# Falls prevention: past, present and future

 $4^{\text{th}}$  Australian and New Zealand Falls Prevention Society Conference Dunedin, New Zealand



	Sunday, 21 <sup>st</sup> November	
9.00am – 12.00noon	Physical Activities (not organised by ANZFPS Conference, email jan.brosnahan@otago.ac.nz) Rowing, biking, walking, running beside the beautiful Otago Harbour	
1.00pm – 2.00pm	Conference and Workshop Registration St David Lecture Theatre Complex, University of Otago, corner of St David and Castle Streets	
2.00pm – 4.30pm	<ol> <li>Interpreting the results from falls prevention research         Associate Professor Terry Haines and Associate Professor Clare Robertson         Seminar room 1</li> <li>Motivating older people to take up and adhere to physical activity programmes         Bob Laventure         Seminar room 2</li> <li>Implementing environmental interventions for preventing falls         Dr Alison Pighills         Seminar room 3</li> <li>Prescribing exercise to older people         Dr Dawn Skelton         Seminar 5</li> <li>Translating research into practice (TRIP)         Dr Nicholas Waldron and Associate Professor Jacqueline Close         Seminar room 6</li> </ol>	
4.30pm – 6.30pm	Registration St David Lecture Theatre Complex, University of Otago, corner of St David and Castle Streets	
5.00pm – 6.30pm	WELCOME RECEPTION St David Lecture Theatre Complex, University of Otago, corner of St David and Castle Streets	

DAY 1	Monday, 22 <sup>nd</sup> November	
From 7.30am	Registration and tea/coffee St David Lecture Theatre Complex, University of Otago, corner of St David and Castle Streets	
	Session 1 Plenary St David Lecture Theatre	
8.30am	Mihi whakatau – welcome to Otago  Mark Brunton Office of Māori Development, University of Otago	
8.35am	Housekeeping and welcome Associate Professor Clare Robertson Chair, Organising Committee	
8.40am	Official opening Michael Woodhouse MP	
8.55am	Welcome from Australian and New Zealand Falls Prevention Society Professor Stephen Lord President, ANZFPS	
9.00am – 10.30am	Theme: Building on the evidence Chair: Professor Keith Hill	
9.00am	Horse hairs, smoke paper, pulleys, slide rules and museums: the history of falls prevention research 1836-1960 Professor Stephen Lord	
9.20am	Modern concepts and models for fall prevention Professor John Campbell	
9.40am	Falls prevention strategies for community living older people Associate Professor Clare Robertson	
10.00am	Falls prevention strategies in nursing care facilities Professor Ngaire Kerse	
10.20am	Falls and fractures in Māori: time for research Professor Ngaire Kerse	

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10.30am – 11.00am	MORNING TEA	
	Session 2A Concurrent	Session 2B Concurrent
11.00am – 12.20pm	Theme: Falls prevention in the community Chair: Associate Professor Lindy Clemson	Theme: Falls prevention in institutions Chair: Professor Ngaire Kerse
	Room: St David Lecture Theatre	Room: Seminar rooms 1 and 2
11.00am – 11.20am	Embedding balance and strength training in daily life activity: a randomised trial Lindy Clemson	Determining the accuracy of falls incident reports in long-term care facilities  Fabio Feldman
11.20am – 11.30am	Falls prevention after stroke: results of a randomised controlled trial Frances Batchelor	Reduction of femoral fractures in nursing homes: the Bavarian fracture prevention study Kilian Rapp
11.30am – 11.40am	Mobility enhancement and falls prevention after stroke: the Stroke Club trial  Catherine Dean	Investigation into the reduction of serious fall injuries in an acute hospital Jeannette Kamar
11.40am – 11.50am	Factors promoting adherence to home modification recommendations for falls prevention Michelle Currin	Falls in a stroke rehabilitation unit: different falls and different outcomes  Carl Hanger
11.50am – 12.00pm	Adherence to home exercise in older people after recent hospital stays  Elisabeth Ramsay	Hospital falls prevention – discouragingly minor gains made  Carl Hanger
12.00m – 12.10pm	Aqua-aerobics to improve balance in older adults with osteoarthritis and falls risk  Leigh Hale	Sustainability of an acute hospital falls prevention programme: 10 year evaluation  Willeke Walsh
12.10pm – 12.20pm	Effects of physical activity and training on 40-65 year olds: a meta-analysis  Cathie Sherrington	Factors affecting compliance with exercise after hospital discharge: an observational study Anne-Marie Hill
12.20pm – 1.45pm	LUNCH & POSTER Session 1	
	Session 3A Concurrent	Session 3B Concurrent
1.45pm – 3.15pm	Theme: Risk factors and clinical conditions Chair: Associate Professor Jacqueline Close	Theme: Counting falls and predicting fallers Chair: Associate Professor Clare Robertson
	Room: St David Lecture Theatre	Room: Seminar rooms 1 and 2
1.45pm – 2.05pm	Resistance training and cortical plasticity of the ageing cortex  Teresa Liu-Ambrose	Analysing count data from falls prevention studies: implications for meta-analysis  Peter Herbison
2.05pm – 2.15pm	Increased cognitive load leads to impaired mobility decisions in senior fallers  Lindsay Nagamatsu	A comparison of three reporting methods to measure falls in hospitals  Anne-Marie Hill
2.15pm – 2.25pm	Brain matter lesions are associated with fall risk in older people: a prospective study  Jacqueline Zheng	Epidemiology and geospatial profile of older fallers attended to by paramedics in NSW  Paul Simpson
2.25pm – 2.35pm	Community based falls in people with PD: a prospective study  Sandra Brauer	Novel methods to evaluate fracture risk models  Meghan Donaldson
2.35pm – 2.45pm	Visual field loss and falls among older adults with glaucoma  Alex Black	Incidence and risk for falls among ambulatory persons post-stroke  Pamela Duncan
2.45pm – 2.55pm	Development and initial validation of the iconographical falls efficacy scale – Icon-FES Kim Delbaere	A simple tool to predict probability of falling after aged care rehabilitation  Cathie Sherrington

