

20th International Conference Falls and Postural Stability

20th September 2019

etc. venues Prospero House, London

This annual event is widely recognised as the leading meeting in the UK for clinicians working in the field of falls and mobility medicine. The day provides a forum for scientific discussion and clinical updates and enables a multidisciplinary audience of over 200 professionals to share their experiences of best clinical practice

Meeting aims

- Further attendee's overall knowledge and understanding of current research and practice in healthcare of older people in core and difficult areas
- Improve attendee's skills in the treatment and care of older people
- Inspire attendees to achieve personal excellence in healthcare of older people
- Take away new activities and ideas to progress their workplace's services

The British Geriatrics Society acknowledges with grateful thanks, the support given through sponsorship from:



GEDEON RICHTER



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This meeting has been granted 6 credits CPD accreditation from the Royal College of Physicians (RCP). CPD Code: 127414

08.30 **Registration**

09.15 **Chair's introduction**

Session 1

Chair: Dr Celia Gregson

9.20 20 years of the conference

Dr Rob Morris, Consultant geriatrician, Nottingham University Hospitals NHS Trust

9.30 Lessons learnt from the fracture liaison service database

Dr Rachel Bradley, Consultant geriatrician, University Bristol Hospital NHS Foundation Trust

09.20
-
11.00

10.00 Innovations in technology and IT solutions for cognition in relation to falls; Harnessing the power of neural network

Prof Eling de Bruin, Academic physiotherapist, Karolinska Institute, Sweden

10.30 It's not because they're rushing; Falls and the bladder

Dr William Gibson, Assistant professor and consultant geriatrician, University of Alberta Hospital, Canada

11.00 **Refreshments and posters**

Session 2 - Sarcopenia update

Chair: Prof Tahir Masud

11.30 Is sarcopenia an useful concept to consider for older people who fall?

Prof Miles Witham, Professor of trials for older people, NIHR Newcastle Biomedical Research Centre

11.30
-
12.30

12.00 Role of nutrition and exercise as interventions for sarcopenia in fallers

Dr Caoileann Murphy, Postdoctoral research dietician, University College Dublin

12.30 **Lunch and posters**

Session 3 - Platform presentations

Chairs: Dr Terence Ong and Dr Julie Whitney

13.30 Do current guidelines for the rehabilitation of older adults at risk for falls recommend interventions to improve postural stability? A Scoping Review and Gap Analysis

Matthew Liston

13.40 Comparing the effects of single-task and dual-task balance and gait training on gait harmonic ratio and functional balance in older adults

Samira Javadpour

13.50 Development of an Implementation Toolkit for the Falls Management Exercise (FaME)

Elizabeth Orton

13.30
-
14.30

14.00 Cortical activity during postural recovery in response to predictable and unpredictable perturbations in healthy young and older adults: a quantitative EEG assessment

Ehsan Sinaei

14.10 Creating a tiered approach of strength and balance programmes in community settings

Sharon Hughes

14.20 The use of wearable inertial measurement units to measure gait and postural differences between younger and older adults

Mubarak Patel

PROGRAMME AND FLOORPLAN

Session 4 - Parallel workshops

Interactive, small scale sessions to run in parallel

| | Workshop 1: Orthogeriatric developments | Workshop 2: Reducing falls in hospital | Workshop 3: Assessment of vertigo and dizziness | Workshop 4: New paradigms in exercise prescriptions in frail older patients |
|---------------------|--|--|---|--|
| 14.30 - 15.30 | Dr Madhavi Vindlacheruvu, Consultant orthogeriatrician, Addenbrooke's Hospital and Dr Terence Ong, Consultant orthogeriatrician, Nottingham University Hospitals NHS Trust | Dr Julie Whitney, Consultant practitioner in gerontology, Kings College Hospital and Dr Rob Morris, Consultant geriatrician, Nottingham University Hospitals NHS Trust | Facilitator: Dr Jonathan Trembl, Consultant geriatrician, Queen Elizabeth Hospital Dr Mark Perera, Consultant audiological physician, St George's Hospital | Facilitator: Prof Dawn Skelton, Professor of ageing and health, Glasgow Caledonian University Prof Alvaro Casas Herrero, President of the Spanish Society of Geriatric Medicine and Prof Nicolas Martinez Velilla, Academic geriatrician, Pamplona, Spain |

