



## PROGRAM

(correct at 12<sup>th</sup> November, subject to change)

### PROGRAM - Day 1 Sunday 18<sup>th</sup> November 2018

- 1.00pm – 4.00pm **Pre-Conference Workshops:**
- A. Implementing fall prevention in general practice – using the iSOLVE decision tool and resources**  
*Prof Lindy Clemson, A/Prof Lynette Mackenzie, Amy Tan, Jeannine Liddle*  
 Location: Harbour View Room Two
  - B. A multidisciplinary approach to dizziness in older people**  
*Dr Jasmine Menant, Ms Daniela Meinrath, A/Prof Mark Latt, A/Prof Kim Delbaere*  
 Location: Grand Ballroom One
  - C. Reading falls research: workshop for health practitioners and policy makers**  
*Prof Cathie Sherrington, A/Prof Anne Tiedemann*  
 Location: Harbour View Room One
  - D. Fall Play – adding variety into falls exercise programs**  
*Ms Sally Castell*  
 Location: Grand Ballroom Two
  - E. Exercise to prevent falls – using strength and balance training to prevent falls and improve quality of life**  
*Prof Andrew Hills, Ms Jennie Hewitt, Mr Craig Wilson*  
 Location: Grand Ballroom Three
- 4.00pm – 4.30pm **Early Career Researchers/Student Welcome with the Conference Convenor**  
 Meet at registration desk

### Session 1: Plenary Chair: Cathie Sherrington

- 4.30pm **Preventing falls in hospitals and aged care facilities: innovation, policy, practice and negative trials**  
*Prof Terry Haines, Monash University, School of Primary and Allied Health Care, Melbourne, VIC*
- 5.00pm **ANZFPS Overview**  
*Prof Cathie Sherrington, ANZFPS President*
- 5.15pm – 7.15pm **Registration & Welcome Reception**  
 Trade Exhibition area, Hotel Grand Chancellor Hobart

## PROGRAM - Day 2

Monday 19<sup>th</sup> November 2018

7.30am **Optional Historical Walking Tour (45 minutes)**  
Meeting point: MACq01 Hotel (near female convict statues)  
*18 Hunter Street, Hobart*

8.00am **Registration Desk Opens**

### Session 2:

### Plenary

Chair: Stephen Lord

8.55am **Welcome to Country**  
*Dewayne Everettsmith*

9.00am **Ministerial Welcome**  
*Hon Julie Collins MP, Federal Member for Franklin, Shadow  
Minister for Ageing and Mental Health*

9.10am **Welcome from the President**  
*Prof Cathie Sherrington, President, Australian and New Zealand  
Falls Prevention Society*

9.15am **John Campbell International Keynote Speaker**  
**Future directions for evidence based falls prevention practice**  
*Prof Sarah (Sallie) Lamb, Director, Centre for Statistics in  
Medicine; Director, Centre for Rehabilitation Research, University  
of Oxford, Oxford, UK*

10.00am **“Standing Tall” – an engaging home-based exercise program  
using mobile technology for preventing falls**  
*A/Prof Kim Delbaere, Principal Research Scientist, Neuroscience  
Research Australia; School of Public Health and Community  
Medicine, Faculty of Medicine, University of New South Wales,  
Sydney, NSW*

