

19th International Conference Falls and Postural Stability

14th September 2018
Horizon, Leeds

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

This meeting has been granted **6 credits CPD accreditation** from the **Royal College Of Physicians (RCP)**.
CPD Code: 121034

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



Follow us on  @GeriSoc #BGSConf

Organised by:
The British Geriatrics Society, Marjory Warren House, 31 St John's Square, London, EC1M 4DN

PROGRAMME OVERVIEW

09.00 **Registration**

09.25 **Chair's introduction**

Session 1

Chairs: Dr Celia Gregson and Dr Ruma Dutta

9.30 Falls and fractures consensus statement - opportunities and challenges

Dr Daniel MacIntyre, National policy and technical lead for falls and fracture prevention, Public Health England

09.30 - 11.00 10.00 Results of the prevention of fall injury trial (Pre-FIT)

Dr Julie Bruce, Professorial Fellow, University of Warwick

10.30 Systematic review on drugs that increase falls risk

Dr Lotta Seppälä, PhD student, University of Amsterdam

11.00 **Refreshments and posters**

Session 2 The great debate

Chair: Prof Tahir Masud

11.30 - 12.30 Motion: The frailty concept is a useful construct in falls assessment and management

For the motion: Dr Andrew Clegg, Clinical senior lecturer and honorary consultant geriatrician, University of Leeds

Against the motion: Prof Steve Parry, Clinical director for the medical directorate, Royal Victoria Infirmary

12.30 **Lunch and posters**

Session 3 Platform presentations

Chairs: Dr Rob Morris and Dr Julie Whitney

13.30 - 14.30 6 selected oral presentations from submitted abstracts

Session 4 Parallel workshops

Interactive, small scale sessions to run in parallel

**Workshop 1:
Medication and falls**

Dr Nathalie Van Der Velde, Head of section geriatric medicine, University of Amsterdam; Prof Katarzyna Szczerbińska, Professor of geriatrics and head of the unit for research on ageing society, Jagiellonian University Medical College; and Prof Sirpa Hartikainen, Professor of geriatric pharmacotherapy, University of Eastern Finland

**Workshop 2:
Physiotherapy hip fracture SPRINT audit**

Facilitator: Dr Terence Ong
Dr Antony Johansen, Clinical lead for the National Hip Fracture Database, Royal College of Physicians

**Workshop 3:
Falls prevention RCTS - do we have enough?**

Prof Sallie Lamb, OCTRU Co-Director, Kadoorie Professor of Trauma Rehabilitation, University of Oxford & professor of rehabilitation, University of Warwick and Dr John Davison, Consultant physician & associate clinical lecturer, Newcastle upon Tyne Hospitals NHS Foundation Trust

**Workshop 4:
Visual assessment in fallers**

Prof Dawn Skelton, Professor of ageing and health, Glasgow Caledonian University and Dr Jignasa Mehta, Lecturer in orthoptics, University of Liverpool and research fellow, Dunhill Medical Trust

15.30 **Refreshments and posters**

Session 5

Chair: Dr Jane Youde

16.00 Novel approaches to osteoporosis risk assessment and treatment: the SCOOP trial

Prof Nick Harvey, Professor of rheumatology and clinical epidemiology, MRC lifecourse epidemiology unit, University of Southampton

16.00 - 17.00 16.30 Can whole body vibration intervention reduce falls or fractures? - a systematic review

Dr Ditte Beck Jepsen, MD PhD student, University of Southern Denmark

17.00 **Prize presentations and closing remarks - end of conference**

13.30 Process evaluation of an effective falls prevention programme: learning from the respond trial
Rebecca Morris

13.40 Multifocal lenses do not increase falls risk in a UK field trial of older, well-habituated community-dwelling wearers
Anita Morrison-Fokken

13.50 Introducing a falls pathway and programme for older adults in Hounslow
Alex Da Costa

13.30

14.30

14.00 The effect of medications on orthostatic hypotension in falls clinic patients taking only one culprit drug and having no relevant co-morbidities
Adam Darowski

14.10 Reducing falls rate on a dementia assessment ward: a quality improvement project
Ana-Carolina Goncalves

14.20 Effective strategies to recruit people with dementia and their informal carers into a tai chi trial to improve balance and prevent falls
Samuel Nyman

ABOUT THE SPEAKERS

Dr Daniel MacIntyre

Daniel MacIntyre is Chair of the National Falls Prevention Coordination Group and led on the production of the 'Falls and fracture consensus statement' which was published in January 2017. He is based in the national Healthcare Public Health team at Public Health England where he is the national policy / technical lead for falls and fracture prevention. He also works as Head of Service with West Sussex County Council Public Health Team where he leads on mental health, children and young people and older adults – including falls and fractures. Daniel has a MSc Public Health from London School of Hygiene and Tropical Medicine.