15.30 Refreshments and posters

Session 5

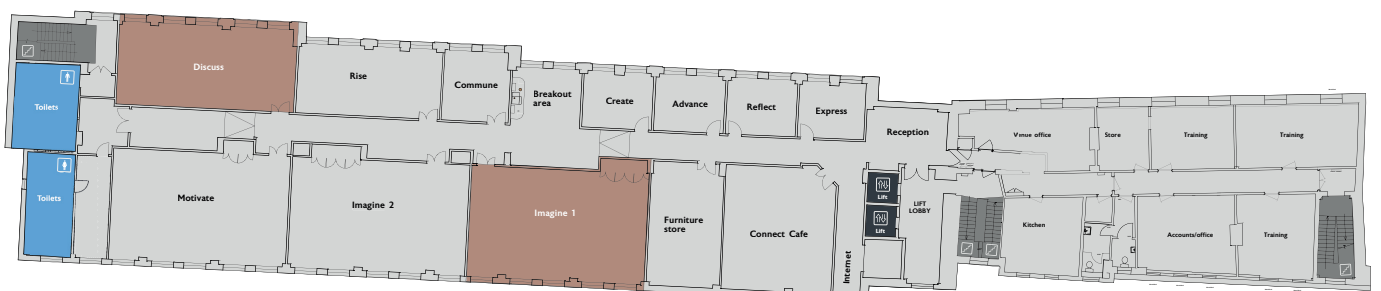
Chairs: Prof Dawn Skelton and Dr Jane Youde

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|---------------------|---|
| 16.00 - 17.00 | <p>16.00 Gait disorders and falls Dr Emily Henderson, Consultant geriatrician, Royal United Hospital Bath</p> <p>16.30 Can multi-faceted interventions reduce falls in the cognitively impaired Prof Pip Logan, Academic Occupational therapist, University of Nottingham</p> |
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17.00 Prize presentations and closing remarks - end of conference



Ground Floor



1st Floor

20th Falls and Postural Stability Conference

20 September 2019,
Prospero House, London

Ground and 1st Floorplan Key

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|--|--|--|--|--|-------------------|--|--------------|
| | Main room Illuminate Rooms 1 & 2 | | Registration | | Exhibition stands | | Refreshments |
| | Catering/Exhibition area Restaurant, Smile Room 2 & 3, Coffee Lounge | | Breakout rooms <i>Ground Floor</i> Smile Room 1 <i>1st floor</i> Imagine 1 and Discuss workshop rooms | | Posters | | Lifts |
| | Family friendly area Smile Room 4 | | | | Stairs | | Toilets |

Prof Alvaro Casas Herrero

Alvaro Casas Herrero (Md, PhD) is the formal president of the Spanish Society of Geriatric Medicine. He obtained his PhD in 2013 with outstanding cum laude qualification and international mention by the Public University of Navarra. He works as a consultant geriatrician in the Department of Geriatrics of the Complejo Hospitalario of Navarra and as a clinical associated professor in the University of Navarra. Dr. Alvaro Casas Herrero has published over 30 articles in peer-review medical journals and several chapters in books related with Geriatrics. He is an active member of the Spanish Frailty and aging network (CIBERFES), locally Navarra institute of clinical research (IDISNA) and international research institutions (REDBIO) and scientific societies (EUGMS, IAGG). He is a clinical investigator in on-going international projects in the area of frailty and exercise (VIVIFRIL, APTITUDE) and has received several grants by the Department of health of Navarra (Clinical Research project award Ortiz Landazuri Grant 2016)

Dr Eling De Bruin

Eling de Bruin was born in Friesland, Northern Netherlands, 1963. He graduated in Physical Therapy in 1986 and earned his PhD in 1999 at VU University, Amsterdam, for work performed at ETH, Zürich, Switzerland. In 1999–2000 he taught Rehabilitation Studies at Health Polytechnic, Aarau, Switzerland. De Bruin returned to ETH in 2000 where he has continued his research, often in combination with part-time positions at other institutions of higher education, such as at the Sport Sciences Institute, Magglingen, Switzerland (2000–2004), the University Hospital Zürich (2004–2008) and Maastricht University, the Netherlands (2014–2018). Eling de Bruin was appointed Professor of Physiotherapy at Karolinska Institutet on 1 January 2018. His research involves developing reliable treatments in the form of computer games that include physical and cognitive training to counteract age-related illness. His interest is in both preventive treatments for healthy older people and treatments for patients diagnosed with age-related illnesses, such as dementia.

