



**Australia and New Zealand  
Falls Prevention Society & World Falls Congress**

2023 JOINT CONFERENCE

26 - 28 November, Perth, Western Australia  
www.anzfpconference.com

## Conference Program

(subject to change)

### Sunday 26<sup>th</sup> November 2023

#### Pre-Conference Workshops (locations TBC)

- 1.00pm –  
4.00pm
- A. **Assessment, treatment and treatment progression in patients with benign positional vertigo in the falls clinic**, *Susan Hyland*
  - B. **Challenging balance exercise training: maximising intensity, safety, engagement and efficacy**, *Dr Yoshiro Okubo, Dr Melanie Farlie, Dr Sze-Ee Soh, Dr Chaira Naseri*
  - C. **Joining forces: Strengthening the collaborative approach to community-based falls prevention**, *Joanna Mania, Suzanne Butler*
  - D. **Listening to People: How to take the next step with your qualitative research insights and create stronger consumer engagement**, *Carolyn Loton, Prof Cathie Sherrington, Prof Anne Tiedemann*
  - E. **Maximising your research impact through publication in an international peer-review journal**, *Prof Caroline Finch AO*
  - F. **Preventing Hospital Falls – Translating Evidence to Practice**, *Prof Anne-Marie Hill, Prof Meg Morris, Lorraine Lovitt*
  - G. **RIPE Dance – a tailored program which engages older people in regular dance-based exercise year after year**, *Gail Hewton, Julie Chenery*

5.00pm –  
6.30pm

#### Registration Desk Open

*Riverview Rooms, Level 2, Perth Convention & Exhibition Centre*

5.30pm –  
6.30pm

#### Welcome Reception

*Trade Exhibition Area, Riverview Rooms, Level 2,  
Perth Convention & Exhibition Centre  
Includes drinks and canapés.*

### Monday 27<sup>th</sup> November 2023

7.30am

#### Conference Registration

*Riverview Rooms, Level 2, Perth Convention & Exhibition Centre*

8.45am –  
10.45am

#### Session 1 – Opening Plenary

*M1-M3, Level 2, Chair:*

8.45am

**Welcome to Country**

9.00am

**Ministerial Welcome**

9.10am

**Welcome from the President**

Professor Kim Delbaere, President, Australia and New Zealand Falls Prevention Society

- 9.15am **Keynote Address: Physical activity for healthy ageing and fall prevention: we KNOW it's important, but how do we get people to DO IT?**  
Professor Anne Tiedemann, Physical Activity and Health, Faculty of Medicine and Health, University of Sydney, New South Wales
- 9.45am **Keynote Address: Advantaging physical activity for life for all: the future challenge**  
Professor Leigh Hale, Dean of the School of Physiotherapy / Centre for Health, Activity, and Rehabilitation Research, University of Otago, New Zealand
- 10.15am **Keynote Address**  
Dr Margaret Gidgup, University of Western Australia, Perth, Western Australia

