

Falls Prevention Newsletter

Central and Northern Adelaide Local Health Networks

The Falls Network brings together health professionals with an interest in falls prevention

In This Issue:

| | |
|--------------------------------------------------------------------------|------|
| Falls Team News | 1 |
| Falls SA Website Update..... | 1 |
| Service Directory Update..... | 2 |
| Falls Prevention Awareness Raising..... | 2 |
| Interesting articles..... | 2 -3 |
| Recent Education Sessions..... | 3-4 |
| Upcoming education opportunities..... | 4 |
| Feature Service: International Centre for Allied Health Evidence (iCAHE) | 5 |

New Staff - Welcome Naomi and Doreen



We are very pleased to welcome two new members to our falls program.

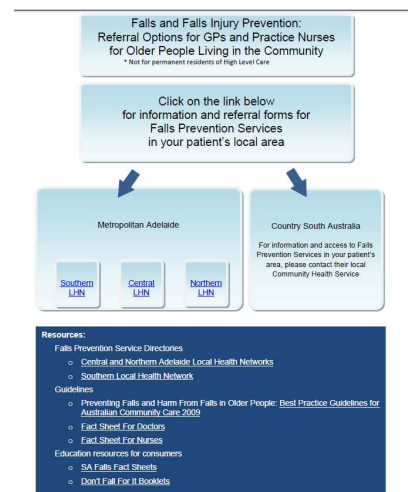
Naomi Ide joined the team in September and will be leading the pilot Aboriginal Falls Assessment Clinic as well as conducting physiotherapy assessment in the Western Falls Clinic. Naomi draws together a broad range of experiences across the acute and community sectors and is looking forward to focusing on falls prevention.

Doreen Fawcett has taken on the role of administration assistant and has previously worked in the education and training department of an American Military Hospital in the UK. She will draw on her extensive skills and

experience in administration and health service knowledge.

New Look Falls SA Website

The www.fallssa.com.au website has recently been updated. Click on General Practice to obtain the latest information, including a new decision making tool (incorporating links to referral forms), service directories and falls prevention resources.



SA Health Awards- finalists!

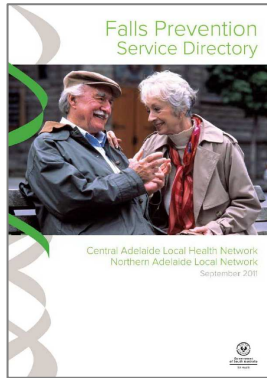
Our team is very excited to have become finalists in three SA Health Awards:

- Strengthening Primary Healthcare
- Building and Strengthening Partnerships
- Improving Community Wellbeing

The winners will be announced at a celebratory evening on November 18th 2011.



New Version of the Falls Prevention Service Directory



Fourth edition (September 2011) now available

The latest release of the Service Directory has incorporated a number of changes. As well as updated information, extra Day Therapy Centre listings and new resources are presented.

Directories have been distributed over the past month to a number of agencies and health professionals, as well as a web link provided to all network members for you to download an electronic copy of the new directory from the www.fallssa.com.au website. Please email Alison Ryan alisonm.ryan@health.sa.gov.au to order a hard copy of the directory (limited numbers available).

Falls Prevention Awareness Raising

Since the Falls Prevention Program began in mid 2008, the team has presented over 100 presentations to consumers and health professionals.

If you would like assistance or materials for an in-service for your staff or clients from the falls prevention team, please email Ashleigh Scollin on ashleigh.scollin@health.sa.gov.au or phone 1300 0 32557 (1300 0 FALLS).

Interesting Articles

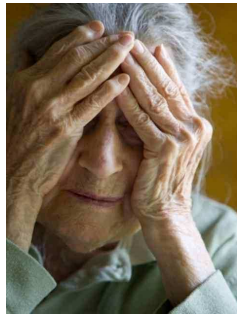


Bogaerts, A, Delecluse, C, Boonen, S, Claessens, AL, Milisen, K, & Verschueren, SM 2011, **Changes in balance, functional performance and fall risk following whole body vibration training and vitamin D supplementation in institutionalised elderly women. A 6 month randomised controlled trial**, *Gait & Posture* 2011, vol. 33, pg. 466-72.

