

25th International Conference on Falls and Postural Stability 2024

Five top tips for getting the most out of your meeting:

1. Record your attendance

Online: Attendance should be recorded by clicking “Sign in for CPD today” on the event platform each day you attend.

In person: Attendance should be recorded by scanning in at the registration desk using the QR code on your joining email or providing your name.

You will receive a CPD certificate for the days you have joined ‘live’ online only. Viewing the content post-event won’t be certified, but certificates are not required to claim CPD via the RCP diary.

2. Give feedback

Please take the time to fill out the feedback form after each session. It is mandatory for CPD but also helps us improve our conference and provides invaluable information to our speakers about their presentation.

3. Visit our sponsors

Please review the symposia and spotlight sessions in this programme and consider watching. Challenge yourself to spend 5 minutes during the conference to speak to a sponsor.

4. Join the discussion

All delegates are encouraged to ask questions for the speakers and panel discussions. If you are thinking it, someone else is too, so please use the ‘Ask’ function on the online platform or the microphone in the room. If you’re tweeting, tag us at @GeriSoc and use the hashtag #BGSConf.

5. Get social

Chat with attendees, join a socialising event or interact in a group discussion.

06 September

Jubilee Hotel, Nottingham & Online (Hybrid meeting)

Hybrid meeting**START****Opening address**

09.15	Opening words from BGS Falls and Bone Health SIG chair and message from Professor Tahir Masud
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Session 1 Inpatient Falls and Treatment Updates**Moderator:** Dr James Frith and Professor Dawn Skelton

9.30-11.00	<p>09.30 Welsh initiatives to reduce inpatient falls. Dr Inderpal Singh, Consultant Physician & Geriatrician with interest in Falls and Bone Health and National Clinical Lead, Falls and Frailty (Wales), Aneurin Bevan University Health Board</p> <p>10.00 Reducing inpatient falls in Scotland Dr Lara Mitchell, Consultant Geriatrician, Queen Elizabeth University Hospital, Glasgow</p> <p>10.30 Management of Osteoporosis in Chronic Kidney Disease Dr Michael Stone, Consultant Physician, Cardiff and Vale University Health Board</p>
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11.00	Free time
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Session 2 Use of Technology**Moderators:** Dr Alasdair MacRae and Lisa Alcock

11.30 - 12.45	<p>11.30 Acoustic monitoring and falls prevention in social care settings Miss Kate Faulkner, Locum Physiotherapist, Gibberd Ward, Princess Alexandra Hospital and Muyi Adekoya, Head Of Market Development, Chief Nursing Officer's Directorate - Complex Care, NHS North Central London Integrated Care Board</p> <p>11.45 NearMe: Video Consultations to reduce unnecessary travel for those at risk of falling Mrs Rosie Cooper, National Improvement Lead, Near Me Network</p> <p>12.00 Isometric muscle contractions as a solution to treating Postural Hypotension Dr Lochlainn Connolly, Head of Medical Affairs Isotech NI</p> <p>12.15 Reducing Falls Risk with AI Strength & Balance in the Community Ben Wilkins, CEO, Goodboost</p> <p>12.30 Panel Discussion</p>
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Hybrid meeting