**10.45am –  
11.15am Morning Tea**

Session 2 11.15am – 1.00pm	2A: Symposium	2B: Falls in clinical populations	2C: Implementation in hospitals	2D: Fall risk factors
<b>Location</b>	M1	M2	M3	M6
<b>Chairs</b>	Prof Nathalie van der Velde & Prof Jacqueline Close			
11.15am – 11.30am	World Falls Guidelines: What's new in risk prediction, gait assessment and exercise?  <b>Speakers:</b>  <b>Manuel Montero-Odasso</b>  <b>Tahir Masud</b>  <b>Cathie Sherrington</b>	<b>Amanda Bates:</b> Home-based fall prevention exercise for adults with COPD: a pilot study	<b>Charlotte McLennan:</b> Considerations when implementing a hospital Fall Prevention Strategy: qualitative analyses	<b>Abadi Gebre:</b> Automated abdominal aortic calcification scoring and long-term falls and fracture risk
11.30am – 11.45am		<b>Kelly Bower:</b> An exploration of serious falls after stroke using a large international database	<b>Jacqueline Francis-Coad:</b> Consumer perspectives about barriers and enablers to implementing falls education in hospitals	<b>Morag Taylor:</b> Psychotropic and anti-dementia medication use and falls in people with cognitive impairment
11.45am – 12.00pm		<b>Lindy Clemson:</b> Stroke survivors setting community goals: Falls after stroke trial	<b>Nareshraja Janardanan:</b> Falls prevention strategies - do they reduce inpatient falls?	<b>Jessica Koschate:</b> Aerobic fitness as an influencing factor on postural sway?
12.00pm – 12.15pm		<b>Surasa Khongprasert:</b> Motion graphics: balance-based training for people with Parkinson's disease	<b>Lorraine Lovitt:</b> Keeping older people safe - preventing falls in hospitals	<b>Lisa Keay:</b> Falls after first and second eye cataract surgery: a longitudinal cohort study
12.15pm – 12.30pm		<b>Lynette MacKenzie:</b> Falls associated with cancer survivorship: A scoping review.	<b>Tammy Weselman:</b> Exploring older consumers' experiences with falls education in hospital	<b>Susan Hyland:</b> Benign paroxysmal positional vertigo is highly prevalent in falls clinics without dizziness
12.30pm – 12.45pm		<b>Kathryn Marshall:</b> Perspectives of falls and fall prevention for persons with spinal cord injury	<b>Cathy Said:</b> Bridging the gap between hospital falls prevention research and practice	<b>Wing Kwok:</b> Physical activity, physical function and falls in Australian women

12.45pm – 1.00pm		<b>Sze-Ee Soh:</b> Current physiotherapy practice around falls prevention in people with breast cancer	(5x5) <b>Angeline Simons:</b> The impact of an orthogeriatrician in hip fracture outcomes in the NT	(5x5) <b>Daina Sturnieks:</b> Fall risk factors in people with mild cognitive impairment: prospective cohort study
			(5x5) <b>Allison Wallis:</b> Evaluation of a multifactorial falls intervention in regional acute hospital settings	(5x5) <b>Nor Izzati Saedon:</b> Prevalence and risk factors of falls in Parkinson's disease patients
			(Late-Breaking, 5x5)	(Late-Breaking, 5x5)

**1.00pm – 2.00pm**

**Lunch and Poster Viewing**

Session 3 2.00pm – 3.30pm	3A: Symposium	3B:	3C: Understanding falls	3D: Exercise for fall prevention
Location	M1	M2	M3	M6
Chairs	Prof Maw Pin Tan			
2.00pm – 2.15pm	Malaysian Falls Prevention Network- risk factors and prevention in the Malaysian setting  <b>Speakers:</b>  <b>Devinder Kaur Ajit Singh</b>  <b>Nurul Nabilah Akmal Hashim</b>  <b>Sumaiyah Mat</b>  <b>Janet Bong</b>  <b>Asmidawati Ashari</b>  <b>Elizabeth Chong</b>	(Late-Breaking)	<b>Liping Wang:</b> Applying systems thinking to unravel mechanisms underlying orthostatic hypotension-related fall risk	<b>Kathryn Sibley:</b> Factors influencing older adult community fall prevention exercise implementation: a scoping review
2.15pm – 2.30pm		(Late-Breaking)	<b>Roisin Sweeney:</b> Understanding the incidence of falls-related injuries in Western Australia	<b>Keith Hill:</b> Falls outcomes and cost-effectiveness of the ENJOY Seniors Exercise Park program.
2.30pm – 2.45pm		(Late-Breaking)	<b>Bob van de Loo:</b> Retrospective validation of the World Falls Guidelines-algorithm in community-dwelling older adults	<b>Marina Pinheiro:</b> A systematic review of economic evaluations of fall prevention exercise programs
2.45pm – 3.00pm		(Late-Breaking)	<b>Paige Watkins:</b> Epidemiology of repeated falls and ambulance attendances in WA adults	<b>Belinda Wang:</b> Effectiveness of fall prevention exercise interventions according to fall rate
3.00pm – 3.15pm		(Late-Breaking)	<b>Danial Bell:</b> Inappropriate Prescribing using STOPP Criteria and other factors contributing to inpatient falls	(5x5) <b>Danielle R Bouchard:</b> Group-based synchronous online exercise programs for older adults living independently- a scoping review  (5x5) <b>Melanie Farlie:</b> Describing health professional exercise prescription practice: a global survey