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Tuesday, 23<sup>rd</sup> November

DAY 2



2.55pm – 3.05pm	Physiological risk factors for falls in older people with cognitive impairment  Morag Taylor	The clinimetric properties of the DEMMI in healthy community dwelling older adults  Sarah Davenport
3.05pm – 3.15pm	Vitamin D insufficiency, physiological and cognitive functioning and falls in older people  Jasmine Menant	Predicting falls in long term stroke survivors  Catherine Kirkham
3.15pm – 3.45pm	AFTERNOON TEA	
	Session 4 Plenary St David Lecture Theatre	
3.45pm – 5.15pm	Theme: Falls prevention in high risk groups Chair: Professor Stephen Lord	
3.45pm	Falls prevention in frail seniors: a Canadian perspective Professor Karim Khan	
4.15pm	Preventing falls in hospitals: understanding interactions between staff, environment and patients Associate Professor Terry Haines	
4.45pm	Preventing falls in people with dementia – is there any evidence? Associate Professor Jacqueline Close	
5.15pm	Close of Day 1	
7.00pm	CONFERENCE DINNER (optional extra)	
Buses depart 6.30pm	Venue: Larnach Castle ballroom	

7.15am – 8.30am	Morning exercise session and breakfast (optional extra)	
	Guided walk (University Campus) Tai Chi class	
	Leader: Lesley Gillespie Leader: Rod Fer	guson, Tai Chi Master, Australian Academy of Tai Chi
	Session 5 Plenary St David Lecture Theatre	
9.00am – 10.30am	Theme: Looking to the future Chair: Dr Shylie Mackintosh	
9.00am	Physical activity and the primary prevention of fall in Professor David Buchner	njuries
9.40am	Should we Wii? An overview of the exergame appro Dr Stuart Smith	ach to fall risk reduction
10.00am	Does podiatry have a role to play in falls prevention Associate Professor Hylton Menz	?
10.30am – 11.00am	MORNING TEA	
	Session 6A Concurrent	Session 6B Concurrent
11.00am – 12.20pm	Theme: Value for money from falls prevention	Theme: Practical issues in delivering falls
	Chair: Associate Professor Terry Haines	prevention programmes
		Chair: Associate Professor Sandra Brauer
	Room: St David Lecture Theatre	Room: Seminar rooms 1 and 2
11.00am – 11.20am	Economic evaluations: are they really useful for	Web based resource directory: active and healthy
	decisions about falls prevention?	Lorraine Lovitt
	Paul Scuffham	The "Challenge": an example of social marketing
		Jenny Bawden
11.20am – 11.30am	The burden of falls injury among older people in	From conception to maturity – the metamorphosis
	NSW	of ACC's modified Tai Chi programme
	Rebecca Mitchell	Ann Rose
11.30am – 11.40am	Economic evaluation of a dose–response resistance	Developing falls prevention resources for the
	training in older women	Aboriginal population in Western Australia
	Jennifer Davis	Michelle Taylor