12.45 - 13.30	Lunch
<p>Workshops Workshops will run in parallel. Attendees will be able to join 1 workshop live.</p>	
13.30 - 14.30	<p>Workshop 1 Falls in those with Delirium Dr Rachael Lawson, Janet Owens Parkinson's UK Senior Research Fellow, Newcastle University Moderator: Alasdair MacRae</p> <p>Delirium is a serious, neuropsychiatric syndrome defined by acute changes in attention, level of arousal and cognition. It is associated with increased mortality, institutionalisation, and dementia. There is a strong association between delirium and falls. People who fall may be at increased risk of delirium, but those with delirium also are at increased risk of falling. This interactive workshop will discuss identifying delirium in people at risk of falls (e.g. including dementia, Parkinson's and post-operative), how to recognise delirium, and approaches to reducing risks and future functional decline.</p> <p>Workshop 2 Vision Impairment and Falls: Did you see that risk? Dr Jignasa Mehta, Orthoptic Lecturer, Research Training Fellow (Dunhill Medical Trust), University of Liverpool and Professor Dawn Skelton, Professor of Ageing and Health, Glasgow Caledonian University Moderator: Sam Olden</p> <p>Vision Impairment is just one risk factor for falls but an important one, particularly as people tend to avoid physical activity. Many vision disturbances are not reversible but some are. We will discuss ways to assess and options for interventions to reduce risk.</p> <p>Workshop 3 Tai Chi Exercise for the prevention of falls Dr Samuel Nyman, Head of Department of Psychology, University of Winchester and Mr Michael Action, Tai Chi and Qi Gong Instructor Moderator: Lisa Alcock</p> <p>The workshop will begin with a brief overview of the scientific evidence-base for Tai Chi as a fall prevention exercise intervention. Then, the majority of the workshop will be devoted to a Tai Chi session led by Mike Acton (Chair, Founder and Senior Instructor of Wu Shi Taiji Quan & Qi Gong Association). The session will give delegates an opportunity to experience what Tai Chi is like, and to appreciate some of its key aspects that aid with fall prevention. While it is a slow and gentle form of exercise, delegates can participate as much or as little in the physical movements as desired and/or medically advised.</p>

Hybrid meeting**Platform presentations****Moderators:** Dr Alasdair MacRae and Lisa Alcock

14.30 - 15.30	<p>14.30 Abstract 2576 High balance vigilance negatively impacts on perceptions of stability and postural control in community-dwelling older adults E Kal; N Grilc; J Menant; D Sturnieks; D Kaski; T Ellmers;</p> <p>14.45 Abstract 2564 Turning heads: does head motion during turning in people with Parkinson's disease correlate with clinical measures? H Cox; RZU Rehman; J Frith; R Morris; AJ Yarnall; L Rochester; & L Alcock</p> <p>15.00 Abstract 2567 Innovating the wheeled Zimmer, one of the most prescribed indoor walking frames SB Thies; R Fox; H Dawes</p> <p>15.15 Abstract 2575 Examination of factors related to postural stability in elderly patients Kiyoshi INOUE; Takuro OKARI; Hideaki OKI.</p>
15.30	Free time

Hybrid meeting

15.30	Free time
Combatting Falls in the Community Moderators: Dr James Frith and Professor Dawn Skelton	
15.45-17.15	15.45 Urgent Response to a Fall in the Community - the Emergency Department in the Home Team (EDITH) Dr Patrick Hillery, GEM consultant, St. Vincent's Hospital Dublin
	16.15 Rehabilitation in the Community following a fall: Fife Intermediate Care Teams Leesa Radcliffe, Clinical Service Manager and Lorna MacKenzie, Intermediate Care Manager, Integrated Community Teams, Community Care Services Fife Health and Social Care Partnership (remote)
	16.45 Welsh Ambulance Falls Response Pathway Ben Scott, Physiotherapist, Welsh Ambulance Services University NHS Trust
17.15	Closing words



Dr Inderpal Singh

Dr Inderpal Singh is a consultant geriatrician at Aneurin Bevan University Health Board, Wales and Honorary Senior Lecturer, Cardiff University. His qualifications include MBBS (1997); MD (2002); MRCP UK (2006); MSc-Ageing, Health and Disease (2011) and FRCP (2015).

He is a TPD (IM Training) and working collaboratively with HEIW since 2015 to enhance the educational experience of trainee doctors and implement Shape of Training. His research focuses on education, inpatient falls, osteoporosis and dementia. He has authored over 25 research papers, reviews and book chapters. He has been awarded with ABUHB "Leadership award" in 2014; ABUHB "Research for patient benefit award" in 2015; "NHS Wales award" in 2017 and "Excellence in Teaching award" by Cardiff University School of Medicine in 2019. In 2020, Dr Singh has been appointed as a National Clinical Lead (Wales), Falls and Frailty.