Dr William Gibson

Bill Gibson completed medical school at the University of Sheffield, UK, and received higher specialist training in General Internal Medicine and Geriatrics in South Yorkshire, UK and at the University of Alberta, Canada, where he is now appointed as Assistant Professor in the Division of Geriatric Medicine. His clinical interests include incontinence, frailty, and complex comorbidity in older people, and his research focussed on the bidirectional relationship between lower urinary tract symptoms and cognitive function and falls in older people. Outside of work he enjoys cooking, playing the piano badly, and writing pithy autobiographical summaries to precede his talks.

Dr Emily Henderson

Dr Emily Henderson is an Academic Consultant Geriatrician with an interest in Parkinson's disease and related disorders at the Royal United Hospitals, Bath and a Honorary Consultant Senior Lecturer at the University of Bristol. She was awarded a fellowship from Parkinson's-UK and The Association of British Neurologists to undertake a PhD in preventing falls in Parkinson's. She published the results of this phase II drug trial as first author in *Lancet Neurology*. She was appointed as a consultant in 2016 and based at the RUH, is PI for commercial and investigator led studies in Parkinson's, successfully recruiting to time and target. Academically, her research interests lie in gait disorders and cognitive function, movement disorders and clinical trials in older people. She has a translational portfolio of research from basic science models of motor behaviour through to phase II and III clinical trials and service innovation. She is the Chief Investigator of the CHIEF-PD trial. This £2.1 million, NIHR funded, phase III RCT, is a multicentre trial of cholinesterase inhibitors to prevent falls in Parkinson's with 26 sites across the UK. In 2019 she was awarded, as co-Principal Investigator, a £10 million grant from the Gatsby foundation to innovate Parkinson's care. PRIME-PD is a collaboration with Radboud University in the Netherlands, the University of Bristol and Royal United Hospitals Bath, that shares expertise and facilities to deliver this world-leading research.

She is lead for the Complex Medicine in Older People teaching in the new Bristol MB21 Medical School Curriculum. She has been an invited speaker at both national and international meetings. From inception until 2018, she was the Lead for the South West Parkinson's Excellence Network. She is Lead for Ageing in the West of England Clinical Research Network (CRN). Nationally, she is Chair of the British Geriatric Society - Movement Disorder Section (BGS-MDS), sits on the National Parkinson's Disease Portfolio Development Group (PD-PDG) and is a Faculty member of the Parkinson's Academy.

Prof Nicolas Martinez-Velilla

Bachelor of Medicine and Surgery from the University of Navarra and Doctor from the Public University of Navarra. Head of the Department of Geriatric Medicine in Complejo Hospitalario de Navarra (Pamplona, Spain). His main lines of research are: - Exercise, frailty and sarcopenia - Multimorbidity and polypharmacy - Care for elderly people in the community and residential environments - Care for hospitalized older adults. Currently, he directs four doctoral theses at the Public University of Navarra, is an associate professor at the Faculty of Medicine of the University of Navarra and Co-Editor of the Spanish Journal of Geriatrics and Gerontology. He has been appointed as Spanish representative in the EUGMS (Society of Geriatric Medicine of the European Union) and since 2019 he is a member of the Board of the European Academy of Geriatric Medicine (EAMA)

Dr Rob Morris

Dr Morris's clinical interests include falls, syncope, movement disorders and the care of frail elders undergoing cancer treatment. He continues to lead efforts to reduce the harm resulting from inpatient falls and received a Regional Leadership Academy "Innovator and Clinical Champion" award in 2013 and "Inspirational Leader of the Year" in 2015. He is Past Treasurer and Secretary of the Falls and Bone Health Section of the British Geriatrics Society, co-organiser of the Annual International Conference on Falls and Postural Stability, and Medical Director for the IMPACT and Advanced Life Support courses in Nottingham.