10.30am **Travel Fellowship winner announcement and presentation**

10.45am – 11.15am **Morning Tea**

**Session 3: Concurrent 11.15am – 1.00pm**

	<b>3A: Slips, trips, vision impairment</b>	<b>3B: Preventing falls in the community</b>	<b>3C: Falls in Asia</b>
<b>Chairs:</b>	<i>Sze-Ee Soh &amp; Feitong Wu</i>	<i>Lynette Mackenzie &amp; Daina Sturnieks</i>	<i>Saliu Balogun &amp; Vasi Naganathan</i>
<b>Location:</b>	Grand Ballroom One	Grand Ballroom Two	Grand Ballroom Three
<b>11.15am-11.30am</b>	Individual participants' variability in slipping risk assessment – what should we measure and report? <i>Dr Tuire Karaharju-Huisman</i>	Exercise for preventing falls in community-dwelling older people: Cochrane Collaboration Systematic Review <i>Prof Cathie Sherrington</i>	<b><i>Symposium: Knowledge and beliefs on falls in middle-aged and older adults in Singapore</i></b>  Fall prevalence and perceptions among community-dwelling middle-aged and older adults in Singapore <i>Dr Pey June Tan</i>
<b>11.30am – 11.45am</b>	Estimating the probability of slipping – a novel perspective <i>Dr Tuire Karaharju-Huisman</i>	Promoting physical activity and fall prevention with health coaching and activity trackers <i>Ms Catherine Kirkham</i>	Gendered perceptions towards falls among older adults living in the community <i>Dr Peter Tay</i>
<b>11.45am – 12.00pm</b>	Reactive Step Training to improve responses to slips and trips in older adults: a double-blind Randomized Controlled Trial <i>Dr Yoshiro Okubo</i>	PreventIT: a feasibility RCT of a lifestyle-integrated activity intervention in young seniors by use of ICT or an instructor <i>Dr Stefanie Mikolaizak</i>	Framework for fall prevention program development and implementation in Singapore <i>Dr Chek Hooi Wong</i>
<b>12.00pm – 12.15pm</b>	The adaptation and evaluation of an exercise-based falls prevention program for older adults with vision impairment <i>Ms Lisa Dillon</i>	Pilot Cluster-randomized Trial of an Online Continuation Program for Stepping On Graduates <i>Prof Lindy Clemson</i>	Factors associated with falls in community-dwellers aged 55 Years and over in the Malaysian Elders Longitudinal Research Study <i>Dr Maw Pin Tan</i>
<b>12.15pm – 12.30pm</b>	Exploring activity counts as a measure of exposure to falls for older people with vision impairment and blindness <i>A/Prof Lisa Keay</i>	Engagement in falls prevention strategies after receiving tailored education: a process evaluation <i>Mrs Chiara Naseri</i>	Piloting the Stepping On After Stroke Fall Prevention Program in Singapore: a feasibility study <i>Mr Tianma Xu</i>

<b>12.30pm – 1.00pm</b>	<p><b>Guided poster tour (8 posters – 2 sessions) – Federation Ballroom</b></p> <p><b>Session 1 (Moderator Michele Callisaya)</b></p> <ul style="list-style-type: none"> <li>• Understanding (risk factors) <ul style="list-style-type: none"> <li>○ Concerns about falling affect daily-life walking activities in older men and women <i>Dr Kim van Schooten</i></li> <li>○ Is the QuickScreen© a useful predictor of falls in Brazilian older women? <i>Silvia GR Neri</i></li> </ul> </li> <li>• Preventing (development and evaluation of interventions) <ul style="list-style-type: none"> <li>○ Do interventions that target freezing of gait in Parkinson's Disease prevent falls? <i>Miss Amber Gunn</i></li> <li>○ Do footwear styles increase falls risk in older adults? A systematic review <i>Ms Annette Davis</i></li> </ul> </li> </ul> <p><b>Session 2 (Moderator Cathie Sherrington)</b></p> <ul style="list-style-type: none"> <li>• Engaging (involvement and engagement of people) <ul style="list-style-type: none"> <li>○ 'Hopping' towards falls prevention! <i>Ms Katrina Baikie</i></li> <li>○ Reducing early morning falls; it's in the timing <i>Ms Hilary Hodgson</i></li> </ul> </li> <li>• Implementing (policy and practice) <ul style="list-style-type: none"> <li>○ Falls – the ones we leave behind <i>Ms Michelle Price</i></li> <li>○ Implementing a mobile fall prevention clinic: evidence and lessons from Fraser Health <i>Ms Ronda Field</i></li> </ul> </li> </ul>
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**1.00pm – 2.00pm    Lunch / Poster Viewing    Federation Ballroom**

