



**Australia and New Zealand
Falls Prevention Society & World Falls Congress**

2023 JOINT CONFERENCE

26 - 28 November, Perth, Western Australia
www.anzfpconference.com

Conference Program

(subject to change)

Sunday 26th November 2023

Pre-Conference Workshops

- 1.00pm – 4.00pm**
- B. Challenging balance exercise training: maximising intensity, safety, engagement and efficacy**, *Dr Yoshiro Okubo, Dr Melanie Farlie, Dr Sze-Ee Soh, Dr Chiara Naseri*
Location: Grevillea Room, Rendezvous Hotel Perth Central, 24 Mount Street
 - C. Joining forces: Strengthening the collaborative approach to community-based falls prevention**, *Joanna Mania, Suzanne Butler, Kenneth Lee*
Location: Acacia Room, Rendezvous Hotel Perth Central, 24 Mount Street
 - F. Preventing Hospital Falls – Translating Evidence to Practice**, *Prof Anne-Marie Hill, Prof Meg Morris, Lorraine Lovitt*
Location: Banksia & Melaleuca Rooms, Rendezvous Hotel Perth Central, 24 Mount Street

EMCR Meet and Greet / Networking Event

- 4.30pm – 5.30pm**
Grevillea Room, Rendezvous Hotel Perth Central, 24 Mount Street
(At conclusion, group will walk together to Convention Centre for Welcome Reception)

Registration Desk Open

- 5.30pm – 6.30pm**
Northern Foyer, Level 2, Perth Convention & Exhibition Centre

Welcome Reception

- 5.30pm – 6.30pm**
*Trade Exhibition Area, Riverview Rooms, Level 2,
Perth Convention & Exhibition Centre*
Includes drinks and canapés.

Monday 27th November 2023

Conference Registration

- 7.30am**
Riverview Rooms, Level 2, Perth Convention & Exhibition Centre

Session 1 – Opening Plenary

- 8.45am – 10.45am**
M1-M3, Level 2, Chair: Prof Stephen Lord

- 8.45am**
Welcome to Country
Dr Marion Kickett, Ballardong Wadjak Elder

- 9.00am**
Ministerial Welcome
Christine Tonkin MLA, Member for Churchlands, on behalf of the Honourable Amber-Jade Sanderson, Minister for Health

- 9.10am**
Welcome from the President
Professor Kim Delbaere, President, Australia and New Zealand Falls Prevention Society

- 9.15am **John Campbell Lecture: Physical activity for healthy ageing and fall prevention: we KNOW it's important, but how do we get people to DO IT?**
Professor Anne Tiedemann, Physical Activity and Health, Faculty of Medicine and Health, University of Sydney, New South Wales
- 9.45am **Keynote Address: Advantaging physical activity for life for all: the future challenge**
Professor Leigh Hale, Dean of the School of Physiotherapy / Centre for Health, Activity, and Rehabilitation Research, University of Otago, New Zealand
- 10.15am **Keynote Address**
Dr Margaret Gidgup, University of Western Australia, Perth, Western Australia