Dr Lara Mitchell

Dr Lara Mitchell is a Consultant Geriatrician at Queen Elizabeth University Hospital (QEUH), Glasgow. She is clinical lead for acute and has developed a frailty service. She set up syncope clinic when she was appointed and runs a weekly Rapid Access Syncope Service (RASCL) along with her Medicine for the Elderly colleague. She has a joint MDT monthly with cardiology, neurology and cardiac physiologists. She is a Scottish quality and safety fellow and is committed to improving systems of care for the older adult. She is previous chair of Cardiovascular BGS. She is National Clinical Lead for Frailty at Healthcare Improvement Scotland



Dr Michael Stone

Dr Michael Stone is a Consultant Physician in Cardiff and lead clinician for adult Metabolic Bone Disease. He heads a long-established Fracture Liaison Service, four bone clinics each week and the Denosumab Self Injection Program. He is also Director of the Bone Research Unit at University Hospital Llandough with research interests that include: the bisphosphonate acute

phase response, bone loss in patients with respiratory disease, the use of high dose vitamin D in the frail elderly and the use of AI for identification of vertebral fractures. He is Chairman of the Wales Osteoporosis Advisory Group, a member of the UK National Osteoporosis Guidelines Group, Clinical Committee of the Royal Osteoporosis Society and Royal College of Physicians Fracture

Liaison Service Database Advisory Group. He is Visiting Professor to the School of Health at the University of South Wales

Katie Faulkner

Katie is a Physiotherapist with a passion for frailty, dementia & delirium. Currently developing a person centred Falls Prevention team within Adult Social Care settings across North Central London, combining the use of acoustic monitoring technology with a new MDT. She is also Author of 'Big Bear, Little Bear & Dementia' - a children's book exploring the thoughts and feelings of a little bear when their big bear is living with dementia.

Rosie Cooper

Rosie is National Improvement Lead for Digital Health & Care within the Scottish Government. Graduating as a Physiotherapist 1988 she has held many Physiotherapy roles across Paediatrics, Secondary & Community Care. Since 2012 developed a passion for Quality Improvement through her role as Falls Lead in Aberdeen HSCP and subsequently was the first Physiotherapist to graduate from The Scottish Quality & Safety Fellowship (cohort 8). Published in BMJ Open Quality for a Falls prevention QI project (2017) Rosie continued to work on Local & National Falls related improvement projects. In 2020 Rosie joined the Scottish Government, working in the Near Me and digital H@H Programmes. She has had the privilege to work across health, social care and the public sector and has a special interest in systems thinking and complex systems.



Dr Lochlainn Connolly

Lochlainn is a GP with a keen interest in lifestyle medicine, particularly in the prevention of illness through innovative approaches. At this conference, she aims to introduce and inform you about our a medical device designed to treat postural hypotension, thereby preventing falls and their associated complications.

Ben Wilkins

Ben Wilkins is CEO of Good Boost, a social enterprise delivering digital musculoskeletal supported-self management services in partnership with leisure centres, swimming pools, community venues and charities. Ben is a registered Osteopath with a Master's in Osteopathy (M.Ost) from Oxford Brookes University and an MSc in Musculoskeletal Science from the University of Oxford, with publications in aqua rehabilitation, digital rehab technology and peer-led MSK community services. He's an MSK Clinical Champion for Versus Arthritis, Chair of the MSK Expert Group for the World Health Innovation Summit (WHIS) and a member of the WHO's World Rehabilitation Alliance. Ben is a trustee of Healthwatch Merton with a focus on social prescribing, and completing a fellowship investigating the role of gamification on motivation and behaviour change for older adult MSK rehabilitation.



Dr James Frith

James Frith an Academic Geriatrician in Newcastle's Falls and Syncope Service. He has a particular interest in orthostatic hypotension having completed a Clinician Scientist fellowship evaluating at non-drug treatments and a HTA pilot trial comparing medication. He is the current BGS Falls and Bone Health SIG Chair.