**Session 4:                      Concurrent    2.00pm – 3.30pm**

	<b>4A: Engaging (involvement and engagement of people)</b>	<b>4B: Preventing falls in the community</b>	<b>4C: Preventing falls in clinical groups and hospitals</b>
<b>Chairs:</b>	<i>Melanie Farlie &amp; Anne-Marie Hill</i>	<i>Kim van Schooten &amp; Jasmine Menant</i>	<i>Susan Hunter &amp; Michele Callisaya</i>
<b>Location:</b>	Grand Ballroom One	Grand Ballroom Two	Grand Ballroom Three
<b>2.00pm-2.15pm</b>	Engaging physiotherapists in falls prevention procedural education using a new conceptual framework <i>Dr Melanie Farlie</i>	Foot problems as a risk factor for falls in community-dwelling older people: a systematic review <i>Prof Hylton Menz</i>	Falls prevention for older adults after hospital: a systematic review and meta-analysis <i>Mrs Chiara Naseri</i>
<b>2.15pm – 2.30pm</b>	Supporting the fall prevention practice of allied health professionals working in primary care <i>Prof Lindy Clemson</i>	Difficulty managing stairs at discharge from rehabilitation predicts falls at home <i>Dr Ann Rahmann</i>	The UMDEX Study: effects of exercise on falls in older people with dementia living in nursing homes <i>Dr Annika Toots</i>
<b>2.30pm-2.45pm</b>	Fall prevention educational sessions for general practice: approaches from iSOLVE Trial <i>Dr Amy Tan</i>	Exercise to prevent falls among people with Diabetes: review and cost analysis <i>Dr Claudia Meyer</i>	Effect on spatiotemporal gait parameters of learning to use a wheeled walker in Alzheimer's Dementia <i>Dr Susan Hunter</i>
<b>2.45pm-3.00pm</b>	The Impact of Training Non-allied Health Professionals About Falls Prevention Exercises <i>Mrs Sonya Clark</i>	The NSW Falls Prevention Network: 25 years of sharing falls prevention information <i>Dr Esther Vance &amp; Ms Lorraine Lovitt</i>	Cochrane Review update: falls prevention in care facilities and hospitals <i>Dr Suzanne Dyer</i>

	<b>Session 4a continued</b>	<b>Session 4b continued</b>	<b>Session 4c continued</b>
<b>3.00pm-3.15pm</b>	Leading from the front: a multilevel executive nursing approach to falls prevention <i>Mrs Penny Claxton</i>	Vision impairment and gait speed in fear of falling amongst older adults <i>Mr Hidehiko Shirooka</i>	Characteristics, health outcomes and costs of traumatic spinal injury among older and younger individuals <i>A/Prof Rebecca Mitchell</i>
<b>3.15pm-3.30pm</b>	Australian and Welsh residents' views about falls and falls prevention <i>Dr Jacqueline Francis-Coad</i>	Podiatry interventions to prevent falls in older people: systematic review and meta-analysis <i>Prof Hylton Menz</i>	Falls in children and adolescents with Charcot-Marie-Tooth Disease: a six-month prospective Study <i>Ms Rachel Kennedy</i>

**3.30pm – 4.00pm Afternoon Tea**

**Session 5: Plenary Chair: Ngaire Kerse**

- 4.00pm **Falls and older men - do we really need to think about things differently in men?**  
*A/Prof Vasi Naganathan, Centre for Education and Research on Ageing, Concord Hospital, Sydney, Faculty of Medicine and Health, University of Sydney, Sydney, NSW*
- 4.30pm **Falls after hospital discharge – providing patient education**  
*A/Prof Anne-Marie Hill, School of Physiotherapy and Exercise Science, Curtin University, Perth, WA*
- 5.00pm **Training voluntary and reactive stepping for fall prevention**  
*Dr Daina Sturnieks, Neuroscience Research Australia, UNSW Medicine, Sydney, NSW*
- 5.30pm **World Congress in Falls and Postural Stability promotion**  
*Dr Maw Pin Tan, University of Malaya, Malaysia*
- 5.35pm **Close of Day Two**
- 7.00pm **Conference Dinner**  
*Hobart's Red Shed (home to the Hobart Brewing Company)*

**PROGRAM - Day 3****Tuesday 20<sup>th</sup> November 2018**8.00am **Registration Desk Opens****Session 6: Plenary Chair: Terry Haines**

8.30am **International Keynote Speaker**  
**Fall brain: cognitive and biological perspectives**  
*Dr Joe Verghese, Professor of Neurology and Medicine, Albert Einstein College of Medicine, Bronx, New York, USA*

9.15am **Combining physical activity promotion and fall prevention for healthy ageing**  
*A/Prof Anne Tiedemann, The University of Sydney; Faculty of Medicine and Health, Sydney School of Public Health, Institute for Musculoskeletal Health, Sydney, NSW*

9.45am **International falls prevention evidence: gaps and translation issues**  
*Prof Keith Hill, Head of School of Physiotherapy and Exercise Science, Curtin University, Perth, WA*