**10.45am –
11.15am Morning Tea**

Session 2 11.15am – 1.00pm	2A: Symposium	2B: Falls in clinical populations	2C: Implementation in hospitals	2D: Fall risk factors
Location	M1	M2	M3	M6
Chairs	Prof Nathalie van der Velde & Prof Stephen Lord	Dr Jasmine Menant & Dr Kim Watkins	Prof Keith Hill & Dr Chiara Naseri	Dr Morag Taylor & Tony Petta
11.15am – 11.30am	World Falls Guidelines: What's new in risk prediction, gait assessment and exercise? Speakers: Manuel Montero-Odasso Tahir Masud Cathie Sherrington Melanie Haley	Amanda Bates: Home-based fall prevention exercise for adults with COPD: a pilot study	Charlotte McLennan: Considerations when implementing a hospital Fall Prevention Strategy: qualitative analyses	Abadi Gebre: Automated abdominal aortic calcification scoring and long-term falls and fracture risk
11.30am – 11.45am		Kelly Bower: An exploration of serious falls after stroke using a large international database	Anne-Marie Hill: Consumer perspectives about barriers and enablers to implementing falls education in hospitals	Morag Taylor: Psychotropic and anti-dementia medication use and falls in people with cognitive impairment
11.45am – 12.00pm		Lindy Clemson: Stroke survivors setting community goals: Falls after stroke trial	Nareshraja Janardanan: Falls prevention strategies - do they reduce inpatient falls?	Jessica Kushite: Aerobic fitness as an influencing factor on postural sway?
12.00pm – 12.15pm		Surasa Khongprasert: Motion graphics: balance-based training for people with Parkinson's disease	Lorraine Lovitt: Keeping older people safe - preventing falls in hospitals	Lisa Keay: Falls after first and second eye cataract surgery: a longitudinal cohort study
12.15pm – 12.30pm		Natalie Allen: A pilot trial of a multifactorial fall prevention program for Parkinson's disease	Tammy Weselman: Exploring older consumers' experiences with falls education in hospital	Susan Hyland: Benign paroxysmal positional vertigo is highly prevalent in falls clinics without dizziness
12.30pm – 12.45pm		Kathryn Marshall: Perspectives of falls and fall prevention for persons with spinal cord injury	Cathy Said: Bridging the gap between hospital falls prevention research and practice	Wing Kwok: Physical activity, physical function and falls in Australian women

12.45pm – 1.00pm		Sze-Ee Soh: Current physiotherapy practice around falls prevention in people with breast cancer	(5x5) Angeline Simons: The impact of an orthogeriatrician in hip fracture outcomes in the NT	(5x5) Daina Sturnieks: Fall risk factors in people with mild cognitive impairment: prospective cohort study
			(5x5) Allison Wallis: Evaluation of a multifactorial falls intervention in regional acute hospital settings	(5x5) Nor Izzati Saedon: Prevalence and risk factors of falls in Parkinson's disease patients
			(5x5) Melanie Farlie: What influences Balance Intensity Scale utilisation in a subacute inpatient geriatric service?	

1.00pm – 2.00pm

Lunch and Poster Viewing

Session 3 2.00pm – 3.30pm	3A: Symposium	3B: Wide-spread implementation	3C: Understanding falls	3D: Exercise for fall prevention
Location	M1	M2	M3	M6
Chairs	Prof Maw Pin Tan & Dr Kate Ingram	Prof Kim Delbaere & Dr Chiara Naseri	Dr Jasmine Menant & Suzanne Butler	A/Prof Elissa Burton & Dr Daina Sturnieks
2.00pm – 2.15pm	Malaysian Falls Prevention Network- risk factors and prevention in the Malaysian setting Speakers: Devinder Kaur Ajit Singh Nurul Nabilah Akmal Hashim Sumaiyah Mat Janet Bong Elizabeth Chong	Kathryn Sibley: Factors influencing older adult community fall prevention exercise implementation: a scoping review	Liping Wang: Applying systems thinking to unravel mechanisms underlying orthostatic hypotension-related fall risk	
2.15pm – 2.30pm		Fay Manning: Evidence-based falls prevention: does it deliver what it says on the tin?	Roisin Sweeney: Understanding the incidence of falls-related injuries in Western Australia	Keith Hill: Falls outcomes and cost-effectiveness of the ENJOY Seniors Exercise Park program
2.30pm – 2.45pm		Jodi Ventre: Evidence-based fall prevention programmes: Are adoption facilitators acting as barriers to spread?	Bob van de Loo: Retrospective validation of the World Falls Guidelines- algorithm in community-dwelling older adults	Marina Pinheiro: A systematic review of economic evaluations of fall prevention exercise programs
2.45pm – 3.00pm		Debra Waters: Primary care reimbursed falls screening: does it improve falls risk and outcomes?	Paige Watkins: Epidemiology of repeated falls and ambulance attendances in WA adults	Belinda Wang: Effectiveness of fall prevention exercise interventions according to fall rate
3.00pm – 3.15pm		Lara Harvey: Impact of adherence to national clinical care Standards following fall-related hip fracture	Danial Bell: Inappropriate Prescribing using STOPP Criteria and other factors contributing to inpatient falls	(5x5) Danielle R Bouchard: Group-based synchronous online exercise programs for older adults living independently- a scoping review

