



Falls prevention: Evidence into Practice

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www.profound.eu.com

<http://fallsprevention.eu>



<http://go.to/funpic>



Disclosure of interests : Funded by EC
No conflict of interests




Welcome to the EUPHA Pre-conference Seminar

- **Morning Session – the Evidence Base**
 - Preventing Falls and Injuries - What works and for whom, Individualised Approaches?
 - Preventing Falls and Injuries - What drives change?
- **Afternoon Session – Effective Implementation**
 - Examples of effective falls prevention interventions in different settings
 - Practical Ideas for action



Housekeeping & Refreshments

- Please turn your mobile phone to vibrate/silent
- Refreshments & Lunch – HALL 5
 - Refreshments 10:30 to 11:00
 - Buffet Lunch 12:30 to 13:30
 - Refreshments 15:00 to 15:30
- Presentations will be available to download as pdfs from the ProFouND website





Prevention of Falls Network for Dissemination


**Falls prevention:
Evidence into Practice**

European Seminar Glasgow, 19 November 2014

In association with



As a Pre-conference at the



www.profound.eu.com



Why are Falls so important to prevent?

- 30-40% community dwelling >65 yrs fall each year
 - 40-60% no injury
 - 30-50% minor injury
 - 5-6% major injury (excluding fracture)
 - 5% fractures
 - 1% hip fractures
- Falls most serious frequent home accident
- 50% hospital admissions for injury due to fall
- History of falls a major predictor future fall



Falls Prevention EU

EC Falls Prevention Project Websites

[Home](#)

[Ongoing Projects](#)

[Completed Projects](#)

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Category Archives: Ongoing Projects

Ageing Well Thematic Network

🕒 December 9, 2013 📁 Ongoing Projects 📌 Falls Prevention, ICT, Older People, SME

The **AgeingWell website** is a reference point for key stakeholders in the ICT & Ageing Sector. It aims at creating a Community of Actors interested in improving the life of older persons by promoting the market uptake of ICT solutions for Ageing Well. To achieve its aim, the following five main objectives of the AgeingWell project are to develop Guidelines for deployment and sharing of best practice between key competence centres:



About

FallsPrevention.eu is a portal website linking to all EC projects past present and future. If you know of an EC project with a strong element of Falls Prevention that is not listed, please do let us know via our contact form

Tag Cloud

Activities of Daily Living ADL AMACS Assessment Behavioural Best Practice Biomechanics Blood Pressure Chronic Disease Classification Clinical Assessment Communication Control Unit Daily Activities Detection Eyes

<http://fallsprevention.eu>



ProFouND aims to influence policy and to increase awareness of falls and innovative prevention programmes amongst all sectors and organisations that work with older people

ProFouND's objective is to embed evidence based fall prevention programmes for elderly people at risk of falls by using novel ICT and effective training programmes in at least 10 countries/15 regions by 2015, to facilitate widespread implementation



What is ProFouND?

- 21 partners 12 countries (+ 15 associate members)
 - disseminate best practice in falls prevention
 - embed evidence based programmes in at least 10 countries/15 regions by 2015
 - use internet & ICT to facilitate widespread implementation
 - collate resources library
 - distribute tailored, customised, best practice guidance
 - cascade model e-learning to create cadre of accredited exercise trainers across Europe
 - create *PFPApp*
 - collect standardised falls data across Europe
 - work with E-NO FALLS to create “ICT for Falls Forum”
 - work with stakeholders
 - EIP AHA A2 falls prevention



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- ABOUT THE PROJECT
- RESOURCES
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- EC FUNDED FALLS PROJECTS
- STAKEHOLDERS
- PROFOUND TRAINING
- CONTACT
- SECURE AREA

GUIDELINES > Falls prevention resources in English > NSW Falls Prevention Network (English)



Upcoming Events

EUPHA/ProFouND Seminar, Glasgow, UK
Nov 19

AGE Platform Europe's 2014 Annual Conference
Dec 4 9:30 am - 3:30 pm

Launch of the Manchester Ecosystem
Dec 11 10:00 am - 3:00 pm

EU Falls Festival, Stuttgart, DE
March 24, 2015 - March 25, 2015

CLICK HERE to Join ProFouND Today

November 2014

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

« Oct

Dec »

