

# Preventing falls in the hospital setting

Friday 7th December 2012

## About the seminar:

Researchers from the Centre of Research Excellence in Patient Safety are currently conducting the world's largest hospital falls prevention trial—the 6-PACK trial. In undertaking this project there have been many learnings about the challenges and facilitators to achieving successful falls prevention in the hospital setting. This seminar has been developed to provide clinicians and quality staff with up-to-date information on best practice for minimising falls and related harm in hospitals.

The seminar will address a broad range of topics including:

- Where, when and how do falls in hospital occur
- An update on validated risk assessment tools and delirium assessment and management
- Falls prevention equipment including alert signs, low-low beds and chair/bed alarms
- Tips for achieving falls prevention practice change
- Patient rounding as a falls prevention strategy

We anticipate that delegates will leave with a number of useful ideas to implement in their clinical areas.

## Who should attend:

This seminar is aimed at clinical leaders in nursing, medical and allied health who are responsible for falls prevention.

**Venue:** The Alfred Medical Research and Education Precinct (AMREP) lecture theatre, 75 Commercial Rd, The Alfred, Melbourne Vic 3004.

**Seminar date:** Friday 7th December, 2012

**Seminar time:** 9:00am - 5:00pm  
(Registration opens at 8:30am)

### Cost:

\$330 pp (incl. of GST) - Individual registration

\$280 pp (incl. of GST) - Registration for 2 or more delegates\*

\*2+ delegates MUST register at the same time to receive discount (this cannot be processed retrospectively)

Further venue details, accommodation and parking information can be found on our website at:

<http://www.med.monash.edu.au/sphpm/creps/seminars.html>

Enquiries to Jessica Callaghan on +61 3 9903 0218 or [jessica.callaghan@monash.edu](mailto:jessica.callaghan@monash.edu)

We are running a seminar on data the previous day...

**Title:** Using data to drive practice change and improve patient outcomes

**Venue:** AMREP lecture theatre, 75 Commercial Rd, The Alfred, Melbourne Vic 3004.

**Seminar date:** Thursday 6th December, 2012

**Seminar time:** 9:00am - 4:30pm  
(Registration opens at 8:30am)

**Cost:** \$299 per person (incl. of GST)

Please visit the website listed above to download the flyer.



## Speaker and Facilitator details

(in order of appearance)

**Ms Renata Morello (Monash University)** is a Physiotherapist with more than 10 years of clinical experience and more than seven years experience in health service design and management in both the public and private sectors within Australia and the United Kingdom. In 2011 she completed a Master of Public Health at the University of Melbourne, specialising in Health Program and Economic Evaluation. Ms Morello has worked at the Centre of Research Excellence in Patient Safety since 2010. Currently, she is the Project Manager of the 6-PACK project, a multi-centre single blinded cluster randomised controlled trial (RCT) and is also leading the economic evaluation of this project as part of her PhD to determine if the 6-PACK program results in a cost saving for the hospitals.

**Dr Anna Barker (Monash University)** is an experienced falls prevention researcher at Monash University and continues to work clinically as a Physiotherapist. She has completed falls prevention projects in community, residential aged care and hospital settings. She is currently leading what is planned to be the world's largest falls prevention trial in hospital - 6-PACK trial. Anna has developed a strong clinical interest in the management of older people having completed a Masters in Geriatrics and a PhD on falls.

**Dr Kim Jeffs (Northern Health)** is the Clinical Leader for the Respecting Patient Choices project at Northern Health. She recognises the importance of advance care planning as a result of her work as a Geriatrician. She is also an NHMRC post-graduate scholar investigating delirium at the Northern Clinical Research Centre and is currently enrolled in a Doctor of Medicine (MD) at The University of Melbourne. She has previously completed research investigating Post Acute Respiratory Outreach Services and Memory Clinics.

**Associate Professor Jacqui Close (Neuroscience Research Australia)** trained as a geriatrician at King's College Hospital in London. During this period she started her research in falls and fall-related injury in older people, including her thesis which demonstrated the value of assessment and intervention for older fallers attending the Emergency Department. She moved to Sydney in 2006 and now combines a clinical and academic career at the Prince of Wales Hospital and Neuroscience Research Australia. Her primary research area is falls in people with cognitive impairment and dementia and particularly the relationship of cognitive function to postural stability, falls and fractures. She also has an epidemiological interest in the impact of falls and injury to health service use and the way in which health services are designed to prevent and manage falls and injury in older people. Over the past 15 years she has combined research with clinical practice and provided leadership in relation to ensuring that research is translated into policy, guidelines and everyday practice.