**10.15am – 10.45am Morning Tea****Session 7: Concurrent 10.45am – 12.15pm**

	<b>7A: Implementing programs (policy and practice)</b>	<b>7B: Musculoskeletal conditions, pain and falls</b>	<b>7C: Understanding (brain mechanisms and falls)</b>
<b>Chairs:</b>	<i>Jacqueline Francis-Coad &amp; Daniel Treacy</i>	<i>Anne Tiedemann &amp; Lisa Keay</i>	<i>Claudia Meyer &amp; David Carter</i>
<b>Location:</b>	Grand Ballroom One	Grand Ballroom Two	Grand Ballroom Three
<b>10.45am – 11.00am</b>	Making falls prevention routine in general practice: perspectives of General Practitioners <i>A/Prof Lynette Mackenzie</i>	The feasibility and safety of high speed resistance and balance training for people with knee Osteoarthritis to reduce falls risk <i>A/Prof Pazit Levinger</i>	Effect of multi-tasking on walking in adults with Alzheimer's Dementia experienced in mobility aid use <i>Dr Susan Hunter</i>
<b>11.00am – 11.15am</b>	Systematic review of intervention studies with GP involvement in falls prevention for community dwelling older people <i>A/Prof Lynette Mackenzie</i>	Associations between Osteoarthritis, falls and quality of life in older people <i>Dr Sumaiyah Mat</i>	Multifactorial fall-risk assessment: cognition and affect contribute to the prediction of future falls <i>Dr Kim van Schooten</i>
<b>11.15am- 11.30am</b>	Preventing falls in community care: 10 years on <i>Dr Elissa Burton</i>	What are the risk factors for falls and fractures in people with Osteoarthritis? Data from the Osteoarthritis Initiative <i>Dr Sze-Ee Soh</i>	White Matter Hyperintensity Volume predicts prospective falls in older people with Dementia <i>Dr Morag Taylor</i>

	<b><i>Session 7a continued</i></b>	<b><i>Session 7b continued</i></b>	<b><i>Session 7c continued</i></b>
<b>11.30am-11.45am</b>	Feasibility evaluation of a rapid response advanced practice allied health falls clinician <i>Miss Lisa Oakley</i>	Knee pain severity is associated with increasing falls risk in among older community-dwelling adults: results from the Malaysian Elders Longitudinal Research (MELoR) Study <i>Dr Sumaiyah Mat</i>	Motor and prefrontal cortical activation during a complex stepping task in older people <i>Mr Paulo Pelicioni</i>
<b>11.45am-12.00pm</b>	Do Falls Incident Reports adequately explain how and why hospital falls occur? <i>A/Prof Anne-Marie Hill</i>	Prospective associations between multi-site pain and falls in community-dwelling older adults <i>Dr Saliu Balogun</i>	Medical, sensorimotor and cognitive factors associated with change in gait variability <i>Ms Oshadi Jayakody</i>
<b>12.00pm-12.15pm</b>	Removing risk score from falls risk assessment does not impact inpatient falls <i>Mrs Diana Clayton</i>	Examining falls prevalence and risk factors in adults one-year after total hip Arthroplasty <i>Dr Susan Hunter</i>	Attention/processing speed is a better predictor of fall-related fractures than executive function <i>Dr Lara Harvey</i>