Try the ProFouND app



Register for free and join the community

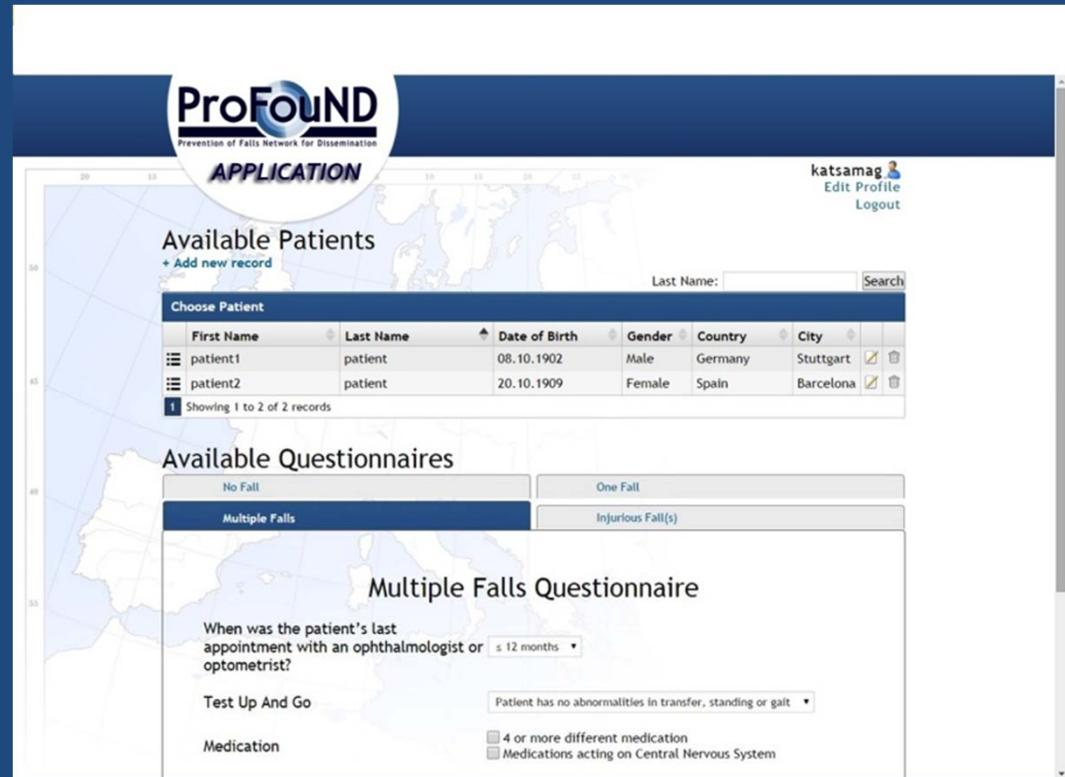


Downloads

- A range of resources, including.....
 - ProFouND Fall Prevention Awareness Campaign Pack
 - Home exercise booklets in 13 languages
 - Patient Leaflets
 - Examples of good practice
 - Videos