			(5x5) Anne Tiedemann Dance for healthy ageing and fall prevention: developing and maintaining engagement
3.15pm – 3.30pm	(5x5) Melanie Farlie: Describing health professional exercise prescription practice: a global survey	(5x5) Tim Stuckenschneider: SeFalled – first observations 12 months after a sentinel fall	(5x5) Marina Arkkukangas: FallFitness- a “train the trainer” concept
		(5x5) Mae Lim: Health literacy and concerns about falling in older people: a theoretical framework	(5x5) Cathy Said: Working together to increase tailored exercise in older people from CALD communities
		(5x5) Cameron Hicks: One modification greatly improves stratification within the world falls guidelines fall-risk algorithm	

3.30pm –
4.00pm

Afternoon Tea

3.30pm –
4.00pm

Hospital Falls Networking Session

M6

4.00pm – 5.15pm

Session 4 – Plenary

M1-M3, Level 2, Chair: Prof Debra Waters

4.00pm

Keynote Address: Therapeutic dilemmas in older fallers: to prescribe or de-prescribe

Professor Nathalie van der Velde, Geriatrics Department, Amsterdam UMC, The Netherlands

4.30pm

Keynote Address: Falls Prevention in Lower- and Middle-Income Countries

Professor Maw Pin Tan, Division of Geriatric Medicine, University of Malaya, Malaysia

5.00pm

Keynote Address: New Australian Best Practice Guidelines for Preventing Falls in Older People for Community, Hospital and Residential Aged Care Setting

Professor Stephen Lord, NHMRC Senior Principal Research Fellow & Centre Director, Falls, Balance and Injury Research Centre, Neuroscience Research Australia, Sydney, New South Wales

5.15pm

Close of Day One

7.00pm –
10.00pm

Conference Dinner

(optional extra, not included in registration fee)

Fraser’s Kings Park, 60 Fraser Avenue, Kings Park WA

Tuesday 28th November 2023

Conference Registration

8.00am

Riverview Rooms, Level 2, Perth Convention & Exhibition Centre

8.30am –
10.30am

Session 5 – Plenary

M1-M3, Level 2, Chair: Dr Daina Sturnieks

8.30am

Keynote Address: Falls in care homes can be reduced by 43%: results from the largest UK randomised controlled trial and implementation study

Professor Pip Logan, Rehabilitation Research and Occupational Therapist, Centre for Rehabilitation and Ageing Research, University of Nottingham, United Kingdom

9.00am

Keynote Address: Reducing Falls and Fractures in Older Adults in Aged Care Consider Food Quality in Prevention Strategies

Dr Sandra Iuliano, Senior Research Fellow (Honorary), Department of Medicine – Austin Health, The University of Melbourne, Victoria

9.30am

Keynote Address: Falls prevention in residential aged care: updated meta-analyses with novel analyses for complex interventions

Dr Suzanne Dyer, Senior Research Fellow, Flinders Health and Medical Research Institute – Flinders University, Adelaide, South Australia

10.00am

Keynote Address: Insights from real-life data on how falls and fall-related injuries occur in older adults in long-term care

Prof Stephen Robinovitch, Professor, Department of Biomedical Physiology and Kinesiology, Simon Fraser University, Burnaby, British Columbia, Canada