**12.15 pm – 1.15pm Lunch / Poster Viewing**

**12.30pm – 1.15pm ANZFPS AGM (Grand Ballroom)**

**Session 8: Concurrent 1.15pm – 2.45pm**

	<b>8A: Understanding and preventing falls</b>	<b>8B: Learnings from successful and unsuccessful falls prevention studies across settings</b>	<b>8C: Understanding (mechanisms and aetiology of falls)</b>
<b>Chairs:</b>	<i>Morag Taylor &amp; Michele Callisaya</i>	<i>Anna Hatton &amp; Keith Hill</i>	<i>Paulo Pelicioni &amp; Lindy Clemson</i>
<b>Location:</b>	Grand Ballroom One	Grand Ballroom Two	Grand Ballroom Three
<b>1.15pm-1.30pm</b>	Relationship between dizziness burden and falls in middle-aged and older people <i>Dr Jasmine Menant</i>	<b><i>Symposium: Learnings from successful and unsuccessful falls prevention studies across settings</i></b>	Factors associated with steps per day in people aged 60+: a regression analysis <i>Dr James Wickham</i>
<b>1.30pm-1.45pm</b>	"I'm Dizzy": an Advanced Practice Model of Care for vestibular patients <i>Mrs Philippa Pearce</i>	The SunBeam Program for falls prevention in Residential Aged Care: results and implications from a Cluster Randomised Controlled Trial <i>Dr Jennie Hewitt</i>	Dietary patterns with muscle strength, balance and falls in middle-aged women <i>Dr Feitong Wu</i>
<b>1.45pm-2.00pm</b>	The Value of developing a falls prevention exercise video for older adults <i>Ms Chloe Macri</i>	LiLCAS NZ Project <i>Prof Ngaire Kerse</i>	Sedentary time is associated with increased risk of falls in middle-aged women <i>Dr Feitong Wu</i>
<b>2.00pm-2.15pm</b>	Feasibility of using iPads and the StandingTall App to deliver home-based exercise in older people with Dementia <i>Dr Morag Taylor</i>	Learnings from successful and unsuccessful fall prevention trials in the hospital setting <i>Prof Keith Hill</i>	Dietary patterns and falls risk in Tasmanian older adults: a longitudinal study <i>Ms Hoa Hong Nguyen</i>
		Fall prevention in different populations by choosing different approaches <i>A/Prof Ellen Freiburger</i>	



	<b>Session 8a continued</b>	<b>Session 8b continued</b>	<b>Session 8c continued</b>
<b>2.15pm-2.30pm</b>	The fantastic falls formula: a multi-faceted approach to falls prevention <i>Ms Samina Ali</i>	<b>5x5 Presentations</b> <b>2.15pm – 2.20pm</b> Changes in balance control during exertional walking assessments in adults with Chronic Obstructive Pulmonary Disease <i>Mr David Carter</i>	<b>5x5 Presentations</b> <b>2.15pm – 2.20pm</b> Mrs Dean’s Story: a consumer collaboration to reduce injury <i>Ms Lorraine Lovitt</i>
<b>2.30pm-2.45pm</b>	Analysis of paediatric patient falls and development of falls prevention strategies within a paediatric hospital and community healthcare setting <i>Ms Jasmine Kellaway</i>	<b>2.20pm – 2.25pm</b> Individual factors that impact safe dynamics on a ladder <i>Ms Erika Pliner</i>	<b>2.20pm – 2.25pm</b> A collaborative approach to reduce the use of benzodiazepines in high falls risk patients <i>Mr Peter Falloon</i>
		<b>2.25pm – 2.30pm</b> Balance assessment by physiotherapists working in older adult health - survey of clinical practice in Canada and Australia <i>Dr Susan Hunter</i>	<b>2.25pm – 2.30pm</b> Excellence in care – applying an internal coaching model to inpatient falls prevention <i>Mr Michael Fahy</i>
		<b>2.30pm – 2.35pm</b> The Tasmanian Electronic Falls Ascertainment Tool (TASeFALL) – a Pilot Study <i>Dr Saliu Balogun</i>	<b>2.30pm – 2.35pm</b> Live Well Logan – enhancing inpatient awareness of community activity programs <i>Miss Jacinta Foster</i>
		<b>2.35pm – 2.40pm</b> Is safe footwear a thing? Falls, footwear and older adults <i>Ms Annette Davis</i>	<b>2.35pm – 2.40pm</b> Translation and validation study of the Chinese Version Iconographical Falls Efficacy Scale - Short Version (Icon-FES) <i>Ms Po Wan Polly Chan</i>
		<b>2.40pm – 2.45pm</b> Fear of Falling and Low-Grade Inflammation in Sarcopenic Obese Older Women <i>A/Prof Ellen Freiburger</i>	

**2.45pm – 3.10pm Afternoon Tea**

**Session 9:****Plenary****Chair: Kim Delbaere**

3.10pm

**Integrated solutions for sustainable fall prevention in primary care, the iSOLVE implementation project: lessons learnt, future directions and challenges ahead**

*Prof Lindy Clemson, Professor in Ageing & Occupational Therapy, Faculty of Health Sciences, The University of Sydney; Charles Perkins Centre Active Ageing Research Node Leader; Investigator, ARC Centre of Excellence in Population Ageing Research, Sydney, NSW*

3.40pm

**2020 Australian and New Zealand Falls Prevention Conference**

3.45pm

**Prizes**

Best Oral Presentation (Policy and Practice)  
Best Oral Presentation (Scientific)  
Best Student Oral Presentation  
Best Poster Presentation

3.55pm

**Farewell and Close**

4.00pm

**Close of Conference**