

Pre-conference Workshop 1

Prof. Stephen Lord
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Council
Conjoint Professor, University of New South Wales, Australia



Date: 24th May, 2019 (Friday)

Time: 09:00 to 17:00

Venue: To be announced

FALLS IN OLDER PEOPLE WORKSHOP: RISK FACTORS, ASSESSMENT AND STRATEGIES FOR PREVENTION

The aim of the workshop is to present health professionals with up-to date evidence relating to fall prevention in older people. As indicated by its title, the workshop has three parts: fall risk factors, fall risk assessment and fall prevention strategies.

Part 1: An initial presentation will provide an outline of the epidemiology of falls and fall-related injuries in older people. After this, summaries and critical appraisals of neuropsychological, sensorimotor, balance and gait risk factors for falls will be presented – knowledge of these factors that are important for an understanding of fall risk from a physiological perspective and for implementing appropriate physical intervention strategies. This is followed with a presentation on fear of falling and important risk factors for falls including medical conditions, medications and the environmental factors. Finally, the importance of the risk factors in each of the above domains is weighed as weak, moderate or strong, using evidence from published studies.

Part 2 addresses fall prevention strategies. The first presentation will describe the role that specific exercise programs can play in improving physical functioning and preventing falls in community-dwelling older people. Recent evidence for the role step training can play will be presented along with a demonstration of a step training system. The second presentation will include a review and summary of effective visual, environmental, medical and multifactorial interventions for preventing falls.

Part 3 will comprise background and practical sessions on fall risk screening and assessment tools. This will include demonstrations of FallScreen (the physiological profile assessment) and QuickScreen (simplified portable assessment).

Pre-conference Workshop 2

Dr. Anna Basu
NIHR Career Development Fellow
Honorary Consultant Paediatric Neurologist
Newcastle University, Great Britain



Date: 24th May, 2019 (Friday)

Time: 09:00 to 17:00

Venue: To be announced

Management of perinatal stroke and hemiplegic cerebral palsy

Hemiplegic cerebral palsy is a disabling condition, the commonest cause of which is perinatal stroke. Early diagnosis of perinatal stroke is necessary for early intervention. In turn, early intervention could lead to improved outcomes for infants.

This workshop will provide a comprehensive overview of the pathology, diagnosis, interventions and secondary/tertiary prevention strategies in perinatal stroke. Participants will also be able to view and comment on videos describing early signs of motor pathology in infants which merit referral and further investigation. Dr. Basu will also share a simple, effective home-based, play-based intervention to improve upper limb and hand function in children with hemiplegic cerebral palsy. Importantly, the workshop will provide some tips for training caregivers.

Dr. Basu is one of the leading clinician-scientists in world in investigating and treating perinatal stroke. Since her play-based intervention program for children with perinatal stroke and hemiplegic cerebral palsy has been proven to be effective, she has been invited to provide training to many physiotherapists and nurses working in the paediatric area across the UK.