

# International Conference on Falls and Postural Stability 2025

19 September

RCP Spine, Liverpool & Online (Hybrid meeting)

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

### 1. Record your attendance

**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. Each day you attend you will need to scan in.

**Online:** You will receive a CPD certificate for the days you have watch online. **Viewing the content post-event will be certified, and certificates are issued 3 days after your last viewing.**

### 2. Give feedback

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

### 3. Visit our sponsors

Please review the symposia in this programme and consider watching. Challenge yourself to spend 5 minutes during the breaks 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](https://twitter.com/GeriSoc) and use the hashtag [#BGSconf](https://twitter.com/BGSconf).

### 5. Get social

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

## With grateful thanks to our sponsors:

Our sponsors have provided a sponsorship grant towards this independent programme. They have had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence, except for the sponsored symposia presentations. They have not had any input or influence as to the content of the programme. Sponsored symposia and Spotlight on sessions are not eligible for external CPD and are intended for a healthcare professional audience in the UK.



Those attending the meeting in person will notice some changes to our event delivery as part of our commitment to environmental sustainability.

- We are continuing with the use of **digital platforms** as a core part of our conference and meetings delivery and reducing material used at conferences through paperless conferences.
- The meeting recordings will be **accessible online** for you to watch on demand for 12 months, for all those attending in person.
- We encourage you to **walk, cycle or travel by public transport** to the conference venue where possible.
- Try and remember to bring a **reusable water bottle** with you to the venue. Water will be available from water coolers throughout the venue as well as some packaged water. Please recycle packaging by disposing of it at the correct recycling point.
- We are offering a greater choice of **sustainable, meat-free options** as part of our catering for the event.
- This is a **paperless** meeting and we are not printing hard copies of the programme. Please consult the programme online ([www.bgs.org.uk/25Falls](http://www.bgs.org.uk/25Falls)) for session details and timings. This is accessible online via your devices before and during the conference. Large poster programmes will be displayed on boards around the venue for reference.
- CPD certificates will be emailed rather than printed. Remember to scan in each day you are attending at registration, or use the **'Feedback for CPD'** button on the online platform.
- We will be displaying **paperless posters** in place of traditional physical posters at the meeting. Please look at the poster platform (<https://posters.bgs.org.uk>) in advance and use the onsite computers and screens at the venue to browse and comment.
- Bring your own pen and pad if you have them, however, the lanyards, pens and pads at our conference are all from recycled origins.



## Flexible attendance options: In person or online

There is no difference in registration fees for in person and online meeting attendance. The registration fee provides access to the conference or online platform for the days you are registered. On demand viewing post event will be limited to the days for which you have registered and paid.

There is a flexible transfer from in person to online attendance as clinical service and life balance require. Please check our [FAQs](#) first for any queries you may have about attendance or on demand watching.

**Registration from 08.45****Opening address**

09.25 Opening words

**Bone Health**

Moderators: Alasdair MacRae and Ceri Thomas

- 09.30 **Osteoporosis Update**  
Dr Lisa Hutton, Consultant Rheumatologist, Inverclyde Royal Hospital
- 10.00 **Barriers and solutions for global access to osteoporosis management**  
Professor Nick Harvey, Professor of Rheumatology and Clinical Epidemiology; MRC Investigator; Honorary Consultant Rheumatologist, NIHR Senior Investigator  
President, International Osteoporosis Foundation, Southampton General Hospital
- 10.30 **NICE Falls guidelines update- translating into practice**  
Daniel McIntyre, Acting Consultant in Public Health, West Sussex County Council and Dr Julie Whitney, Academic Physiotherapist, Kings College Hospital

11.00 **Poster viewing time**  
Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