			(Late-Breaking, 5x5)
3.15pm – 3.30pm	(Late-Breaking, 5x5)	(5x5) <b>Paula Newman:</b> Exploring post fall management pathways and the patient and family experience	(5x5) <b>Heidi Gilchrist</b> Dance for healthy ageing and fall prevention: developing and maintaining engagement
	(Late-Breaking, 5x5)	(5x5) <b>Mae Lim:</b> Health literacy and concerns about falling in older people: a theoretical framework	(5x5) <b>Marina Arkkukangas:</b> FallFitness- a “train the trainer” concept
	(Late-Breaking, 5x5)	(5x5) <b>Tim Stuckenschneider:</b> SeFalled – first observations 12 months after a sentinel fall	(5x5) <b>Cathy Said:</b> Working together to increase tailored exercise in older people from CALD communities

**3.30pm –  
4.00pm**

**Afternoon Tea**

**4.00pm – 5.15pm**

**Session 4 – Plenary**  
*M1-M3, Level 2, Chair:*

4.00pm

**Keynote Address: Therapeutic dilemmas in older fallers: to prescribe or de-prescribe**  
Professor Nathalie van der Velde, Geriatrics Department, Amsterdam UMC, The Netherlands

4.30pm

**Keynote Address: Falls Prevention in Lower- and Middle-Income Countries**  
Professor Maw Pin Tan, Division of Geriatric Medicine, University of Malaya, Malaysia

5.00pm

**Keynote Address: New Australian Best Practice Guidelines for Preventing Falls in Older People for Community, Hospital and Residential Aged Care Setting**  
Professor Stephen Lord, NHMRC Senior Principal Research Fellow & Centre Director, Falls, Balance and Injury Research Centre, Neuroscience Research Australia, Sydney, New South Wales

**5.15pm**

**Close of Day One**

**7.00pm –**

**Conference Dinner**

**10.00pm**

**(optional extra, not included in registration fee)**

*Fraser’s Kings Park, 60 Fraser Avenue, Kings Park WA*

**Tuesday 28<sup>th</sup> November 2023**

**Conference Registration**

8.00am

*Riverview Rooms, Level 2, Perth Convention & Exhibition Centre*

8.30am –  
10.30am

**Session 5 – Plenary**

*M1-M3, Level 2, Chair:*

8.30am

**Keynote Address: Falls in care homes can be reduced by 43%: results from the largest UK randomised controlled trial and implementation study**

Professor Pip Logan, Rehabilitation Research and Occupational Therapist, Centre for Rehabilitation and Ageing Research, University of Nottingham, United Kingdom

9.00am

**Keynote Address: Reducing Falls and Fractures in Older Adults in Aged Care Consider Food Quality in Prevention Strategies**

Dr Sandra Iuliano, Senior Research Fellow (Honorary), Department of Medicine – Austin Health, The University of Melbourne, Victoria

9.30am

**Keynote Address: Falls prevention in residential aged care: updated meta-analyses with novel analyses for complex interventions**

Dr Suzanne Dyer, Senior Research Fellow, Flinders Health and Medical Research Institute – Flinders University, Adelaide, South Australia

10.00am

**Keynote Address: Insights from real-life data on how falls and fall-related injuries occur in older adults in long-term care**

