

# Falls Prevention in Older People

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Friday 20th September 2024

15Hatfields, London & Virtual Conference



## Chair & Speakers Include:

**Professor Cameron Swift**  
Emeritus Professor, Consultant  
Physician King's School of Medicine  
and Specialist Committee Member,  
Falls Prevention Quality Standard NICE

**Dr Julie Whitney**  
*Clinical Lead, National Audit of  
Inpatient Falls, Physiotherapist &  
NIHR Clinical Lecturer, King's College  
Hospital NHS Foundation Trust*

**Tim Allardcy**  
*Clinical Director  
Surrey Physio*

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***“The world’s population is ageing. Falls and related injuries are increasingly common, making their prevention and management a critical global challenge. Many falls can be prevented.”***  
British Geriatric Society 2022

***“Falls and related injuries are increasingly common, and an important driver of demand for urgent and emergency care. They can negatively affect functional independence and quality of life and, when resulting in a lie of over one hour in length, are also strongly associated with serious injuries, admission to hospital, and subsequent moves into long term care.”***  
Going further for Winter, NHS England October 2022

***“Falls are the number one single reason why older people are taking to the emergency department, and around 30% of people 65 and over will fall at least once a year. Care outside hospital is of particular importance for older people living with frailty, who are much more likely than younger people to be admitted to hospital, and likely to have a longer stay when they are admitted.”***  
NHS England Plan for Recovering Urgent and Emergency Care January 2023

***“All older adults should be advised on falls prevention and physical activity. Opportunistic case finding for falls risk is recommended for community-dwelling older adults. Those considered at high risk should be offered a comprehensive multifactorial falls risk assessment with a view to co-design and implement personalised multidomain interventions. Other recommendations cover details of assessment and intervention components and combinations, and recommendations for specific settings and populations.”***  
The World Guidelines for Falls Prevention and Management in Older Adults 2022

***“Falls and fall-related injuries, including fractures, are common and a serious health problem for older people. Falls can cause pain and injury, distress, loss of confidence and independence, or death. They are estimated to cost the NHS more than £2.3 billion per year.”***  
National Institute for Health

***“Engaging older adults is essential for prevention of falls and injuries: Understanding their beliefs, attitudes and priorities about falls and their management is critical to successfully intervening.”***  
The World Guidelines for Falls Prevention and Management in Older Adults 2022

This conference focuses on falls prevention and management in older people with a focus on ensuring effective and resilient falls prevention activity. The conference will update delegates on the New World Guidelines for Falls Prevention and Management in Older Adults and highlight the impact of the pandemic on older people and falls prevention. Sessions throughout the day will focus on activity and falls, developing falls prevention and healthy ageing, understanding human factors in falls prevention, meeting the psychological needs of those who have fallen or are at risk of falls, improving falls education and awareness, effective personalised multidisciplinary assessment, reducing falls on the ward, falls and mental health including delirium prevention, medication management and improving secondary prevention. The conference will also discuss key elements in the reduction of falls in your service including strength, balance and exercise promotion, managing underlying health issues, developing personalized falls prevention care plans, frailty presenting as falls and improving the systems for falls monitoring, investigation and learning.

## Benefits of attending:

- Network with colleagues who are working to improving falls prevention and management in older people
- Reflect on the 2022 World Guidelines for Falls Prevention
- Develop your skills and improve competence in falls prevention and management
- Improve your skills in the development of healthy ageing and effective strength and balance programmes
- Examine how a human factors approach could support you to prevent falls
- Learn from established in the development of multidisciplinary assessment and post fall protocols
- Understand how you can better meet the psychological needs of those who have fallen
- Improve falls education and awareness in older people and support people to change behaviour
- Identify and manage people at risk of falling, and effectively investigate and learn from falls when they do occur
- Improve secondary prevention of falls and fractures
- Learn from best practice in dementia, delirium prevention and falls
- Update your knowledge on how effective medicines management can reduce falls
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

## 09.35 Chair's Welcome and Introduction

### Professor Cameron Swift

*Emeritus Professor, Consultant Physician, Kings School of Medicine; Specialist Committee Member, Falls Prevention, Quality Standard, NICE*

## 09.40 Supplier Showcase: Thera-Trainer

### John Blake

*Managing Director  
Thera-Trainer*



- Senso – Fall Prevention Medical Device clinically proven to reduce falls
- tests and trains cognitive motor skills with a combination of cognitive and motor tasks
- user-friendly, intuitive software with over 17 exer-games make it fun to use
- supplies care providers and clinicians with performance reports and allows user-specific outcome management

## 10.00 The World Guidelines for Falls Prevention and Management in Older Adults & National Developments in Falls Prevention

### Professor Cameron Swift

*Emeritus Professor, Consultant Physician  
Kings School of Medicine  
and Specialist Committee Member, Falls Prevention  
Quality Standard, NICE*

- falls prevention and management - where are we now?
- understanding and implementing the World Guidelines for Falls Prevention and Management in Older Adults
- core components of an effective falls prevention service
- evidence for effective falls prevention – positive and negative
- driving change: falls, frailty and the recommendations from Getting it Right First Time in Geriatrics
- responding to the National Audit of Inpatient Falls
- current developments, challenges and opportunities