Dr Samuel Nyman

Dr Nyman's background is in health psychology. He is interested in physical activity promotion, fall prevention, and fear of falls among older people and people with dementia, and the use of behaviour change techniques and clinical trial designs. He was Chief Investigator for the NIHR-funded TACIT Trial: TAI ChI for people with demenTia.



Michael Acton

Studied Taiji Quan (Tai chi chuan) and Qi Gong (Chi gong) since 1976. He has lived and studied in China from 1992 - 1996 and then again in 2005-2006 with frequent visits. Michael is a 'closed door' student of Master Li Li Qun a 4 generation successor of Wu Style Taiji Quan and a recognised master of 'therapeutic/medical (TCM)' Qi Gong. Michael has been teaching Taiji Quan and Qi Gong since 1996 and founded the Wu Shi Taiji Quan and Qi Gong Association (www.wustyle.uk.com) officially in 2013. We are a Community Amateur Sport Club based in North London. I also founded a community health programme called Sit Stand Walk Talk - Taiji for Wellbeing (www.sitstandwalktalk.org.uk) which we deliver from our studio and online. This programme has been specifically designed to help older and more vulnerable members of the community with long term and debilitating health conditions many of whom also experience social isolation and economic hardship. He has worked with Dr Samuel Nyman currently Head of the Department of Psychology at Winchester Univ. developing a programmes of Qi Gong walking practices for the aged and those with onset of dementia.

He has a particular interest in falls prevention and the mental and physical benefits Taiji/Qi Gong practices can afford our ageing population.

Dr Rachel Lawson

Rachael is the Janet Owens Parkinson's UK Senior Research Fellow at the Translational and Clinical Research Institute at Newcastle University and a Chartered Psychologist. Her translational research programme aims to determine the optimal measurements and mechanisms underpinning neuropsychiatric symptoms and delirium in the context of Parkinson's, and how these conditions are associated with cognitive and motor decline. Ultimately, her goal is to improve the recognition and management of these distressing symptoms and conditions, and to improve the quality of life and long-term health outcomes for people living with Parkinson's and other neurodegenerative age-related conditions.

Dr Jignasa Mehta

Jignasa Mehta is a senior lecturer in Orthoptics from the University of Liverpool. Her main area of research is visual impairment and falls and fear of falling. She is also involved in raising the importance of testing relevant visual functions in falls assessments.

Dr Patrick Hillery

Dr. Patrick (Paddy) Hillery is an Emergency Medicine Consultant with a special interest in Geriatric Emergency Medicine. Having completed CSCST in EM he was awarded a fellowship in Silver Trauma in St. Vincent's University Hospital (SVUH). As part of this he worked with various Geriatric subspecialties, as well as Emergency Geriatrics. As a doctor with the Emergency Department in the Home Team (EDITH), he undertook pre-hospital frailty emergency care. With the Older Person Rapid Assessment Hub (OPRAH) he was involved in prioritizing the Geriatric Emergency care of older patient in ED. As a Consultant he continues to work in this field to improve outcomes for older adults attending SVUH.

Lorna Mackenzie

Lorna manages the Intermediate Care Teams in the East of Fife and lead the Pulmonary Rehab Service and Major Trauma Coordination Service. She is a registered Occupational Therapist and qualified from Queen Margaret College, Edinburgh in 1991. Pursuing my love of working with older people, my career began in Dundee where I worked in the Royal Victoria Hospital and had spells in Ashludie Hospital and Roxburgh House (Hospice). I then moved on to the Community Rehabilitation Team in 1996 until I made the move to NHS Fife in 2003. My NHS Fife journey began just over 20 years ago whenshe became the Occupational Therapy Manager for North East Fife.

British Geriatrics Society
Improving healthcare for older people

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Anyone specialising in the healthcare of older people can join the BGS. We welcome all members of the multidisciplinary team at all stages in their career, from university to retirement.

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