



## **ProFouND: Prevention of Falls Network for Dissemination**

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### **DELIVERABLE D 5.3**

#### **ONLINE RESOURCES TO SUPPORT TUTOR TRAINING**

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## Introduction:

In order to train tutors across Europe, WP5 has had to create a set of training resources available online, which will support the face to face training. These comprise evidence based training materials which will equip trainers with skills and knowledge in falls, postural stability, strength and balance exercises and motivational training as well as the skills required to organise future training, communication skills and support strategies.

This report describes the work conducted to create the suite of resources comprising deliverable D5.3, which will be implemented onto the distance learning platform created as D2.3.

## Online Training Resources: Introduction

The resources have been created in the order in which the Cascade Trainers (called 'learners' before they have qualified) will need to access them. This way they track the progress of the learner through the training in order to better clarify online requirements and planning.

The resources come in three stages:

- 1) Clarification of ability to read and understand English in order to be able to complete the rest of the online training course before face to face training.
- 2) Online resources to support the learners qualification in the Otago Exercise Programme (OEP) and the Continuing Professional Development (CPD) of some additional Postural Stability Instructor (PSI) exercises and motivational training (MMe) to support uptake and adherence to exercise amongst the older people they will train.
- 3) Online resources to support the learners in delivery of future cascade training in OEP and the CPD day.

## Eligibility to undertake online training: First contact

As a large amount of this cascade training needs to be done prior to face to face contact, there is a need to ensure that the learner has the skills and language competencies in order to undertake the online training, which will be in the English Language only. Therefore a number of online training resources will be available to download online and an eligibility work task must be completed and submitted before the learner will have the ability to move onto the next stage of the online training.

The learner will be able to download a pdf of the **Original New Zealand Otago Exercise Programme Manual**. This is currently available from a number of sources but will be available to download and print as necessary. They will then complete a **Pre-requisite Checklist** online (to confirm they meet the Eligibility Criteria for Cascade Trainers (documented in Deliverable 5.2). They will also need to complete **TWO Pre-requisite Worksheets** based on the manual they have downloaded. These include 29 basic questions on the evidence base behind the effectiveness of the OEP programme and the delivery of the home based OEP programme.

**NB.** After qualification, the regional Cascade Trainers will be asked to **translate** both the Manual and the Worksheets into their own language so that when they start cascade training of the OEP qualification and CPD day the resources will be in the language of the new learners.

## Online resources to support the learners in initial qualification in OEP and CPD

Upon successful completion of the checklist and submission of the worksheets, the learners will be given access to the next stage in their online learning. This will include the ability to download and print the **LLT 'How to Lead the OEP' Handbook**. This manual takes the learner through further information on how to deliver the OEP programme in groups and covers theory on motivation to uptake and adhere to exercise, safe walking techniques and information and also the need for a warm up and stretch section on top of the original OEP exercises. They will also be able to download and print the **OEP Learners Assessment Pack**. This pack details the assessment process they will have to complete in order to successfully qualify in the OEP programme (worksheets as completed, practical assessment and self evaluation of ability to teach).

They will be able to view online (but not download) a half hour **OEP exercise video**. This gives a clear set of teaching points and teaching instructions and correct technique for all the OEP exercises. The video lasts approximately half an hour and the learner would be expected to view at least **twice**.

A set of **OEP programme powerpoints** for the actual teaching of the OEP programme will be available to view and work through online. These include:

1. OEP Introduction
2. Health Benefits of Exercise
3. The Evidence behind the OEP Programme
4. Principles of progressing strength and balance exercise
5. Implementation of the OEP programme
6. Health benefits of walking
7. Motivation

For future delivery of the **CPD day**, the learners will be able to view the **LLT Supplementary Exercises Handbook** and the **CPD day powerpoints**. Once they are signed off as Cascade Trainers, they will be able to download and print this manual as desired. They will be able to view online a series of **Supplementary Exercise videos**. These include:

1. Backward chaining technique for teaching getting down to and up from the floor
2. Floor transitions (supine, prone, side lying, side sitting)
3. Additional strength and balance exercises

The downloading of manuals and the watching of the powerpoints and online exercise video will be tracked through the online training platform (Deliverable 2.3) so that the LLT tutors will be aware of each of the learner's journey through these tasks prior to face to face training and will be able to remind people or prompt people to complete tasks.

**NB.** After qualification, the regional Cascade Trainers will be asked to **translate** both the LLT OEP Manual and the OPE Learners Assessment Pack. They will also be asked to prepare a voiceover for the **OEP exercise video** and the **Supplementary Exercise videos** so that when they start cascade training of the OEP qualification and CPD day the resources will be in the language of the new learners. They will also translate the **OEP programme powerpoints** and the **CPD day powerpoints** into their own language so that when they start cascade training of the OEP qualification and CPD day the resources will be in the language of the new learners.

## **Online resources to support the learners in future cascade training**

They will also be able to access online a set of Powerpoint Presentations to view and listen to (narrated in English) and be given some tasks to perform before face to face training starts to support them as future Cascade Trainers. Their viewing of these powerpoint presentations and the videos (tasks) will be tracked through the online training platform (Deliverable 2.3) so that the LLT tutors will be aware of each of the learners journey through these tasks prior to face to face training and will be able to remind people or prompt people to complete tasks.

<b>Online Powerpoint presentations to support learning</b>	<b>Other Tasks to be performed during online training</b>
<ol style="list-style-type: none"> <li>1. Introduction to OEP for Cascade Trainers</li> <li>2. Health Benefits of OEP for Cascade Trainers</li> <li>3. Responsibilities of the Cascade Trainer in delivering OEP training</li> <li>4. Tutoring Skills and Preparation for Day 1 – teaching practice</li> </ol>	Prepare teaching practice for Day 1 of face to face contact following viewing the OEP exercise video.
View all powerpoints. Approximate duration 2 hours.	

**NB.** These ‘teach the teacher’/cascade trainer guidance documents will NOT be translated as we will NOT be encouraging them to cascade train new CTs.

## **Conclusion**

These online resources will be implemented into the ProFouND e-learning Training Platform (D2.3) during month 7 and will be available for recruited learners for the January 2014 course in Stuttgart from the end of October 2013.