## 10.45 Driving improvement through national guidance, national and local audit

### Dr Julie Whitney

*Clinical Lead, National Audit of Inpatient Falls,  
Physiotherapist & NIHR Clinical Lecturer,  
King's College Hospital NHS Foundation Trust*

- findings from the latest National Audit of Inpatient Falls report
- moving from snapshot audits to continuous audit
- focusing on patients who sustain a hip fracture while in hospital
- how the Falls and Fragility Fractures Audit Programme can support improvement activity
- implications for falls prevention in older people

11.15 *Comfort Break, Exhibition and Networking*

## 11.40 Improving falls education, awareness and exercise in older people

### Tim Allardyce

*Clinical Director  
Surrey Physio*

- understanding the impact of the pandemic and lockdown on physical activity in older people
- educating patients and the public to understand why falls happen, how to get up from a fall and how to reduce the risk of falling
- working with patients to improve strength and balance and ensuring an inclusive approach
- working with people with dementia: the use of life stories to complete risk positive care plans

## 12.10 EXTENDED SESSION: Learning from patient falls

### Gail Fasino

*Falls Prevention Lead Nurse  
Epsom and St Helier University Hospitals NHS Trust*

- reducing future falls risk: education and training of frontline staff
- learning from falls investigation to improve practice
- implementing a post fall protocol in practice and developing the role of the falls patient safety practitioner
- our experience trialling a falls prevention alarm system
- reducing future falls risk: education and training of frontline staff
- learning from falls investigation

12.50 *Lunch Break, Exhibition and Networking*

*Continues on page 4*



### 13.40 Gaining insight from falls, human factors and linking with PSIRF

#### **Dr Samantha Machen**

*Head of Patient Safety Incident Response & Associate Director of Patient Safety*  
University Hospitals Sussex NHS Foundation Trust

- gaining Insight from Falls
- reporting and investigation of inpatient falls – changes with the introduction of PSIRF
- how a human factors approach can improve falls prevention
- falls investigation and learning from falls that lead to severe harm including the hot debrief and after-action reviews

### 14.10 Falls prevention at ward level

#### **Vicky Hardy**

*Falls Prevention Practitioner*  
West Hertfordshire NHS Foundation Trust

- improving practice in the identification and management of people at risk of falls at ward level
- ensuring patients receive the right level of enhanced support
- using PDSA cycles to understand why falls occur on the ward and improve practice
- changing culture and practice

### 14.40 Medication management to reduce falls: Frailty, Polypharmacy and prescribing

#### **Speaker to be announced**

- understanding which medications contribute to falls and syncope
- frailty, falls and polypharmacy
- what an aged body does to a drug and a drug does to an aged body
- optimising medications safely
- tools to support safer prescribing
- assessing medications within falls services and clinics
- understanding when falls is a side effect of medication

### 15.10 *Comfort Break, Exhibition and Networking*

### 15.30 Working with volunteers in falls prevention

#### **Juliet Butler**

*Physiotherapist and Operational Inpatient Manager*  
Kingston Hospital NHS Trust  
*Representative Helpforce*

- how the falls prevention volunteering initiative had improved fitness and confidence in patients
- an overview of the physiotherapy prescribed exercise programme
- our programme and working with volunteers

#### **Laura Greene**

*Head of Volunteering Services*  
Kingston Hospital NHS Trust

### 15.55 Meeting the psychological needs of those who have fallen: managing fear of falling and supporting people to regain confidence after a fall

#### **Dr Liz Baikie**

*Consultant Clinical Psychologist*  
Lothian Older People's Psychology Service  
Western General Hospital, NHS Lothian

- understanding fear of falling and the psychological impact of a fall
- interventions and tools that can help
- supporting people to regain confidence after a fall

### 16.25 Falls prevention and Delirium

#### **Stephanie Fuentes Wellstead**

*Improvement Practitioner for Falls, Dementia and Delirium*  
Royal Cornwall Hospitals NHS Trust

- syncope, delirium, dementia and falls
- why are people with dementia and delirium at higher risk of falls
- spreading the message that delirium is preventable
- key steps you can take to prevent delirium: developing your role

### 16.55 *Questions & Answers, followed by Close*

*There will be time after each session for Questions & Answers*



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### Onsite Venues

Hallam Conference Centre, 44 Hallam Street, London, W1W 6JJ

### Virtual

This virtual conference is run using a live stream on Zoom, interactive breakout rooms, and resources on a secure landing page available for three months after the event.

### Date

- Friday 20th September 2024 - ONSITE  
 Friday 20th September 2024 - VIRTUAL

### Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.  
 £250 + VAT (£300.00) for voluntary sector / charities.  
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### \* Credit Card Discount

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### Exhibition

If you are interested in exhibiting at this event, please contact Sarah-Jane O'Reilly on 01932 429933, or email [sarahjane@hc-uk.org.uk](mailto:sarahjane@hc-uk.org.uk)

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