Prof Stephen Robinovitch, Professor, Department of Biomedical Physiology and Kinesiology, Simon Fraser University, Burnaby, British Columbia, Canada

10.30am –  
11.00am

**Morning Tea**

Session 6 11.00am – 12.15pm	6A: Symposium	6B: Understanding balance	6C: New technologies for fall prevention	6D: Risk assessment implementation
<b>Location</b>	M1	M2	M3	M6
<b>Chairs</b>	Prof Leigh Hale			
11.00am – 11.15am	Tū Ora and Otago Falls Network: Engagement in falls research  <b>Speakers:</b>  <b>Debra Waters</b>  <b>Katrina Pōtiki Bryant</b>  <b>Kiti Taituha</b>  <b>Troy Ruhe</b>	<b>Jasmine Menant:</b> Neural efficiency during walking in older people with fear of falling	<b>Lorenzo Chiari:</b> Into the Wild: free-living balance assessment of fall risk with wearable sensors	<b>Rana Aroos:</b> Lower urinary tract symptoms (LUTS) and falls risk in older adults
11.15am – 11.30am		<b>Zonghao Ma:</b> Fallers use more lower-limb muscle activation and power to maintain reactive balance.	<b>Lloyd Chan:</b> Can smartwatches predict injurious falls? a nine- year cohort involving 32,619 older adults.	<b>Melanie Farlie:</b> Balance Intensity Scale reliability and agreement for therapists rating balance exercises
11.30am – 11.45am		<b>Normala Mesbah:</b> Association of postural stability and behavioral symptoms in older adults with dementia	<b>Kim van Schooten:</b> StandingTall to prevent falls: replication, learnings from telehealth and a meta- analysis	<b>Sara Groos:</b> Optimizing primary-care based fall risk assessments: A User-Centered and Behavior Change approach

11.45am – 12.00pm		<b>Yoshiro Okubo:</b> Effects of a reactive balance training ReacStep on fall risk	<b>Morag Taylor:</b> Implementation of the StandingTall program to prevent falls in older people	(Late-Breaking)
12.00pm – 12.15pm		(5x5) <b>Zonghao Ma:</b> Exploring Muscle Activity in Older Fallers and Non-fallers with Wearable Ultrasound Imaging	(5x5) <b>Meghan Ambrens:</b> The role of wearables in healthcare: Consensus on clinical utility and roadmap	(Late-Breaking, 5x5)
		(5x5) <b>Maoling Lim:</b> Effects of anxiety on reactive balance following trip-like perturbations in older people	(5x5) <b>Kelly Bower:</b> A hybrid telehealth falls prevention intervention for people with stroke transitioning home	<b>Sharon Budd:</b> Introduction of a postural hypotension alert tool (PHAT)
		(5x5) <b>Melise Peres-Ueno:</b> Associations between muscle parameters and TUG in older women	(5x5) <b>Zonghao Ma:</b> Fall Risk identification in community-dwelling older people using inertial measurement unit (IMU)	<b>Shawn Soh:</b> Convergent and predictive validity of balance-related confidence scales and Falls Efficacy Scale-International

12.15pm – 1.15pm

Lunch and Poster Viewing

12.30pm – 1.15pm

ANZFPS AGM

Session 7 1.15pm – 2.45pm	7A: Symposium	7B: Interventions	7C: Aged Care	7D: Policy and Practice
<b>Location</b>	M1	M2	M3	M6
<b>Chairs</b>	Prof Devinder Kaur Ajit Singh			
1.15pm – 1.30pm	Falls Research and Practice in Four Southeast Asian Countries  <b>Speakers:</b> Chris Lien	<b>Leonie Westerbeek:</b> Developing an intervention for the joint-management of older patients' medication-related fall risk	<b>Lynne Taylor:</b> The Staying UpRight trial in residential care does not reduce falls	<b>Margaret Gidgup:</b> Nih Waangkiny Kaadatjiny' Listening, Learning, Knowing' older Aboriginal people and physical activity
1.30pm – 1.45pm	<b>Reshma Merchant</b> <b>Susiana Nugraha</b> <b>Shyh Poh Teo</b> <b>Maw Pin Tan</b>	<b>Lisa Key:</b> Preventing Falls in older people with low vision: the PlaTFORM randomised trial	<b>Jenni Suen:</b> Qualitative comparative analysis of exercise for fall prevention in residential aged care	<b>Sara Vandervelde:</b> Contextual analysis: Implementing multifactorial falls prevention interventions in the community