**Proactive Healthcare**

Moderators: Dawn Skelton and Faye Wilson

**KEYNOTE**

- 11.30 **Proactive case finding for frailty and falls risk**  
Professor Andrew Clegg, Professor of Geriatric Medicine, Head of Academic Unit for Ageing & Stroke Research Theme Lead, NIHR Applied Research Collaboration Yorkshire & Humber Co-Director, Health Data Research UK North, University of Leeds & Bradford Teaching Hospitals NHS Foundation Trust

**Platform Presentations**

Moderators: Dawn Skelton and Faye Wilson

- 12.00 Abstract 3444 **Does concern about falling predict future falls in older adults? A systematic review and meta-analysis**  
Dr Jodi Ventre, Research Associate, University of Manchester
- 12.15 Abstract 3521 **Adherence to supervised falls prevention exercise in community-dwelling older adults: Secondary analysis of a systematic review**  
Dr Samuel Nyman, Reader in Psychology, University of Winchester
- 12.30 Abstract 3550 **Improving Bone Protection in Older Adults Post-Hip Fracture: Streamlined Bisphosphonate Pathways and Referral Communication**  
Dr Cara Beattie, IMT1, Belfast City Hospital
- 12.45 Abstract 3561 **2 year analysis of Gateshead Strength and Balance Service Outcome Measures for mild to moderately frail over 65 yr olds**  
Claire Shroufi, Advanced Physiotherapist, Gateshead Health NHS Trust

13.00 - 14.00 **Lunch**  
Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

**Workshops. Delegates can attend only one live.**

<p><b>14.00 - 15.00</b></p>	<p><b>Preventing falls through exercise; lessons learnt from implementing evidence-based falls prevention interventions in different healthcare contexts and countries</b>                  Professor Elizabeth Orton, Professor of Public Health, University of Nottingham,                   Professor Chris Todd, Professor of Primary Care &amp; Community Health, School of Health Sciences, University of Manchester                   Ruth McCullagh, Lecturer in Physiotherapy at the School of Clinical Therapies, University College Cork                   Helen Hawley-Hague, Senior Lecturer, University of Manchester                   Holly Knight, Senior Research Fellow in the Division of Epidemiology and Public Health, University of Nottingham                   Iona Bateman, Physiotherapy Student, University of Southampton &amp; The Chartered Society of Physiotherapy                  Moderator; Dawn Skelton and Joanna Gough</p>	<p><b>FRIDs – safe deprescribing</b></p> <p style="text-align: center;"><b>Not streamed</b></p> <p>Lelly Oboh, Consultant Pharmacist, Guys and St. Thomas Hospitals                   Moderator: Lisa Alcock and Ceri Thomas</p>	<p><b>Home-based falls risk assessment</b></p> <p style="text-align: center;"><b>Not streamed</b></p> <p>Lianne McNally, AHP Senior Manager, East Ayrshire Health and Social Care Partnership                   Moderators: Sam Olden and Eleanor Corbett</p>
<p><b>15.00</b></p>	<p><b>Poster viewing time</b></p>		
<p><b>Nutrition</b>                  Moderators: Alasdair MacRae and Lisa Alcock</p>			
<p><b>15.30 - 16.30</b></p>	<p><b>15.30 Nutrition and bone health</b>                  Professor Susan Lanham- New, Head of the Department of Nutritional Sciences, University of Surrey   <b>16.00 Nutrition and Sarco/Dynapenia</b>                  Professor Ailsa Welch, Professor of Nutritional Epidemiology, Norwich Medical School, University of East Anglia (<i>remote</i>)</p>		
<p><b>16.30</b></p>	<p><b>End of Day</b></p>		
<p><b>16.45</b></p>	<p><b>Networking</b></p>		





**British Geriatrics Society**  
Improving healthcare  
for older people

Marjory Warren House  
31 St John's Square  
London EC1M 4DN

Telephone +44 (0)20 7608 1369  
Email [registrations@bgs.org.uk](mailto:registrations@bgs.org.uk)  
Website [www.bgs.org.uk](http://www.bgs.org.uk)