Dr Caoileann Murphy

Caoileann initially trained as a Dietitian in Trinity College Dublin/Dublin Institute of Technology. After qualifying in 2009 she worked clinically at St. James's Hospital in Dublin before completing her PhD in McMaster University, Canada. There her research investigated nutrition and exercise strategies to maximise rates of skeletal muscle protein synthesis in older adults. Caoileann now works as a Postdoctoral Fellow in University College Dublin where she continues her research in the area of nutrition and sarcopenia, but now with a greater emphasis on personalised approaches to effective management. Caoileann was the recipient of the Irish Nutrition and Dietetic Institute Research Dietitian of the Year Award 2018 and the British Nutrition Foundation Drummond Early Career Scientist Award 2018.

Dr Terence Ong

Dr Terence Ong is a consultant geriatrician at Queens Medical Centre, Nottingham University Hospitals NHS Trust. After completing his specialist training, he pursued a clinical academic career balancing clinical duties where he provides geriatric medicine input into Trauma & Orthopaedics and being research active in the field of fragility fracture management in older people.

Dr Mark Perera

I am currently working as a Consultant in Audiovestibular Medicine at St Georges hospital in London. I have a specialist interest in adults with vestibular disorders (neuro - otology). I am passionate about teaching vestibular medicine and have been actively involved in teaching in both the primary care and tertiary setting.

Dr Madhavi Vindlacheruvu

Dr Madhavi Vindlacheruvu graduated and trained in general medicine and geriatric medicine in Cambridge. She was appointed as the first consultant ortho-geriatrician in Addenbrookes hospital, Cambridge in June 2006. She is the clinical lead for ortho-geriatrics and has developed the service over the last 13 years. Her clinical work involves optimisation of patients aged 60 and older with fragility fractures prior to emergency orthopaedic surgery, medication reviews, assessment and modification of risk factors for falls and osteoporosis and proactive discharge planning. She is actively involved in the teaching and training of postgraduate medical staff, undergraduates, nurses and other professions allied to medicine. The holistic and person-centred approach of geriatric medicine allows her to understand the complexity of older patients and the fact that there is no "typical" patient. She is the Trust lead for the National Hip Fracture Database and Fracture Liaison Service and is passionate about improving bone health in all patients through education, lifestyle changes and pharmacological treatment.

Prof Miles Witham

Miles Witham is Professor of Trials for Older People in the NIHR Newcastle Biomedical Research Centre, Newcastle University, and is the national lead for the NIHR Ageing Clinical Research Network. He also works as a consultant Geriatrician working in both primary and secondary care. His research aims to improve physical function and quality of life for older people, using a wide range of interventions, including pharmacological agents, nutrition, exercise and strategies of care. He is also co-founder on the British Geriatrics Society Sarcopenia and Frailty Research Group, which aims to both support research and ensure that the results influence clinical practice. He tweets at @OlderTrialsProf

Dr Julie Whitney

As well as being clinical lead for the National Audit of Inpatient Falls, Julie is a lecturer in the Academic Department of Physiotherapy at King's College London and a consultant practitioner at King's College Hospital. Clinically, she is involved in assessment of older people presenting to the emergency department as part of the "frailty pathway". Her research interests include fall risk assessment, the effects of ageing and associated conditions on mobility as well as evaluating physical activity and exercise interventions. She teaches on the BSc and MSc physiotherapy courses at King's College London.

Dr Pip Logan

Dr Pip Logan obtained her first degree, an Occupational Therapy BSc, in 1985 from the University of Derby. She then undertook her MPhil at the University of Nottingham in 1994, which was a community-based randomised controlled trial of occupational therapy for stroke patients. In 2004 she gained her PhD at the University of Nottingham, a randomised controlled trial evaluating an outdoor mobility intervention for stroke patients. She has received two NIHR fellowships, and is the Chief Investigator for a £1.8 million National Institute for Health Research (NIHR) HTA research grant which is exploring falls in care homes. She also works clinically for Nottingham City Care Partnership (NHS) in the community rehabilitation team and in the Acute Hospital for the Health Care of the Elderly Directorate

British Geriatrics Society
Improving healthcare for older people

Autumn Meeting

6 - 8 November 2019, Curve Leicester

BGS

Wednesday focused sessions on:

- Community geriatric medicine
- Frailty and urgent care of older people

Focused sessions on:

- Infections and sepsis
- Assisted suicide
- Surgery
- Factors affecting health status
- Tissue viability and dermatology
- Deconditioning
- How to live well with a chronic disease



Registration and programme at <https://tinyurl.com/BGSAUT2019>