Ms Julie Bruce

Julie is a clinical trialist/health services researcher based at the Warwick Clinical Trials Unit. Her research interests relate to surgical epidemiology and pragmatic trials testing complex interventions. She is lead investigator on a multicentre RCT investigating exercise to prevent upper arm morbidity after breast cancer surgery. She collaborates on various NIHR studies, including studies investigating outcomes after spinal surgery, wound healing after lower limb fracture, chronic pain after joint replacement surgery and a national cohort study monitoring outcomes after bariatric surgery. She is Editor with the Cochrane Wounds Group.

Dr Andy Clegg

Andy Clegg is a senior lecturer at the Academic Unit of Elderly Care & Rehabilitation, University of Leeds, and honorary consultant geriatrician at Bradford Royal Infirmary. He is Chief Investigator for the Community Ageing Research 75+ (CARE 75+) national cohort study, the Home-based Extended Rehabilitation for Older People with frailty (HERO) trial and an NIHR Programme Grant to optimise and evaluate personalised

care planning for older people with frailty. Andy previously led the development, validation and national implementation of the eFI. He was a member of the 2016 NICE Multimorbidity Guideline Development Group and 2015 BGS/RCGP Fit for Frailty guideline.

Ms Lotta Seppala

Lotta Seppälä (MD) earned a degree in Medicine from University of Turku, Finland. In 2016, she has started PhD trajectory at the Academic Medical Center, Amsterdam. In her research, she is focusing on drug-related falls. Furthermore, she is the secretary of the EuGMS task and finish group on fall-risk-increasing drugs.

Prof Steve Parry

Steve Parry is a Newcastle Graduate and apart from a year spent in Phoenix, trained in the North East, gaining his Consultant post in 2002. He works in acute medicine and older people's medicine and has a special interest in the investigation and treatment of falls and blackouts in adult patients of all ages. During his training he spent three years in full time research gaining a PhD in pacing management of falls in carotid sinus syndrome, and is now a Senior Lecturer at Newcastle University Institute for Aging. His research interests lie mainly in helping develop new ways of understanding and treating patients with falls and blackouts with recent work including a clinical trial on the diagnosis of pacing indications for syncope associated with a positive adenosine test and a NIHR funded study examining the role of non-psychologist delivery of CBT in fear of falling.

Dr Nathalie Van Der Velde

Nathalie van der Velde is a consultant geriatrician since 2010 and director of the geriatric medicine fellowship of the Academic Medical Center (AMC) of Amsterdam, the Netherlands, since 2014. She also is the principal investigator and leader of the

ABOUT THE SPEAKERS

research line 'person-centred falls & fracture prevention' at the AMC. Furthermore, she is co-chairing the Amsterdam Public Health Institutions' research programme "Aging and Later Life".

Nathalie is both nationally and internationally involved in activities to improve falls prevention. She chairs the European Geriatric Medicine Society Task and Finish Group on fall-risk-increasing drugs and is a member of the European Geriatric special interest group in Falls and Fracture prevention. On a national level, she chairs the Dutch Network of Fall clinics and the Dutch Falls prevention guideline (recent update).

Prof Katarzyna Szczerbinska

Medical doctor, specialist in geriatrics and public health, an expert in long term care and health promotion for older people. She participated in twelve international projects related to geriatrics funded by EC. One of these projects - EUNESE (European Network for Safety among the Elderly funded from the European Public Health Programme) specifically concerned fall prevention among older people. In the frame of this project Dr Szczerbinska conducted falls registration in the nursing homes in Poland, and studied relation between use of different groups of drugs and frequent falling. She has found significant association between frequent falling and psychotropics.

Prof Sirpa Hartikainen

Professor Sirpa Hartikainen, MD since 2007 professor of Geriatric Pharmacotherapy in School of Pharmacy, in University of Eastern Finland. She is previous chair, now vice-chair of Finnish Geriatric Society. In research prof. Hartikainen has focused on clinical intervention studies concerning rehabilitation, medication use, nutrition and oral health in older population. She is primary investigator in two register-based cohorts of persons with Alzheimer (MEDALZ) and Parkinson (FINPARK) diseases. These focus on clinical outcomes, associations of medicine use and outcomes like hip fractures, head traumas, strokes, hospitalization and mortality. She has published over 200 original articles in international journals and over 100 original and clinical articles in Finnish medical journals.