10.30am –
11.00am

Morning Tea

Session 6 11.00am – 12.15pm	6A: Symposium	6B: Understanding balance	6C: New technologies for fall prevention	6D: Risk assessment implementation
Location	M1	M2	M3	M6
Chairs	Prof Leigh Hale & Prof Debra Waters	Prof Stephen Lord & Dr Daina Sturnieks	Prof Kim Delbaere & Dr Morag Taylor	Prof Anne-Marie Hill & Prof Anne Tiedemann
11.00am – 11.15am	Tū Ora and Otago Falls Network: Engagement in falls research	Jasmine Menant: Neural efficiency during walking in older people with fear of falling	Jason Talevski: Falls in Residential Aged Care Facilities: Utilisation of a Virtual Emergency Department	Rana Aroos: Lower urinary tract symptoms (LUTS) and falls risk in older adults
11.15am – 11.30am	Speakers: Debra Waters Katrina Pōtiki Bryant	Ringo Tanglong Zhu: Fallers use more lower- limb muscle activation and power to maintain reactive balance	Lloyd Chan: Can smartwatches predict injurious falls? a nine- year cohort involving 32,619 older adults	Melanie Farlie: Balance Intensity Scale reliability and agreement for therapists rating balance exercises
11.30am – 11.45am	Kiti Taituha Troy Tararo-Ruhe Lara Vlietstra	Normala Mesbah: Association of postural stability and behavioral symptoms in older adults with dementia	Kim van Schooten: StandingTall to prevent falls: replication, learnings from telehealth and a meta- analysis	Sara Groos: Optimizing primary-care based fall risk assessments: A User-Centered and Behavior Change approach

11.45am – 12.00pm		Yoshiro Okubo: Effects of a reactive balance training ReacStep on fall risk	Morag Taylor: Implementation of the StandingTall program to prevent falls in older people	Lene Solberg: Fracture Liaison Services and Subsequent Fracture Risk
12.00pm – 12.15pm		(5x5) Zonghao Ma: Exploring Muscle Activity in Older Fallers and Non-fallers with Wearable Ultrasound Imaging	(5x5) Meghan Ambrens: The role of wearables in healthcare: Consensus on clinical utility and roadmap	(5x5) Jackson Fyfe: Feasibility and reliability of remote home-based physical function testing in older adults
		(5x5) Maoling Lim: Effects of anxiety on reactive balance following trip-like perturbations in older people	(5x5) Kelly Bower: A hybrid telehealth falls prevention intervention for people with stroke transitioning home	(5x5) Shawn Soh: Convergent and predictive validity of balance-related confidence scales and Falls Efficacy Scale-International
			(5x5) Zonghao Ma: Fall Risk identification in community-dwelling older people using inertial measurement unit (IMU)	

12.15pm – 1.15pm

Lunch and Poster Viewing

12.30pm – 1.15pm

ANZFPS AGM

Session 7 1.15pm – 2.45pm	7A: Symposium	7B: Interventions	7C: Aged Care	7D: Policy and Practice
Location	M1	M2	M3	M6
Chairs	Prof Devinder Kaur Ajit Singh & Dr Marcus Ang	Prof Debra Waters & Dr Kristie Harper	Prof Cathie Sherrington & Suzanne Crosby	Lorraine Lovitt & Prof Anne-Marie Hill
1.15pm – 1.30pm	Falls Research and Practice in Four Southeast Asian Countries Speakers: Chris Lien	Leonie Westerbeek: Developing an intervention for the joint-management of older patients' medication-related fall risk	Lynne Taylor: The Staying UpRight trial in residential care does not reduce falls	Margaret Gidgup: Nih Waangkiny Kaadatjiny' Listening, Learning, Knowing' older Aboriginal people and physical activity
1.30pm – 1.45pm	Reshma Merchant Susiana Nugraha Shyh Poh Teo Maw Pin Tan	Lisa Keay: Preventing Falls in older people with low vision: the PlaTFORM randomised trial	Jenni Suen: Qualitative comparative analysis of exercise for fall prevention in residential aged care	Sara Vandervelde: Contextual analysis: Implementing multifactorial falls prevention interventions in the community

