

ProFOUND

Prevention of Falls Network for Dissemination

Falls prevention: Evidence into Practice

European Seminar Glasgow, 19 November 2014

In association with



As a Pre-conference at the



In collaboration with the Prevention of Falls Network for Dissemination (ProFouND) and EuroSafe, the EUPHA-Injury Section is organising a European seminar on effective interventions for falls prevention among older people. The seminar will be held as a satellite immediately preceding the EUPHA annual Conference in Glasgow on the 19th of November, i.e. the day before the opening of the main EUPHA-conference.

Scope and purpose

Each year, one in three adults aged 65 and older falls, mostly at home. Falls often lead to severe injury and long-term physical disability, increased dependency and reduction in quality of life. The associated costs of treatment and the 'cost' to the individual's engagement in an active and fulfilling life are considerable.

Clear evidence now exists that most falls among older people are associated with identifiable and modifiable risk factors, i.e. a combination of age and disease-related conditions and the individual's interaction with their social and physical environment. There is also ample evidence to show that interventions, particularly those promoting physical activity and strength and balance training, are effective and can significantly reduce the burden of the rising epidemic of fall injuries in an ageing Europe.

ProFouND was initiated to overcome limited awareness and usage of innovative solutions to prevent falls and make these available throughout the Europe. ProFouND develops and disseminates customised best practice guidance and tools for a wide range of professionals. ProFouND also provides a cascade training programme using face to face and e-learning approaches to create a cadre of accredited exercise trainers across Europe to implement exercise regimens that have been proven to reduce falls amongst older people.

This European Seminar will give participants the knowledge and skills needed to operate from an evidence-based approach to falls and fall-related injury prevention among seniors. Participants will also learn about current effective programs, and the reliability and validity of existing resources and tools for screening and assessing fall risk. The seminar will provide insight into how to involve seniors as partners in the development of effective strategies and interventions.

Who should attend?

Anyone wishing to play a part in working together to implement falls prevention interventions at local and/or national level are encouraged to participate in this pre-conference satellite meeting, including those working in:

- government and public institutions;
- health care, community care and active lifestyle promotion;
- housing, urban planning, transportation and education;
- academic institutions, institutes of public health and research institutions;
- private sector organisations, e.g. insurance businesses, leisure and hospitality industry, care services and those working in product design and manufacturing;
- non-governmental organisations promoting health and consumer safety or advocating for older people
- older people themselves.

Seminar Programme

08:00-09:00 Registration

Morning session (9:00-12:30) The evidence base

Chair: Dawn Skelton, Glasgow Caledonian University, United Kingdom

Preventing Falls and Injuries - What works and for whom, Individualised Approaches?

[Session will focus on published Cochrane Reviews and other Systematic Reviews of Evidence as for the numbers of fallers and consequences of injuries in these settings. Figures across Europe]

09:00-09:15	Introduction to Programme and ProFouND	Dawn Skelton, Glasgow Caledonian University, UK
09:15-09:45	What works in Community Dwelling Older People	Julie Bruce, University of Oxford, UK
09:45-10:00	What works in Care Home Settings	Lillemor Lundin-Olsson, Umeå University, SE
10:00-10:15	What works in Hospital Settings	David Oliver, President Elect British Geriatrics Society and Senior Visiting Fellow, the King's Fund, UK
10:15-10:30	Panel Discussion	

10:30-11:00 Refreshments

Preventing Falls and Injuries - What drives change?

Chair: Johan Lund, President of EUPHA section on Injury Prevention, Norway

[Session will focus on the need for a population approach, evidence on cost benefits of prevention, and opportunities for national and local level programmes]

11:00-11:20	Population approaches or individual approaches? Should we concentrate on high risk patients or a population shift in risk?	Kilian Rapp, Robert Bosch Gesellschaft für medizinische Forschung, Stuttgart, GE
11:20-11:40	Costs benefit and cost-effectiveness of falls prevention interventions	Tischa van der Cammen, Erasmus University Medical Center Rotterdam and Delft University of Technology, NL
11:40-12:00	Showcasing examples of the impact of National and Local Policies	Taina Rantanen, University of Jyväskylä Gerontology Research Centre, FI
12:00-12:30	Panel Discussion	

12:30-13:30 Lunch break

Afternoon session (13:30-17:00) Effective Implementation

Examples of effective falls prevention interventions in different settings

Chair: Kilian Rapp, Robert-Bosch-Krankenhaus Geriatric Rehabilitation Clinic, Germany

