falls projects in community, residential aged care and hospital settings. She led the world's largest falls prevention trial in the hospital setting—the 6-PACK trial that included more than 30,000 patients. Recently, she has commenced the RESPOND project that explores the effectiveness of a novel service model for older people presenting to the ED with a fall and the ASPREE fracture sub-study—a RCT that investigates the effect of aspirin on fracture and fall risk in a sample of 16,500 older adults.



### **Professor Stephen Lord (Neuroscience Research Australia)**

Stephen is a Senior Principal Research Fellow at Neuroscience Research Australia in Sydney, Australia. Professor Lord's research on falls has followed two main themes: the identification of risk factors and the evaluation of prevention strategies. His studies have involved large prospective population studies and randomised controlled trials for assessing the effectiveness of exercise and targeted programs in improving vision, strength, balance and co-ordination and preventing falls in community dwelling people and residents of retirement villages. His methodology and approach to falls-risk assessment has been adopted by many researchers across the world. With colleagues at Neuroscience Research Australia, he has recently written a comprehensive book on Falls in Older People - published by Cambridge University Press.



### **Dr Frances Healey (NHS England)**

Frances is a Registered General Nurse and Registered Mental Health Nurse and holds a PhD in hospital falls prevention. She works for NHS England, the central body that commissions all NHS care, as Senior Head of Patient Safety Intelligence, Research and Evaluation. She leads a team reviewing over 10,000 serious patient safety incidents each year, seeking new or under-recognised patient safety issues requiring national Alerts, and is developing a national programme of mortality review based on a major study of preventable deaths she co-authored, and improving patient safety indicators used for improvement, regulation and performance management. Falls prevention in hospitals is her special interest, and in her ten years with the National Patient Safety Agency she led national initiatives including Slips, trips and falls in hospital, Essential care after an inpatient fall, a large-scale pilot for a National Audit in inpatient falls prevention, and the FallSafe regional quality improvement project.



### **Dr Jonathan Trembl (Queen Elizabeth Hospital, Birmingham, England)**

Jonathan is a Consultant Geriatrician at Queen Elizabeth Hospital Birmingham, UK. His interests include orthogeriatrics, prevention and management of falls and fractures, end of life care, and clinical audit. He is an Associate Director of the Clinical Effectiveness and Evaluation Unit at the Royal College of Physicians, London, where he leads the fall work stream of the Falls and Fragility Fracture Audit Programme. He is also Co-Chair of the British Geriatrics Society Falls and Bone Health Section.



### **Dr Wendy Bower (Monash University)**

Wendy is a Senior Research Fellow within the Health Services Unit and the Falls and Bone Health Team, at the SPHPM, Monash University. Wendy has international experience as both a clinician and health services researcher. She has undertaken extensive research in disorders of the urinary tract in children and adults. Her post-doctoral work was undertaken at The Chinese University of Hong Kong with a more recent appointment as Visiting Professor at the Clinical Institute in Aarhus, Denmark. Wendy is the immediate past Chair of the Children and Young Adult Committee of the International Continence Society.



### **Dr Samuel Nyman (Bournemouth University, England)**

Samuel is a Senior Lecturer in Psychology at Bournemouth University, UK, who researches the psychosocial aspects of falls and their prevention among older people. His interest is in maximising older people's uptake and adherence to falls prevention interventions and in particular physical activity interventions. He leads the research theme of 'improving services and care provision' in the Bournemouth University Dementia Institute, and has recently worked on a multi Research Council UK-funded pilot project to explore the circumstances of outdoor falls.

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### **Professor Margaret Banks (Australian Commission on Safety and Quality in Health Care)**

Margaret joined the Australian Commission on Safety and Quality in Health Care at its inception in 2006 and currently holds the position of Senior Program Director. In this time she has worked with stakeholders, consumers and jurisdictions on the development of National Safety and Quality Health Service Standards and a program of systematic accreditation reform for the implementation of the Standards. Prior to this appointment she worked with the Department of Health and Ageing, the Australian Health Workforce Advisory Committee and the NSW Health Department on matters relating to workforce. She has also worked for nine years as a physiotherapist in Australia and Papua New Guinea.



### **Professor Konrad Pesudovs (Flinders University)**

Konrad graduated in Optometry from the University of Melbourne (1990) and spent two years in private practice before joining the Ophthalmology at Flinders University where he completed a PhD (2000). In 2004, Konrad returned to Ophthalmology at Flinders University as a NHMRC funded Clinical Research Fellow and was awarded an NHMRC Centre for Clinical Research Excellence grant. His areas of research interest are ophthalmic outcomes research incorporating optical, visual and patient-reported outcome measurement. During his career he has received over \$9 million in competitive grant funding and published over 150 papers. In 2009, Konrad was appointed Foundation Chair of Optometry and Vision Science at Flinders University.



### **Associate Professor Jacqueline Close (Neuroscience Research Australia)**

Jacqueline trained as a geriatrician at King's College Hospital in London. Her primary research area is falls in people with cognitive impairment and dementia and particularly the relationship of cognitive function to postural stability, falls and fractures. She also has an epidemiological interest in the impact of falls and injury to health service use and the way in which health services are designed to prevent and manage falls and injury in older people. Over the past 15 years she has combined research with clinical practice and provided leadership in relation to ensuring that research is translated into policy, guidelines and everyday practice.