Dr Antony Johansen

Antony Johansen was appointed as consultant orthogeriatrician in the trauma unit of the University Hospital of Wales in 1997. Since then he has championed the specialty of orthogeriatrics in the UK; co-authoring the British Orthopaedic Association's 'Blue Book' on Fragility Fracture and the NICE Guidelines on Hip Fracture. Since 2013 he has been clinical lead for the National Hip Fracture Database (NHFD) at the Royal College of Physicians, London. His research interests embrace the whole field of geriatric medicine, with a focus on quality improvement for older trauma patients.

Prof Sallie Lamb

Professor Lamb is the Director for Centre for Statistics in Medicine and Foundation Director, Oxford Clinical Trials Research Unit (OCTRU), University of Oxford, Director, Centre for Rehabilitation Research in Oxford. She has a long standing interest in clinical trials, medical statistics and, from a clinical perspective, rehabilitation of musculo-skeletal and chronic conditions in older people. She works with clinicians from a variety of backgrounds to develop pragmatic clinical trial designs to capture the effectiveness and cost-effectiveness of a variety of health technologies. She is the Chief Investigator for a number of trials of rehabilitation interventions. Professor Lamb has served as Board Chair for the National Institute of Health Research Health Technology Programme and has had substantial involvement in commissioning health technology evaluation and clinical trials infrastructure funding.

Professor Lamb is a Fellow of the Academy of Medical Sciences, Royal Statistical Society, and Chartered Society of Physiotherapy (UK). Prof. Lamb has a particular interest in older people, and has served as a member of the American Geriatric Society/ British Geriatric Society Fall Guideline Panel, and more recently, as a member of the NICE guideline panel of hip fracture management. She collaborates with a range of US and European Investigators interested in frailty, sarcopenia and disability in older people.

Dr John Davison

Trained in geriatric and general medicine in the North of England, New Zealand and Australia. Since 2005, has worked in the Falls and Syncope Service at the Royal Victoria Infirmary, the largest unit of its type in Europe, assessing patients with multifactorial falls, unexplained blackouts, complex dizziness and balance disorders. Falls prevention research interest with PhD in multifactorial assessment and intervention in older recurrent fallers attending the emergency department. Local investigator for several national research studies and service reviews.

Dr Jignasa Mehta

Jignasa Mehta is a lecturer in Orthoptics from the University of Liverpool and currently on a fellowship funded by the Dunhill Medical Trust. His main area of research is visual impairment and falls and fear of falling. He is also involved in raising the importance of testing relevant visual functions in falls assessments.

Prof Dawn Skelton

Dawn Skelton is Professor in Ageing and Health at Glasgow Caledonian University. She currently Chairs a review on guidelines for exercise for the National Osteoporosis Society and the Older People panel for the update of the CMO's Physical Activity Guidelines. She works part time in academia and the rest of the time is a Director of Later Life Training Ltd. She recently received the British Geriatrics Society Marjory Warren Lifetime Achievement Award for her work in translating falls prevention research into practice.

Prof Nick Harvey

Nicholas Harvey is Professor of Rheumatology and Clinical Epidemiology at the University of Southampton, UK, having originally trained in medicine at the Universities of Oxford and Cambridge. He is Vice-Chair of the International Osteoporosis Foundation Committee of Scientific Advisors, and he co-leads an MRC programme focused on the lifecourse epidemiology of bone and joint disease, at the MRC Lifecourse Epidemiology Unit. His work incorporates a lifecourse approach to the characterization of the epidemiology and determinants of osteoporotic fracture from cradle to grave, elucidation of underlying mechanisms, and development of novel interventions. He has won national/international prizes, such as the National Osteoporosis Society Kohn Award, is an investigator on >£50m grant funding, has published over 160 peer-reviewed articles, and is a member of many national/international committees, including as Musculoskeletal Lead for UK Biobank Imaging Enhancement, and as a member of the ASBMR Professional Practice Committee.

Ms Ditte Beck Jepsen

Ditte Beck Jepsen is a Ph.D. student, at The University of Southern Denmark, Institute of Clinical Research. Previously, she held a junior resident position at the Department of Geriatric Medicine, Odense University Hospital. Her work focuses on whole body vibration, osteoporosis and falls in the aim of preventing fractures.