This randomised controlled trial investigated the benefits of whole body vibration training and vitamin D supplementation on balance, functionality and falls risk. 113 elderly women were randomised to either a training program or control group. Those in the training group performed exercises on the vibration platform 3x week and both the training and non-training group received either a high dose or conventional dose of vitamin D. The results showed that whole body vibration training with vitamin D supplementation provided improvements in walking, TUAG results and endurance capacity. There was no difference shown between those who received a high dose of vitamin D, to those receiving a conventional dose in improving functionality in institutionalised elderly women.

Fairhall, N, Sherrington, C, Clemson, L, Cameron, ID 2011, **Do exercise interventions designed to prevent falls affect participation in Life roles? A systematic review and meta-analysis**, *Age and Ageing*, vol 40. pg. 1-9.

This Australian study points us in a new direction in falls research. The writers noted that participation (or an individual's functioning at societal level) has not been measured consistently in ageing research. The aim of this study was to evaluate the extent to which measurement of participation has been reported in trials of falls prevention interventions and to determine the effect of exercise interventions on participation in life roles. The systematic review looked at randomised controlled trials of falls-reduction exercise interventions in people aged 60+ living in community, residential care or hospital settings. Trials that measured participation at two time-points were included. Of the 96 trials, fifteen studies (3,616 participants) warranted meta-analysis. The study concluded that interventions including exercise may improve life role participation in elders. Meta-regression showed a trend for multifactorial intervention with an exercise component to have a larger effect than exercise intervention alone.



Stark, S 2011, Are Falls a Harbinger of Alzheimer’s Disease?

Alzheimer’s Association International Conference, Abstract 13426, Presented July 17, 2011.

Researchers at the Alzheimer’s Disease Research Centre examined the rate of falls in a group of 125 healthy older subjects over an 8 month period (mean age 74.5 years, 63.9% female), controlling for factors known to increase risk of falls in older individuals. All subjects were tested for the presence of amyloids, a sign of preclinical Alzheimer’s. Subjects recorded the number of falls every month in a journal. The study showed that the fall rate among the subjects who tested positive for amyloids was 60% compared to 30% in the subjects who did not. This was a statistically significant finding. This observational study is ongoing and will conclude in a year. This study might ultimately lead to a better understanding of Alzheimer’s disease pathology and possibly facilitate earlier diagnosis.

Recent Education Sessions

The Indignity of Falling

Treating falls with dignity was the latest theme for a series of network education sessions in 2011. Over 100 participants across the Central and Northern Adelaide Local Health Networks attended these sessions throughout August, September and October. Gill Bartley (Program Manager and Physiotherapist, Falls Prevention Team) ran interactive sessions which dealt with the falls experience and how it impacts on reporting, behaviour and uptake of recommendations.

The importance of framing the falls prevention message to maximise uptake was explored. A centrepiece of the session was a DVD interview with Prue Miller who recounted her father’s fall and subsequent hospital admission. The DVD proved to be an excellent tool to explore the falls experience, triggering discussions on falls risk factors woven through this genuine and heart wrenching story. The DVD was kindly provided by Lorraine Lovitt, Leader, NSW Falls Prevention Program Clinical Excellence Commission.

An additional Indignity of Falls session has been scheduled on November 28 at Marion GP Plus. For more details, contact Teresa Hudson on 8201 7816 or email Louise Dornan on Louise.Dornan@health.sa.gov.au.

‘Every body’s business: aged care and incontinence’



A recent one-day workshop presented by the Continence Foundation of Australia brought together health professionals from a variety of settings to hear from an impressive range of guest speakers. Pelvic floor, bowel assessment, food intolerances, medications and geriatric syndromes/cognition were discussed in the context of incontinence. Interventions including the correct toileting position were complemented with information on the latest funding schemes for incontinence products. All agreed it was a great day, with lots of information to incorporate into practice.

Burnside Senior's Expo - Burnside Seniors Have a Ball!