1.45pm – 2.00pm	<b>Lindy Clemson:</b> Occupational therapy fall-prevention home visits reduce falls by 38%: new Cochrane evidence	<b>Yijian Yang:</b> Promoting hip protectors in care homes through education and technology	<b>Aleksandra Natora:</b> Perceptions of policy makers and key stakeholders about Australian falls prevention policy
2.00pm – 2.15pm	<b>Tianma Xu:</b> Implementing the Stepping On program in Singapore: An experience sharing	<b>Jesper Ryg:</b> Use of fall-risk-increasing drugs (FRIDs) upon nursing home admission in Denmark	<b>Catherine Kirkham:</b> Motivating Seniors to get active: developing therapeutic alliances in the CHAnGE trial
2.15pm – 2.30pm	<b>(5x5) Sebestina Dsouza:</b> Developing and validating a fall education program for Indian older adults	<b>Rebecca Mitchell:</b> Frailty and re-hospitalisation risk for aged care residents after a previous fall	<b>Hazel Heng:</b> Qualitative insights into healthcare professionals' views on falls prevention education
	<b>(5x5) Elissa Burton:</b> Recruiting people with mild cognitive impairment into a falls prevention trial		
	<b>(Late-Breaking, 5x5)</b>		
2.30pm – 2.45pm	<b>(5x5) Thanwarat Chantanachai:</b> Cognitive training in people with dementia: a single-blind randomised controlled trial	<b>(5x5) Fran Hallam-Bowles:</b> Stakeholder analysis to inform co-production of falls management approaches in care homes	<b>(5x5) Junyi Peng:</b> Integrating falls prevention for older people within Chinese primary health care system
	<b>(5x5) Lauren Fortington:</b> Is it working? Evaluation of a population-based community falls prevention program	<b>(5x5) Rik Dawson:</b> Telehealth physiotherapy in aged care: implementation outcomes of the TOP UP Study	<b>(5x5) Jingyi Chen:</b> Current practice patterns of eye care practitioners in fall prevention: a scoping review
	<b>(Late-Breaking, 5x5)</b>	<b>(5x5) Claire Ford:</b> Virtual reality falls awareness training in care homes: a feasibility study	<b>(5x5) Paige Watkins:</b> “Mind the gap”: Paramedics’ experiences attending and managing patients who fall
2.45pm – 3.10pm	<b>Afternoon Tea</b>		

3.10pm –  
4.30pm

**Session 8 – Plenary**  
*M1-M3, Level 2, Chair:*

- 3.10pm      **Keynote Address: Whaioranga Te Pā Harakeke – Iwi-driven injury prevention and rehabilitation for older Māori**  
Dr Jo Hikaka, Pharmacist and Senior Research Fellow, University of Auckland, New Zealand
- 3.40pm      **Keynote Address: How can technology help us in caring for older people at risk of falls and fractures?**  
Dr Hannah Seymour, Medical Lead, Electronic Medical Record (EMR) Program Team, Department of Health, Perth, Western Australia
- 4.10pm      **Announcement: 2025 Australia and New Zealand Falls Prevention Conference**
- 4.15pm      **Prizes**  
Best Oral Presentation (Policy and Practice)  
Best Oral Presentation (Scientific)  
Best Student Oral Presentation  
Best Poster Presentation
- 4.25pm      **Farewell and Close**
- 
- 4.30pm      **Close of Conference**
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