[Session will focus on evaluation of evidence based exercise interventions through low risk populations, multifactorial interventions through higher risk populations and the involvement of insurance companies as prime beneficiaries of reduction in fall incidences]

13:30-13:50	Delivering strength and balance exercise through Primary Care: The ProAct65+ experience	Denise Kendrick, Division of Primary Care, University of Nottingham, UK
13:50-14:10	Setting up an effective falls prevention assessment and interventions in nursing homes – experiences in the Region Languedoc-Roussillon	Hubert Blain, Centre de Prévention et de Traitement des Maladies du Vieillessement, Montpellier, FR.
14:10-14:30	Role of insurance companies in fall prevention programmes	Erich Koch, International Association of Mutual Benefit Societies, Brussels/ SVLFG, DE
14:30-15:00	Panel Discussion	

15:00 - 15:30 Refreshments

Practical Ideas for action

Chair: Wim Rogmans, EuroSafe, Netherlands

[Session will focus on some very practical ideas for action, including introducing falls awareness events nationally and locally, education of older people and professionals in the need for strength and balance for primary prevention of falls, and how we use the cost and evidence arguments to influence change]

15:30-15:50	Falls Awareness Campaigning	Åsa Bygdeson, FoU Vålfärd Region, Västerbotten, SE
15:50-16:10	Strength and Balance awareness in practice and Cascade Trainers for effective implementation	Dawn Skelton, Glasgow Caledonian University, UK
16:10-16:30	Getting policies changed, using cost and evidence in the argument	Johan Lund, Norwegian Safety Forum, NO
16:30-16:50	Panel Discussion	
16:50-17:00	Final conclusions and close of the seminar	Wim Rogmans, EuroSafe, NL

Venue



Scottish Exhibition and Conference Centre,
Exhibition Way, Glasgow G3 8YW,
Glasgow, Scotland, UK

Registration

The registration fee for this one day seminar is € 120, which will include:

- Participation in the one day seminar;
- Seminar handouts;
- Lunch buffet and refreshments during breaks.

Please register directly on the EUPHA Website - <http://www.ephconference.org/registration-fees-and-information-20>

You can register either as an add-on to EUPHA conference or to attend the one day seminar only.

At the point of registering for the pre-conference activity, choose 'Maximising uptake of effective falls prevention interventions across Europe' EUPHA and EuroSafe 19/11/2014 09:00 - 17:00.

When you first register the pre-conference meetings appear free, however, if you have not registered for the main EUPHA conference this will then show the € 120 fee when you choose the pre-conference activity - 'Maximising uptake of effective falls prevention interventions across Europe'.

You will receive an automated email from the EPA conference registration (registration@eupha.org) telling you how to organise payment within 2 weeks of registration.

Cancellation policy

In case of cancellation full refund will be granted (minus € 25 administration fee) until October 15, 2013. After this date there will be no refunds. However registrations may be transferred to colleagues after consulting the conference secretariat. This must all be arranged with the EPH secretariat directly.

Hotel accommodation

Conference participants are advised to make timely reservations. For hotel suggestions, we advise you to visit the EUPHA-website: <http://www.ephconference.org/accommodation-30>

About EUPHA

The European Public Health Association (EUPHA) aims to contribute to the improvement of public health in Europe. The 7th European Public Health Conference offers a unique opportunity for exchanging information and for debate among researchers, policy makers, and practitioners in the field of public health.

The EUPHA Injury Section aims to: a) increase awareness of injury and violence prevention and safety promotion in the broader public health community, b) increase the visibility of issues related to injury and violence prevention beyond the community of injury researchers, c) strengthen the links between researchers, policy makers and practitioners; d) support the dissemination of research results and their implementation into practice.

About EuroSafe

The European Association for Injury Prevention and Safety Promotion (EuroSafe) is a non-governmental organisation, representing organisations and individuals working in one or more sectors within the field of injury prevention and safety promotion. EuroSafe is the lead organisation for the exchange good practices in injury research and prevention in Europe through its networking programmes, publications and the series of bi-annual European Injury Conferences. It is in official relationship with the World Health Organization's programme for violence and injury prevention and disability.

About ProFouND

ProFouND is an EC-funded Thematic Network. It works closely with the EIP-AHA to bring about the dissemination and implementation of best practice in falls prevention across Europe, using novel ICT solutions. ProFouND brings together 21 partners from 12 countries and with associate members from 10 countries. ProFouND intends to bring together relevant stakeholders to consolidate roadmaps and guidelines regarding fall prevention and facilitate the communication between solution/service providers and key stakeholders (private and voluntary organisations, public authorities) at national, regional or local level to ensure effective implementation and reach.