The beautiful Burnside Ballroom was the venue for the second annual "Burnside Seniors' Expo" on Wednesday October 5th, hosted by The City of Burnside. Tania Cranwell and Margaret Sullivan from our team joined with staff from 25 healthcare providers and seniors' organisations to man information stands.

Over 250 seniors braved the wet and windy weather to gather information and advice about services and support available to older people – either for themselves, or as carers for elders.

Our Falls Prevention stand was happily situated beside that of the Independent Living Centre. This made it easy for staff of each stand to send people "next door" for more information on relevant topics. The "Don't Fall For It" booklet and the SA Falls and Fall Injury Prevention Fact Sheets were popular take-home items. Our display of hip protectors led to great conversations with patrons about bone health. Webster Packs in their various forms were triggers for many chats about avoiding confusion about medications and thus reducing falls risk. The Rebate Scheme for Personal Alert Systems was another hot topic.

Free hot drinks and sausage sizzles kept the winter weather at bay, and free parking courtesy of the Council was much appreciated by presenters and the public alike.

Congratulations, City of Burnside, on a very successful health promotion event!

Upcoming Education Opportunities 2011 November

Level 1 Gerontology Course- Australian Physiotherapy Association

Date: 12th & 13th November 2011
Venue: APA SA Branch, 8/15 Fullarton Rd, Kent Town SA
Contact: Jenny Willsmore, SA PD Officer, phone 83621355
Web: www.physiotherapy.asn.au

Managing Falls in Residential Care

Organisers: National Ageing Research Institute
Date: 16th & 17th November 2011
Venue: National Ageing Research Institute, Parkville VIC
Contact: Lynette Bon, Phone (03) 83872305, Fax (03) 9387 4030
Email: l.bon@nari.unimelb.edu.au

The Indignity of Falling

Organisers: Southern Community Falls Prevention Team
Date: Tuesday, 29 November 2011
Venue: Marion GP Plus
Contact: Teresa Hudson, Phone 8201 7816
Email: Louise.Dornan@health.sa.gov.au

Further information on upcoming education sessions can be found at:

http://www.fallssa.com.au/index.php?option=com_content&view=article&id=50&Itemid=227

Watch this space for upcoming Education sessions in 2012!

If you have any requests of interesting topics for upcoming education sessions, or would like support or materials for an in-service on falls prevention please email Ashleigh Scollin on ashleigh.scollin@health.sa.gov.au or phone 1300 0 32557 (1300 0 FALLS).

Feature Service: International Centre for Allied Health Evidence

iCAHE is an excellent resource for allied health clinicians to easily access evidence-based research and appraisal tools.

Staffed by academics and clinicians with a strong background and interest in evidence-based research and practice, iCAHE is recognised nationally and internationally for clinical expertise, published research, and commitment to identifying and implementing the very best allied health care for consumers.

Consultancy services are available for industry, consumer groups, researchers, clinicians, patients and teachers. iCAHE conducts workshops on aspects of evidence-based practice, produces systematic reviews of the literature, develops information sheets of recommendations for wide dissemination, evaluates the uptake and clinical utility of these information sheets and monitors change in outcomes as a result of evidence-based practice.

Resources available from iCAHE (featured on website):

- Critical Appraisal Tools
- Guideline Clearinghouse
- Glossary of Terms
- Useful Websites
- iCAHE Outcomes Calculators
- iCAHE Masterclasses
- Textbooks
- Special Interest Groups
- Newsletters
- iCAHE Journal Clubs

Contact:

International Centre for Allied Health Evidence (iCAHE)

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Website: <http://www.unisa.edu.au/cahe>

Feature Outcome Measure: Critical Appraisal Tools

Critical Appraisal is the process by which the research methods used in a study are examined to determine the quality of the information provided and its applicability to the target population. **Critical Appraisal Tools (CATs)** provide a checklist to help ensure all aspects of study design have been considered. They promote a systematic and objective approach to review of studies.

CAT resources can be sources through:

International Centre for Allied Health Evidence

<http://www.unisa.edu.au/cahe/Resources/CAT/default.asp>

Centre for Evidence Based Medicine

<http://www.cebm.net/index.aspx?o=1157>

Critical Appraisal Skills Program

<http://www.casp-uk.net/>

For more information

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