(continued overleaf)

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Speaker profiles

**Ms Rebecca Atkins (Alfred Health)** is a Registered Nurse and the Patient Flow Manager at the Alfred Hospital. Rebecca commenced this role in October 2011 following a three-year appointment as Nurse Unit Manager in the General Medical Unit at the Alfred Hospital. She will discuss the redesign work she implemented with her team in the General Medical Unit to improve quality of care and the impact it had on patient falls.

**Ms Denielle Beardmore (Ballarat Health Services)** is the Director of Nursing – Education and Practice Development at Ballarat Health Services, a Professional Nurse Assessor for the Australian Health Practitioner Registration Agency and the Clinical Lead for the Grampians Regional Clinical Simulation and Support projects and the falls 6-PACK project at Ballarat Health Services. She holds her two academic titles with Victoria and Latrobe Universities and is a graduate of the School of Leadership and Management in Project Management at the University of Ballarat. Denielle has worked in leadership positions at several metropolitan hospitals and has a clinical background in advanced oncology and palliative care nursing. Denielle is passionate about creating leadership opportunities, clinical education, integrated workplace experiences, workplace cultural change, and quality and safety related to the patient experience. Most recently she has been involved at a state level in the Clinical Placement Networks associated with expanding clinical placements, student supervision and simulated learning environments and is a strong advocate for the influence and impact nursing practice has in health care.

**Ms Jeannette Kamar (The Northern Hospital)** is a Registered Nurse with a Bachelor of Applied Science in Nursing. For over 10 years she has managed the Injury Prevention Unit at The Northern Hospital (TNH), which includes projects such as Falls Prevention, Pressure Ulcer Prevention, Venous Thromboembolism Prevention and Prevention of Patient Manual Handling Injuries. Jeannette contributed to the development of a number of Best Practice Guidelines including Minimising the Risk of Falls & Fall-related Injuries, a guideline for Acute, Sub-acute and Residential Care Settings, developed by the Victorian Quality Council in 2003. She has also been the driving force behind the development and validation of the TNH-STRATIFY Falls Risk Assessment Tool and the TNH Falls Prevention Program which significantly reduced falls related injuries. There is world-wide interest in the program and delegations from Malaysia, Singapore and Taiwan visited the hospital to learn more. The Australian Health and Medical Research Council also acknowledged the potential of the program and awarded over 1.2 million dollars to Monash University to conduct a Randomized Control Trial for which Jeannette is the Program Facilitator. The aim of the trial is to measure the effectiveness, potential cost savings and capacity for the program to be a long term solution.

**Ms Fiona Landgren (Project Health)** originally trained as a Pharmacist and has been involved in implementation and change management in healthcare for over 20 years. She understands the challenges of bringing about sustainable change and will discuss some novel approaches to raising awareness and challenging attitudes about falls and falls prevention.

**Ms Lorraine Lovitt (Clinical Excellence Commission)** is Leader, NSW Falls Prevention Program at the Clinical Excellence Commission. In this role Lorraine is supporting Falls Coordinators and Local Health Districts in the implementation of the NSW Ministry of Health Falls policy: Preventing Falls and Harm from Falls among older people. Lorraine has a nursing background with experience in aged care in both community and acute care settings, and within the NSW Department of Health developing discharge policy and implementation of the ComPacks, a community facilitated discharge initiative and the NSW Government dementia strategy.

**Associate Professor Sandy Brauer (University of Queensland)** is a Physiotherapy academic at the University of Queensland where she leads the multidisciplinary Ageing Research Group at the School of Health and Rehabilitation Sciences. She is the Lead Researcher for the Queensland Health Falls Injury Prevention Collaborative, a network of over 1500 clinicians with a focus on translational research. Her research program investigates balance and gait dysfunction in older adults, particularly those with neurological disorders, and falls prevention and management, particularly in the hospital setting.

**Ms Michele Sutherland (SA Department for Health and Ageing)** is the Manager for the SA Department for Health and Ageing Fall and Fall Injury Prevention and Management Program, based in the Safety and Quality Unit. She is a Physiotherapist by background and has been involved with prevention of falls for many years now as a clinician, researcher, educator and now in policy and planning.

**Mr Khye Davey (Royal Perth Hospital)** completed his Bachelor of Science (Physiotherapy) in 2005 and has been working at Royal Perth Hospital as a Physiotherapist for the past seven years. From 2010 he has been the Senior Physiotherapist in Falls which has a dual role in both clinical management and consultation for inpatient falls prevention, and quality improvement projects at a local and state-wide level.



