

21st International Conference on Falls and Postural Stability

25th September 2020
Virtual Meeting

This annual event is widely recognised as the leading meeting in the UK for clinicians working in the field of falls and mobility medicine. The day provides a forum for scientific discussion and clinical updates and enables a multidisciplinary audience of over 200 professionals to share their experiences of best clinical practice.

Joining a virtual meeting

Participants can expect the same high-quality educational content as in a face-to-face meeting, and there will be opportunities for virtual delegates to network before, during and after each meeting. Participants joining live will be able to engage with presenters and sponsors through interactive activities during the session, as well as through 1 to 1 and group calls and chats. Recordings of the presentations will be accessible post-event.

Participants will attend via Swapcard who provides simple access via web browser, tablet or phone. A browser other than Internet Explorer (IE) needs to be used.

CPD accreditation

BGS has applied for **5 CPD accreditation with the RCP**. Participants watching a live event must sign in with their full name when joining. If participants join viewing as a group they must contact us by email with their full name, email address and place of work to registrations@bgs.org.uk. Participant must register before the live event start to claim CPD credits. **We cannot send CPD certificate to participants who haven't registered in advance.**

Participants accessing the archived version of the virtual event may record this in their CPD diary using the approval code provided for the live event for up to 12 months after the event date.

Who should register

The meeting will be of benefit to all healthcare professionals involved in falls and mobility medicine, geriatric medicine and healthcare of older people:

- Consultants and professors in geriatric medicine
- Specialty Doctors
- Specialist Registrars (StRs) in geriatric medicine and related specialties
- Nurse consultants, nurse specialists and advanced nurse practitioners
- GPs and GP trainees
- Physiotherapists, occupational therapists and allied health professionals
- Researchers into ageing and age-related conditions
- Core medical trainees and foundation year doctors
- Medical students

Meeting aims

- Further attendee's overall knowledge and understanding of current research and practice in healthcare of older people in core and difficult areas
- Improve attendee's skills in the treatment and care of older people
- Inspire attendees to achieve personnel excellence in healthcare of older people
- Take away new activities and ideas to progress their workplace's services

PROGRAMME

Abstracts on demand throughout the event

09.00 *Room 1*

Watch platform presentation in the abstracts area and browse through the selected posters

Exhibition opens

09.00 *Exhibition area*

Explore the exhibition zone and schedule a discussion with our sponsors

Opening presentation

Stage 1

09.30

Join the Falls and Bones SIG chair in this interactive opening session. Learn from the conference moderator about how to make the most out of the event including options to socialise with other attendees and meet our exhibitors.

Plenary session #1 with live Q&As

Stage 1

10.00 Keynote: The muscle failure concept

Dr Charlotte Suetta, Clinical professor, Geriatric department, Bispebjerg Hospital Copenhagen University

10.30 Live discussion and questions

10.00

10.40 How to treat a hypertensive patient with orthostatic hypotension

11.30

Dr James Frith, Clinical senior lecturer, Newcastle University

11.00 Improving adherence to falls prevention interventions

Prof Chris Todd, Professor of primary care and community health, University of Manchester

11.20 Questions

11.30

Free time

Grab a coffee, do a quick walk or socialise with other participants

Plenary session #2 with live Q&As

Stage 1

11.45 Falls and major trauma: where are we now?

Dr George Peck, Consultant physician and geriatrician, St Mary's Hospital

11.45

12.05 Update on vertebral, pelvic and sacral fractures following a fall

12.30

Prof Opinder Sahota, Consultant geriatrician, Nottingham University Hospitals NHS Trust

12.25 Questions

12.30

Socialise with colleagues and participants

Take the opportunity to socialise with other participants 1-to-1 or join a group discussion

Exhibition area

12.30

Exhibition area

Explore the exhibitors zone and schedule a discussion with our sponsors.

Workshops session #1

Stage 1

13.00 Workshop 1: Trauma after falls: pragmatic tips for more than hips

Dr Emily Fielding, Consultant physician and geriatrician, Salford Royal and Dr George Peck, Consultant physician and geriatrician, St Mary's Hospital

13.00

14.00

13.30 Workshop 2: Rapid response falls service

Mr James Gough, Paramedic and project lead, Falls Response Service, Welsh Ambulance Service NHS Trust and Mr Grzegorz Drodz, Trust falls lead practitioner and senior specialist physiotherapist, University College London Hospital

PROGRAMME

- 14.00 **Free time**
1 to 1 networking, do a quick walk or join the wellbeing room for a stretch session

Workshops session #2

Stage 1

- 14.15 **14.15 Workshop 3: Falls and quality improvement**
Dr Celia Gregson, Consultant geriatrician and consultant senior lecturer, Royal United Hospital Bath NHS Foundation Trust and Dr Julie Whitney, Consultant practitioner in gerontology, Kings College Hospital
- 15.15 **14.45 Workshop 4: Footwear and falls**
Mr Brian O'Rourke and Ms Bronagh Conroy, Clinical specialist physiotherapist working with older adults, St James' Hospital Dublin

- 15.15 **Free time**
1 to 1 networking, do a quick walk or join the wellbeing room for a stretch session

- 15.15 **Exhibition area**
Exhibition area
Explore the exhibitors zone and schedule a discussion with our sponsors.

Plenary session #3 with live Q&As

Stage 1

- 15.30 **15.30 The current evidence for Tai Chi in falls prevention**
Dr Samuel Nyman, Principal academic in psychology, Bournemouth University
- 16.20 **15.50 The development of the Guide to Action Tool (GtACH), an evidence based App to support care homes to reduce falls**
Dr Jane Horne, Research fellow and occupational therapist, University of Nottingham
- 16.10 Discussion**

- 16.20 **Closing remarks and presentation of awards**
Stage 1
Join the Falls and Bones SIG chair in this interactive closing session to reflect on the days learning. Platform and posters prize winners will be announced.