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in older women Jennifer Davis  11.50am – 12.00pm  Cost-effectiveness of domiciliary and centre based interventions in high risk fallers Tracy Comans  How to conduct economic evaluations of falls prevention strategies; recommended guidelines Clare Robertson  Discussion and questions  Discussion and questions  Prue McRae  12.20pm – 1.30pm  LUNCH & POSTER Session 2  12.45pm – 1.30pm  Meeting of the Australian and New Zealand Falls Prevention Society Chair: Dr Nicholas Waldron  Chair: Dr Nicholas Waldron  A more genery department fallers Nicholas Waldron  Reducing falls among older people in Victoria: better evidence, better targeting, better outcomes better evidence, better targeting, better outcomes better evidence, better targeting, better outcomes better evidence, better targeting better outcomes better evidence better better  Better and better better  Conditions necessary for achieving program better evidence outcomes better eviden	11.40am – 11.50am	A prospective comparison of the SF-6D and EQ-5D	Langi Mai: fall prevention for Pacific older adults
11.50am = 12.00pm		in older women	Filipo Motulalo
interventions in high risk faillers Tracy Comans  12.00m – 12.30pm How to conduct economic evaluations of falls prevention strategies: recommended guidelines Party Bourke  12.10pm – 12.20pm Discussion and questions Prue McRae  Reacting of the Australian and New Zealand Falls Prevention Society Room: Election of Executive Council Members ALL WELCOME Discussion 78 Concurrent Discussion 78 Discussion 78 Concurrent Discussion 78 Discussion 78 Discussion 78 Concurrent Discussion 78 Discussion 78 Discussion 78 Concurrent Discussion 78 Discussion 78 Discussion 78 Discussi		Jennifer Davis	
Tracy Comans	11.50am – 12.00pm	Cost-effectiveness of domiciliary and centre based	An innovative approach to coordination of falls
How to conduct economic evaluations of falls prevention strategies: recommended guidelines prevention in esidential care processor stephen Loval standard guidelines prevention in personal standard guidelines prevention in personal standard guideline guideline guideline prevention in guideline gu			prevention services in Southern Adelaide
Patrice   Patr		Tracy Comans	Michele Sutherland (for Christina Isaksson)
Clare Robertson   Patsy Bourke	12.00m – 12.10pm	How to conduct economic evaluations of falls	Enhancing older persons' independent living in
12.10pm - 12.20pm   Discussion and questions   Discussion and questions   Prue McRae		prevention strategies: recommended guidelines	Hunter New England Health, NSW
12.20pm - 1.30pm   LUNCH & POSTER Session 2		Clare Robertson	Patsy Bourke
LUNCH & POSTER Session 2   12.45pm - 1.30pm	12.10pm – 12.20pm	Discussion and questions	Not another tool – supporting bed setup decisions
12.45pm - 1.30pm		Discussion and questions	Prue McRae
Session 7A Concurrent   Session 7A Concurrent   Session 7A Concurrent   Session 7A Concurrent   Theme: Translating research into practice   Chair: Dr Nicholas Waldron   Chair: Professor Stephen Lord   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: Seminar rooms 1 and 2   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: Reducing falls among older people in Victoria: Stephen Maloney   Room:	12.20pm – 1.30pm	LUNCH & POSTER Session 2	
Session 7A Concurrent   Theme: Translating research into practice   Theme: Understanding balance   Chair: Dr Nicholas Waldron   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2   Room: Seminar room: Roo	12.45pm – 1.30pm	Meeting of the Australian and New Zealand Falls Pro	evention Society Room:
Theme: Translating research into practice Chair: Dr Nicholas Waldron Chair: Professor Stephen Lord   Room: St David Lecture Theatre Room: Seminar rooms 1 and 2		Election of Executive Council Members ALL WELCON	ИΕ
Chair: Dr Nicholas Waldron   Chair: Professor Stephen Lord   Room: St David Lecture Theatre   Room: Seminar rooms 1 and 2		Session 7A Concurrent	Session 7B Concurrent
Room: St David Lecture Theatre	1.30pm – 3.00pm	Theme: Translating research into practice	Theme: Understanding balance
1.30pm - 1.50pm		Chair: Dr Nicholas Waldron	Chair: Professor Stephen Lord
care for emergency department fallers Nicholas Waldron Reducing falls among older people in Victoria: better evidence, better targeting, better outcomes Lesley Day Daina Sturneiks  2.00pm – 2.10pm Efficacy of online versus face-to-face delivery of falls prevention education to health professionals Stephen Maloney Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini Conditions necessary for achieving program sustainability in falls prevention in Conditions necessary for achieving program Afalls in elderly Taiwanese people Marcella Kwan  What can we learn from the Feldenkrais method about balance ard note the falls wan  What can we learn from the Feldenkrais method about balance and function in older adults Martin Spink  Martin Spink Martin Spink Martin Spink Martin Spink Martin Spink Martin Spink Martin Spink Martin Spink Anna Hatton  OFP group classes + hip abductor exercises: randomised controlled trial Stephanie Woodley  3.00pm – 3.30pm AFTERNOON TEA  Session 8 Plenary St David Lecture Theatre  3.30pm – 5.15pm Theme: Expert opinions on falls prevention Chair: Professor Joh		Room: St David Lecture Theatre	Room: Seminar rooms 1 and 2