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Time	Speaker	Organisation	Area covered
0830	<b>REGISTRATION</b>		
<b>Session 1: The current picture of falls and falls prevention practice in the hospital setting</b>			
0900 - 0915			Welcome
0915 - 0945	Ms Renata Morello	Monash University	Falls epidemiology: where, when and how do patients fall in hospital?
0945 - 1015	Dr Anna Barker	Monash University	Risk assessment tools and use of guideline recommendations
1015 - 1025	Panel		
1025 - 1040	<b>MORNING TEA (15 minutes)</b>		
<b>Session 2: Hot topics in falls prevention; delirium, psychoactive medications and rounding</b>			
1040 - 1110	Dr Kim Jeffs	Northern Health	An update on delirium assessment and management
1110 - 1140	A/Prof Jacqui Close	Neuroscience Research Australia	Reducing psychoactive medication use across a hospital: using data and education to drive change in practice
1140 - 1210	Ms Rebecca Atkins	Alfred Health	RAP Rounding: the introduction of hourly nurse rounding and impact on patient falls
1210 - 1225	Panel		
1225 - 1310	<b>LUNCH (45 minutes)</b>		
<b>Session 3: Achieving practice change in falls prevention</b>			
1310 - 1340	Ms Denielle Beardmore	Ballarat Health Services	From research to practice making the leap... learnings from participating in the 6-PACK trial
1340 - 1410	Ms Jeannette Kamar	The Northern Hospital	Changing nurse practice to achieve effective falls prevention
1410 - 1440	Ms Fiona Landgren	Project Health	Tools to support falls prevention practice change in hospitals
1440 - 1500	Panel		
1500 - 1520	<b>AFTERNOON BREAK (20 minutes)</b>		
<b>Session 4: An update on State based falls prevention activities</b>			
1520 - 1540	Ms Lorraine Lovitt	Clinical Excellence Commission	NSW Clinical Excellence Commission falls update
1540 - 1600	A/Prof Sandy Brauer	University of Queensland	The falls tool trial: can we improve documentation of falls preventative actions and post fall management in hospitals?
1600 - 1620	Ms Michele Sutherland	SA Department for Health and Ageing	Carrots, sticks and meerkats: changes to falls prevention in SA hospitals
1620 - 1640	Mr Khye Davey	Royal Perth Hospital	Prevention activities in WA Health: a State and Tertiary hospital perspective
1640 - 1700	Dr Anna Barker	Monash University	Wrap up
1700	<b>CLOSE</b>		

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## REGISTRATION FORM - please complete all sections



Centre of  
Research Excellence  
in Patient Safety

Please email registration information (via attached pdf or within an email) to [jessica.callaghan@monash.edu](mailto:jessica.callaghan@monash.edu).

### DELEGATE DETAIL/S:

Delegate 1

<b>Title</b> <b>Other</b>	<b>Prof / Dr / Mr / Mrs /</b> <b>Miss</b>	<b>First name</b>	<b>Surname</b>
<b>Phone</b>		<b>Email</b>	
<b>Position</b>		<b>Organisation</b>	

Delegate 2 (if applicable)

<b>Title</b> <b>Other</b>	<b>Prof / Dr / Mr / Mrs /</b> <b>Miss</b>	<b>First name</b>	<b>Surname</b>
<b>Phone</b>		<b>Email</b>	
<b>Position</b>		<b>Organisation</b>	

### COST: (please tick or mark the appropriate box)

<input type="checkbox"/>	\$330 per person (incl. of GST)	Individual registration
<input type="checkbox"/>	\$280 per person (incl. of GST)	Registration for 2 or more delegates NB: 2+ delegates MUST register at the same time to receive discount. This cannot be processed retrospectively.

### PAYMENT METHOD:

<input type="checkbox"/>	Credit card	Please visit the following website to pay online <a href="http://ecommerce.med.monash.edu.au/search.asp?s=falls">http://ecommerce.med.monash.edu.au/search.asp?s=falls</a> You will AUTOMATICALLY receive a tax invoice/receipt.
<input type="checkbox"/>	On INVOICE Complete <b>only</b> if you wish to be invoiced	Contact person _____ Company ABN _____ Phone _____ Postal address _____ _____ _____ Email address _____

NB: The registration process is complete once payment has been received and noted by Jessica, at which time a registration confirmation email will be sent to you.

**Terms and Conditions:** Refunds will NOT be given if inability to attend is advised two (2) days prior to the seminar. Requests for refunds at any other time will be considered on an individual basis. Please note, a colleague is always welcome to attend in your place.

Enquiries and forms to Jessica Callaghan:

Email: [jessica.callaghan@monash.edu](mailto:jessica.callaghan@monash.edu) / Ph: 03 9903 0218

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