



A positive approach to

# PREVENTING FALLS AND BROKEN HIPs IN CARE HOMES

Wednesday 1<sup>st</sup> May 2013

Heathlands Hotel



A **free** conference for nursing and residential care homes

**OD** Osteoporosis  
Dorset  
prevention through education

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# PREVENTING FALLS AND BROKEN HIPs IN CARE HOMES

Wednesday 1<sup>st</sup> May 2013

Heathlands Hotel, Grove Road, Bournemouth, Dorset, BH1 3AY

Time: 10:10am – 4:00pm

(Registration and coffee from 9:30am in exhibition room)

A certificate of attendance will be given to all delegates

Falls in elderly people can lead to increased anxiety and depression, reduced activity, mobility and greater dependence; they are a major health burden, especially in the long-term care environment.

The aim of this free study day is to provide information from local experts, to increase staff confidence in falls prevention and management in care homes. It focuses on developing a positive approach to preventing falls and broken hips in care homes and includes practical sessions on exercise, nutrition and the needs of individuals with dementia.

The study day includes an exhibition that allows delegates an opportunity to engage with local service providers (see below for list of exhibitors).

Assistive Technology  
Community Dietitians

Extend  
Long Term Conditions Therapy Team

Dorset LPC  
Osteoporosis Dorset

Elemental Tai Chi  
B'mth Uni

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## 3 EASY WAYS TO BOOK YOUR FREE PLACE



Complete and return the registration form



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[www.ostedorset.org.uk/falls-conference](http://www.ostedorset.org.uk/falls-conference)

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## 10:10 Introduction and welcome

### Mr Lindley Owen

Consultant – Health Improvement  
Dorset County Council

- The impact on falls, broken hips on a care home population, adult social care services, the NHS and wider community

**Chair: Dr Tim Battcock, Consultant Physician, Poole Hospital**

## 10:25 Falls Impact

### Dr Matt Thomas

Consultant Physician  
Poole Hospital NHS Foundation Trust

- Why do people fall
- Practical tips on how to reduce the risk of falling in frail older people

## 11:05 Useful tools and strategies for falls management and prevention

### Ms Ellen Holmes

Falls Lead  
Dorset Healthcare University Foundation Trust

- Falls risk assessment screening tool

## 11:20 Long Term conditions Therapy Team

### Ms Shiona Balfour

Clinical Specialist Occupational Therapist  
Long Term Conditions Therapy Team

- Falls prevention education for care home staff
- Assistive equipment for falls prevention

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## 11:35 Visual Impairment and Falls

### Mrs Janet De Cianti

Senior Practitioner  
Bournemouth Social Services

- Age related visual impairment in relation to falls
- Positive strategies to use to reduce the impact (positioning of furniture, advice on lighting levels etc)

## 11:50 Range of Assistive Technology Available

### Mr Andy Wigley

Careline Support Officer  
Bournemouth Careline Telecare Team

- What's available (Bed sensors, Pressure Mats etc)
- Who will provide what to Nursing and Residential Homes

## 12:05 Falls and Mental Health

### Dr Sue Barker

Senior Lecturer  
School of Health & Social Care, B'mth University

- Why people with dementia are at higher risk of falls
- Practical tips on reducing falls in people with dementia

## 12:45 Lunch and Exhibition

## 14:00 Preventing broken hips in care homes

### Dr Paul Thompson

Consultant Rheumatologist  
Poole Hospital NHS Foundation Trust

- Why preventing broken hips is important
- How to improve uptake and continued use of bone medicine in a care home population

## 14:40 Creating a hip protector culture

### Mrs Carol Jones

Osteoporosis Nurse & Trustee  
Osteoporosis Dorset

- How to develop a partnership approach to wearing hip protectors in care homes
- The Break The Fall Not The Hip Campaign

## 15:10 Healthy eating for stronger bones

### Mrs Lisa Perkins

Community Dietitian  
Dorset Healthcare University Foundation Trust

- Promoting a healthy diet
- How to assess calcium requirements, sources and intake

## 15:50 Summary

### Dr Tim Battcock

Consultant Physician, Poole Hospital NHS Foundation Trust

## 16:00 Close

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BOOK

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Telephone:  
01202 443064

Email this form to:  
[mail@osteodorset.org.uk](mailto:mail@osteodorset.org.uk)

Fax form to:  
01202 443065

## Delegate Details (There is no charge to attend this conference):

Title (Dr, Mr, Mrs etc)

Forenames

Surname

Job Title

Address (work)

Postcode

Telephone (day)

E-mail

Special Dietary Requirements