1.45pm – 2.00pm	Lindy Clemson: Occupational therapy fall-prevention home visits reduce falls by 38%: new Cochrane evidence	Yijian Yang: Promoting hip protectors in care homes through education and technology	Aleksandra Natora: Perceptions of policy makers and key stakeholders about Australian falls prevention policy
2.00pm – 2.15pm	Tianma Xu: Implementing the Stepping On program in Singapore: An experience sharing	Jesper Ryg: Use of fall-risk-increasing drugs (FRIDs) upon nursing home admission in Denmark	Catherine Kirkham: Motivating Seniors to get active: developing therapeutic alliances in the CHAnGE trial
2.15pm – 2.30pm	(5x5) Lauren Fortington: Is it working? Evaluation of a population-based community falls prevention program	Rebecca Mitchell: Frailty and re-hospitalisation risk for aged care residents after a previous fall	Hazel Heng: Qualitative insights into healthcare professionals' views on falls prevention education
	(5x5) Elissa Burton: Recruiting people with mild cognitive impairment into a falls prevention trial		
2.30pm – 2.45pm	(5x5) Thanwarat Chantanachai: Cognitive training in people with dementia: a single-blind randomised controlled trial	(5x5) Fran Hallam-Bowles: Stakeholder analysis to inform co-production of falls management approaches in care homes	(5x5) Junyi Peng: Integrating falls prevention for older people within Chinese primary health care system
		(5x5) Rik Dawson: Telehealth physiotherapy in aged care: implementation outcomes of the TOP UP Study	(5x5) Khyber Alam: Current practice patterns of eye care practitioners in fall prevention: a scoping review
		(5x5) Claire Ford: Virtual reality falls awareness training in care homes: a feasibility study	(5x5) Paige Watkins: “Mind the gap”: Paramedics’ experiences attending and managing patients who fall
2.45pm – 3.10pm	Afternoon Tea		

3.10pm –
4.30pm

Session 8 – Plenary

M1-M3, Level 2, Chair: Prof Kim Delbaere

- 3.10pm **Keynote Address: Whaioranga Te Pā Harakeke – Iwi-driven injury prevention and rehabilitation for older Māori**
Dr Jo Hikaka, Pharmacist and Senior Research Fellow, University of Auckland, New Zealand
- 3.40pm **Keynote Address: How can technology help us in caring for older people at risk of falls and fractures?**
Dr Hannah Seymour, Medical Lead, Electronic Medical Record (EMR) Program Team, Department of Health, Perth, Western Australia
- 4.10pm **Announcement: 2025 Australia and New Zealand Falls Prevention Conference**
- 4.15pm **Prizes**
Best Oral Presentation (Policy and Practice)
Best Oral Presentation (Scientific)
Best Student Oral Presentation
Best Poster Presentation
- 4.25pm **Farewell and Close**
-
- 4.30pm **Close of Conference**
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Posters

(Poster ID numbers starting with E are electronic posters)