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Nicholas Waldron   Reducing falls among older people in Victoria: better evidence, better targeting, better outcomes   Lesley Day   Staphing in young and biomechanics of protective stepping in young and older adults   Steping in young and ol		·	
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Lesley Day  Efficacy of online versus face-to-face delivery of falls prevention education to health professionals Stephen Maloney  2.10pm – 2.20pm  Conditions necessary for achieving program sustainability in falls prevention: a grounded theory Meryl Lovarini  Cauge – 2.30pm  The D-fence against falls: vitamin D for fall prevention in residential care Mooch Williams  A falls prevention 'Community of Practice': Foot strength and ROM associated with balance and function in older adults Martin Spink  Cauge – 2.50pm  Reaching our remote health professionals: the role of videoconferencing Esther Vance  Applied Tai Chi – a falls prevention program: translating research into practice Rod Ferguson  3.00pm – 3.30pm  AFTERNOON TEA  Session 8 Plenary  S to Port Strength and ROM associated with balance and function in older adults  Cauge – 2.50pm  Applied Tai Chi – a falls prevention program: translating research into practice Rod Ferguson  AFTERNOON TEA  Session 8 Plenary  S to David Lecture Theatre  Theme: Expert opinions on falls prevention in Australia (Professor Keith Hill), Canada (Dr Liu-Ambrose), New Zealand (Professor Ngaire Kerse), UK (Dr Dawn Skelton) and US (Professor David Buchner)  MCH standing ability is an independent predictor of falls in elderly Taiwanese people Marcella Kwan  MCH standing ability is an independent predictor of falls in elderly Taiwanese people Marcella Kwan  MCH standing ability is an independent predictor of falls in elderly Taiwanese people Marcella Kwan  What can we learn from the Feldenkrais method about balance end function in older adults  Marcella Kwan  What can we learn from the Feldenkrais method about balance end function in older adults  Marcella Kwan  What can we learn from the Feldenkrais method about balance in older adults  Marcella Kwan  What can we learn from the Feldenkrais method about balance in older adults  Marcella Kwan  What can we learn from the Feldenkrais method about balance in older adults  Marcella Kwan  What can we learn from the Feldenkrais method about ba			
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innovative soft networking for quality improvement Luke Slawomirski  2.40pm – 2.50pm Reaching our remote health professionals: the role of videoconferencing Esther Vance Anna Hatton  2.50pm – 3.00pm Applied Tai Chi – a falls prevention program: OEP group classes + hip abductor exercises: randomised controlled trial Rod Ferguson Stephanie Woodley  3.00pm – 3.30pm AFTERNOON TEA  Session 8 Plenary Theme: Expert opinions on falls prevention Chair: Professor John Campbell  3.30pm 5 year perspective for falls prevention in Australia (Professor Keith Hill), Canada (Dr Liu-Ambrose), New Zealand (Professor Ngaire Kerse), UK (Dr Dawn Skelton) and US (Professor David Buchner)  Meet the experts: questions and discussion led by Professor Karim Khan  Invitation to 5 <sup>th</sup> Australian and New Zealand Falls Prevention Society Conference 2012	2.30pm – 2.40pm	A falls prevention 'Community of Practice':	Foot strength and ROM associated with balance and
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Esther Vance  Applied Tai Chi – a falls prevention program:  translating research into practice Rod Ferguson  AFTERNOON TEA  Session 8 Plenary  Theme: Expert opinions on falls prevention Chair: Professor John Campbell  3.30pm  5 year perspective for falls prevention in Australia (Professor Keith Hill), Canada (Dr Liu-Ambrose), New Zealand (Professor Ngaire Kerse), UK (Dr Dawn Skelton) and US (Professor David Buchner)  4.00pm  Meet the experts: questions and discussion led by Professor Karim Khan  Invitation to 5 <sup>th</sup> Australian and New Zealand Falls Prevention Society Conference 2012	2.40pm – 2.50pm	Reaching our remote health professionals: the role	The effect of textured foot insoles on standing
Applied Tai Chi – a falls prevention program: translating research into practice Rod Ferguson Stephanie Woodley  3.00pm – 3.30pm AFTERNOON TEA  Session 8 Plenary Theme: Expert opinions on falls prevention Chair: Professor John Campbell  3.30pm 5 year perspective for falls prevention in Australia (Professor Keith Hill), Canada (Dr Liu-Ambrose), New Zealand (Professor Ngaire Kerse), UK (Dr Dawn Skelton) and US (Professor David Buchner)  4.00pm Meet the experts: questions and discussion led by Professor Karim Khan Invitation to 5 <sup>th</sup> Australian and New Zealand Falls Prevention Society Conference 2012		of videoconferencing	balance in older fallers
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