# Program Schedule

## Day 1: Knowledge to action in falls prevention across the care continuum

8:30am REGISTRATION

Time	Speaker	Organization	Topic
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Session 1: ASSESSMENT	9:00 - 9:15	Dr Anna Barker	Monash University	Introduction and day overview
	9:15 - 9:30	Prof Margaret Banks	Australian Commission on Safety and Quality in Health Care	Falls accreditation standard 10
	9:30 - 10:00	Prof Stephen Lord	Neuroscience Research Australia	Update on tools for assessment of balance and falls risk across the continuum
	10:00 - 10:30	Dr Frances Healey	NHS Commissioning Board, England	Inpatient falls prevention in the UK: The 10 biggest challenges we all face, and some new ideas for tackling them
	10:30 - 10:45	Panel Session 1 Chair: Dr Wendy Bower Members: Dr Anna Barker, Prof Margaret Banks, Prof Stephen Lord, Dr Frances Healey		

Morning Tea (10:45-11:15)

Session 2: HIGH RISK POPULATIONS	11:15 - 11:45	Dr Jonathan Trembl	Queen Elizabeth Hospital Birmingham, England	Assessment and management of delirium in relation to falls risk: Tools and tips for community, hospital and residential care
	11:45 - 12:15	A/Prof Jacqueline Close	Neuroscience Research Australia	Assessment and management of dementia in relation to falls risk: Tools and tips for community, hospital and residential care
	12:15 - 12:45	Dr Wendy Bower	Monash University	Nocturia is on the causal pathway of falls: development of a quality care bundle for evaluation and treatment
	12:45 - 13:00	Panel session 2 Chair: Dr Anna Barker Members: Dr Jonathon Trembl, A/Prof Jacqueline Close, Dr Wendy Bower		

Lunch (13:00-13:45)

Session 3: HIGH RISK POPULATIONS	13:45 - 14:15	Dr Samuel Nyman	Bournemouth University, England	Older people's uptake and adherence to falls prevention interventions
	14:15 - 14:45	Prof Konrad Pesudovs	Flinders University	Vision and falls research: the story so far
	14:45 - 15:15	Dr Samuel Nyman	Bournemouth University, England	Outdoor falls among older people in the community
	15:15 - 15:45	Panel session 3 Chair: Dr Jonathan Trembl Members: Dr Samuel Nyman, Prof Konrad Pesudovs		
	15:45 - 16:00	Dr Anna Barker	Monash University	Closing Remarks

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 Centre of  
**Research Excellence**  
in Patient Safety

 **MONASH** University  
School of Public Health and Preventive Medicine

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## Payment and registration

Please note. This is a 2 day seminar series. **Day 2: Moving forward in patient safety, implementation, leadership and culture** will include practical workshops and is scheduled for Friday 4th April. Please find relevant cost and registration links for both seminars below:

Day 1 seminars	
\$295 per person (including GST)	Early bird: Single attendee (closes 28th Feb 2014)
\$395 per person (including GST)	Single attendee (from 28th Feb 2014)
For payment and registration via credit card go to: <a href="http://ecommerce.med.monash.edu.au/product.asp?pid=437&amp;cid=8">http://ecommerce.med.monash.edu.au/product.asp?pid=437&amp;cid=8</a>	

Please note: there are no workshops offered on day 1. Prices above are for seminars only.

Day 2 seminars	
\$185 per person (including GST)	Early bird: Single attendee (closes 28th Feb 2014)
\$285 per person (including GST)	Single attendee (from 28th Feb 2014)
For payment and registration via credit card go to: <a href="http://ecommerce.med.monash.edu.au/product.asp?pid=438&amp;cid=8">http://ecommerce.med.monash.edu.au/product.asp?pid=438&amp;cid=8</a>	

Day 2 workshops (limit of 40 people per stream)	
Stream 1: \$120 (including GST)	Single attendee (flat rate) Venue: Classroom 2, AMREP Education Centre
For payment and registration via credit card go to: <a href="http://ecommerce.med.monash.edu.au/product.asp?pid=444&amp;cid=8">http://ecommerce.med.monash.edu.au/product.asp?pid=444&amp;cid=8</a>	
Stream 2: \$120 (including GST)	Single attendee (flat rate) Venue: Seminar Room, AMREP Education Centre
For payment and registration via credit card go to: <a href="http://ecommerce.med.monash.edu.au/product.asp?pid=445&amp;cid=8">http://ecommerce.med.monash.edu.au/product.asp?pid=445&amp;cid=8</a>	

Please note: Prices for day 2 seminars do not include day 2 workshops. Separate registration is required for workshops.

**NOTE:** The registration process is complete once payment has been received and a registration confirmation email has been sent to you.

**Terms and Conditions:** Refunds will not be given if inability to attend is advised the day prior to the workshop. Requests for refunds at any other time will be considered on an individual basis.

Please note: a colleague is always welcome to attend in your place.

Enquiries to Sarah Mizzi or Sheral Rifat

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