ID	Poster title and presenting author
1	Exploring the perceptions of ageing in people engaged in fall prevention activities, Meghan Ambrens
E1	Falls in an acute mental health setting: A retrospective review, Seng Giap Marcus Ang
2	'Stepping On' and up! Promising partnerships for falls prevention, Margaret Armstrong
E2	The risk of fall evaluation and training program Saúde Sem Quedas, Deyse Borges Machado
E3	Effects of step training in older adults with mild to moderate dementia, Wayne Chan
E4	Cognitive and physical decline and falls in people with mild cognitive impairment, Thanwarat Chantanachai
E6	Education on inpatient falls prevention - are falls workshops effective? Elizabeth Chong
E7	Remodelling falls workshop with technology enhanced learning after the COVID-19 pandemic, Elizabeth Chong
E8	"Know Falls, No Falls", Arjay Clamonte
E9	The association of pre-admission polypharmacy and falls in elderly inpatients, Louise Clarkson
E10	Person-centred care approach to prevention and management of falls, Anna Carolina Da Silva Albertini
3	Steady Feet Falls Prevention Program for community-dwelling older adults in Singapore, Trishpal Kaur Dhaliwal
4	Walk the Talk Mobility Chart Project, Sandra Dumas
5	Time to make noise: falls prevention is a national priority, Lauren Fortington
6	Association between high-sensitivity cardiac troponin I and fall-related hospitalisation, Abadi Gebre
7	Older Aboriginal people engaging in physical activity: "Ways of Working", Margaret Gidgup
E11	Prioritising patients for hospital occupational therapy to reduce early inpatient falls, Kristie Harper
E12	Analysis of the PromeTheus multi-centre randomized controlled trial: participant recruitment and characteristics, Natalie Hezel
E13	Stepping Threshold Test for assessing reactive balance discriminates between fallers and non-fallers, Natalie Hezel
E14	Partnering with patients and staff to develop hospital falls prevention education, Anne-Marie Hill
E15	Is there a difference between oldest-old versus youngest-old fallers with hip fracture? Yi Bin Ho
8	Feeling Great: A program for frailty, exercise and education for living great, Carmel Illsley
9	Falls prevention online learning key to workforce development, Apu Karajagi
E16	Immersive VR dual-task training improves gait and balance parameters in MCI, Joanne Kua
E17	Seniors exercise park utilisation: the ENJOY program for independence in dementia, Pazit Levinger
10	The Steady Feet Programme – A mixed methods evaluation, Christopher Lien
E18	Using Quality Improvement to prevent falls in hospital, Lorraine Lovitt
E19	Fall prediction of older people using wearable devices and AI technology, Zonghao Ma
E20	A spoonful of social helps the exercise go down, Fay Manning
11	Cognitive-motor exercise interventions effects on fall risk factors: systematic review and meta-analysis, Jasmine Menant
12	Temporal trends in hip fracture hospitalisations in New South Wales, 2014- 2021, Seigo Mitsutake
E21	Introducing the new Safe System Approach to Falls Prevention, Aleksandra Natora
13	Clinician acceptability of the ReacStep training program, Yoshiro Okubo
E22	Factors influencing the implementation of a falls prevention programme: A qualitative study, Rebecca Ong
E23	NHMRC Centre of Research Excellence in Prevention of Fall-related Injuries 2021-2025, Sandra O'Rourke
14	Predictive validity and reliability of the short-form Occupational Fall Risk Assessment Tool, Yosuke Osuka
E24	Review of pre-fall huddle process on Ward 7 South at Fremantle Hospital, Ashlee Parker
E25	Falls prevention strategies for people with peripheral neuropathy. A narrative literature review, Kristen Pearson
15	The positive effects of attending community strength & balance classes, Lily Purdon
E26	Impact of Tai chi on falls, mobility and quality of life in RAC, Chelsea Rudd
E27	Evolution and usage of the Safe Exercise at Home website, Catherine Said
E28	The effect of pain on walking in older people: A systematic review, Mahsa Seydi
16	Co-designing a tailored falls prevention program for people with osteoarthritis, Sze-Ee Soh

17	Pilot: Improved standing balance measures with the SAS MAT 70 Point System, Anna Stackpool
E29	Translating research to practice: A clinician's story, Lindy Clemson
E30	Development and validation of a prediction model of major injurious inpatient falls, Fong Cheng Tam
18	Chronic illnesses that are predictors of falls in an elderly cohort, Guo Jeng Tan
E31	Does Polypharmacy or Anticholinergic burden predict falls in elderly with Parkinson's disease? Hui Loo Tan
E32	Hip fracture management post fall – what affects surgical delay and outcome? Hwei Wern Tay
E33	Community falls in neurological conditions: Telehealth effectiveness (Systematic Review and Meta-analysis) Claire Thwaites
E34	From personal experience to professional agenda: Motivators for implementing fall prevention programmes, Jodi Ventre
19	Effectiveness of cardiovascular diagnostics & treatments on fall risk: a scoping review and evidence map, Liping Wang
E35	Continuous improvement methodology in improving rates of postural blood pressure measurement, Rachel Warner
E36	Extent of postural blood pressure measurement in falls patients in SA Health, Rachel Warner
E37	Ambulance attended adults who fall: A scoping review, Paige Watkins
E38	Epidemiology of ambulance attended adults who fell in WA: 2015-2021, Paige Watkins
E39	Armadale Falls Specialist Program - A dual edged approach, Andrea Whyte
E40	Educating Staff on Falls Prevention using Insitu Simulation and Symptom Burden Kits, Rebecca Woltsche
20	Investigating sit-to-stand velocity to assess functional capacity in older people, Ryan Woodbury
E41	Can a multicomponent frailty management program reduce falls in community-living older adults? Tianma Xu
E42	Immersive VR dual-task training reduces motor dual-task cost in MCI, Joyce Yap
21	Training at the limit of balance control (TRAIL) – study protocol, Tania Zieschang