WP4/2 Falls Prevention App

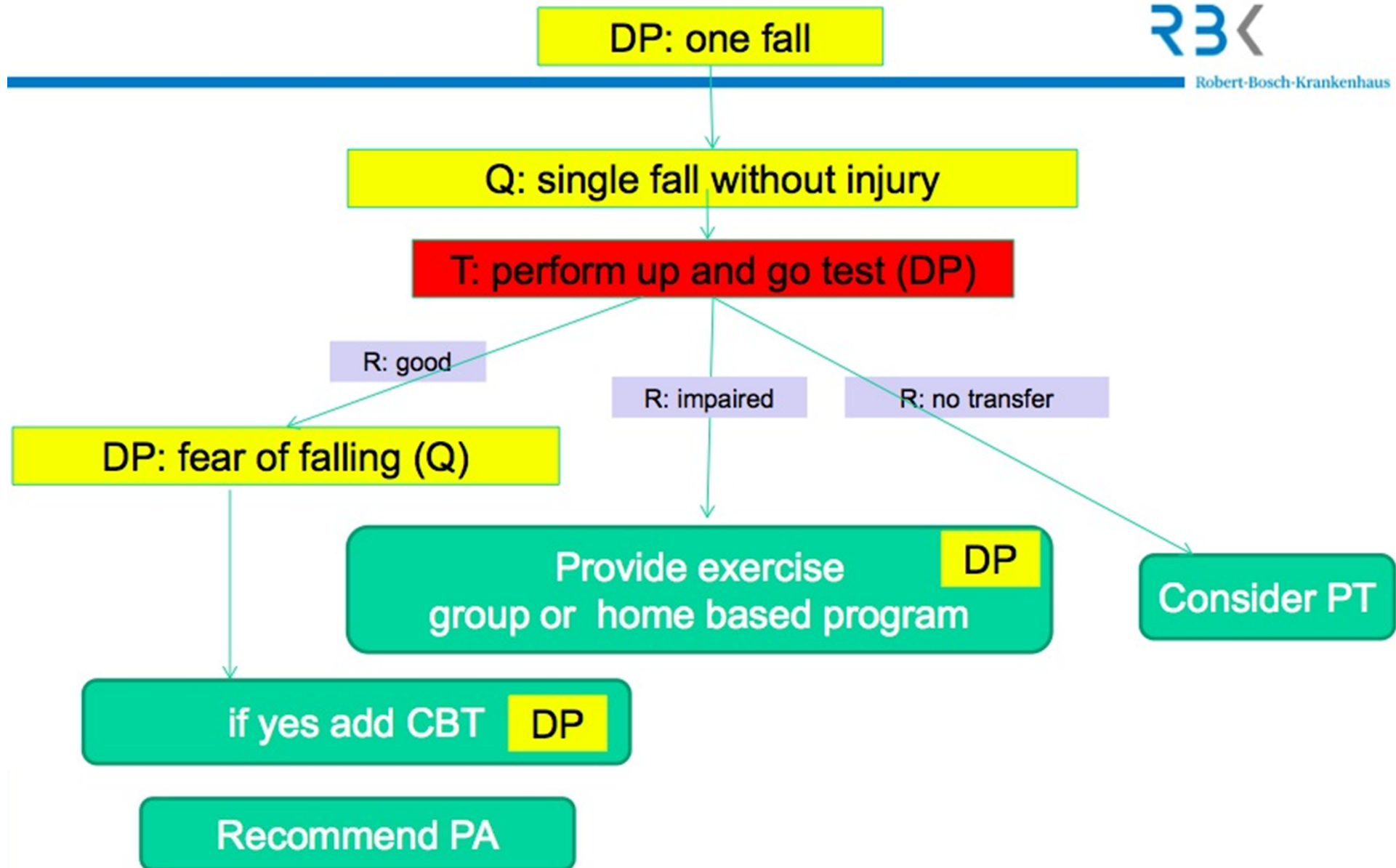


Currently being tested by
ProFouND WP Leads

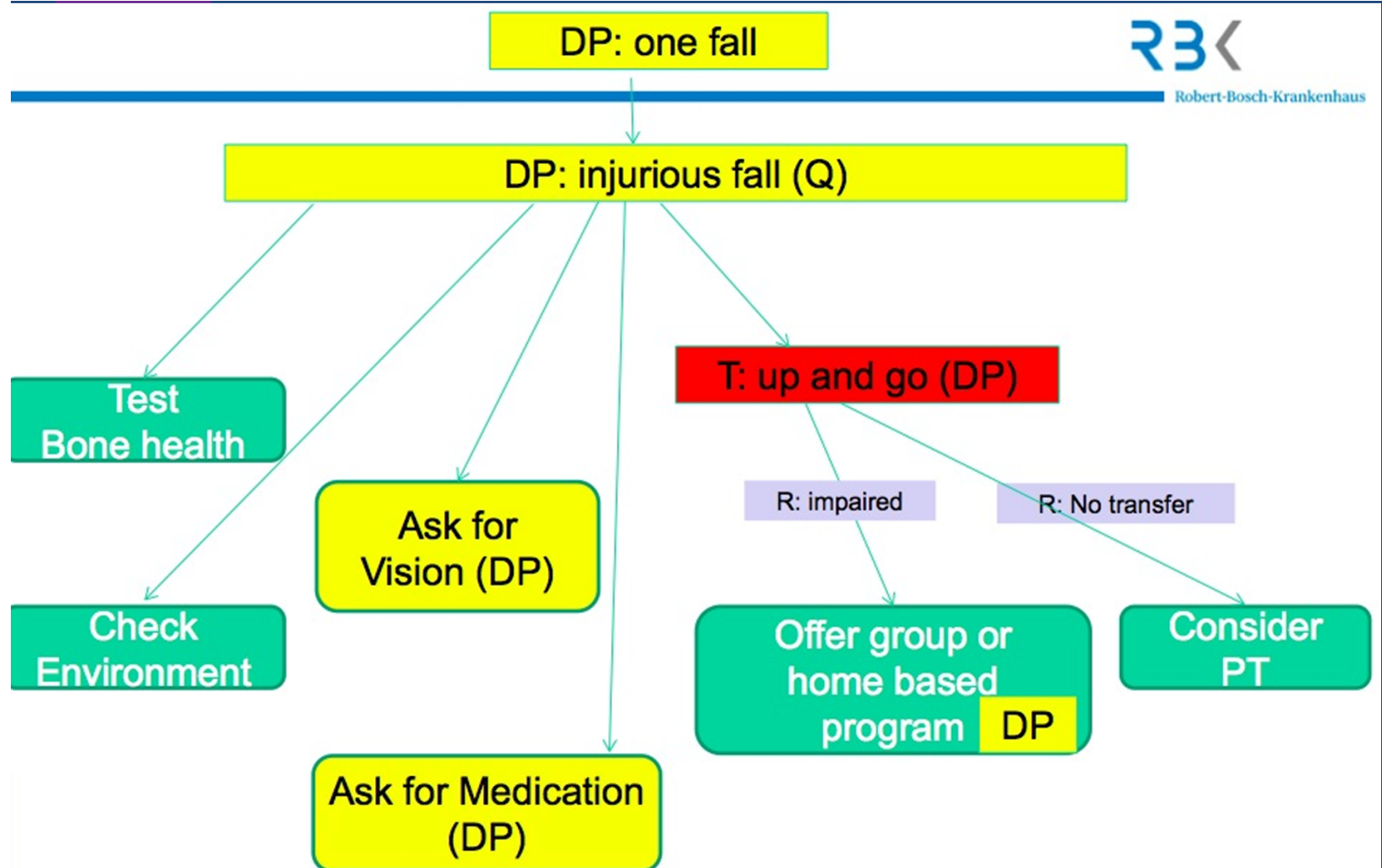
User Group: Health
Professionals

Output: Personalised leaflet





DP: decision point; Q: question; T: Test; R: result;
 PT: physiotherapy; PA: physical activity; CBT: cognitive behavioural therapy



DP: decision point; Q: question; T: Test; R: result; PT: physiotherapy
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App outputs

- Can be printed immediately for patient to take away
- Tailored evidence based management plan for patient
- Bespoke to suit each setting
 - Based on available services
 - Add your logos and contact details
 - With local information on services and settings



WP5 Network of Trainers

- Create a network of trained OEP leaders and Cascade Trainers in falls prevention and management of exercise across Europe
- LLT Cascade Trainers (CTs) will be accredited to:
 - provide evidence based falls prevention exercise interventions to a variety of different client groups, and to
 - deliver, standardised and endorsed training themselves to new OEP leaders in their region
- Creation of this network and standardization of delivery across regions will ensure effectiveness and reach



WP 8 National & regional implementation & dissemination

- Work with EU, national and regional stakeholders to make falls more of a policy priority
- Run campaigns aimed at all stakeholders: policy makers, NGOs, the public & older people

Objectives:

- Increase visibility and advocacy
- Empower national member organisations
- Expand fall awareness



Wim Rogmans
EuroSafe



EU Stakeholders so far....

- **Standing Committee of European Doctors (CPME)**
- **European Forum for Primary Care (EFPC)**
- **European Federation of National Associations of Orthopaedics and Traumatology**
- **European Union Geriatric Medicine Society (EUGMS)**
- **Geriatric medicine section UEMS**
- **European Association for Directors and Providers of Long-Term Care Services for the Elderly (EDE)**
- **European Region of the World Confederation for Physical Therapy (ER-WCPT)**
- **HEPA Europe (European network for the promotion of health-enhancing physical activity)**
- **EuroHealthNet**
- **European Public Health Association (EUPHA)**
- **European Society for Quality in Health Care**
- **European Platform of European Elderly (AGE)**
- **Eucomed-Medical Technology**
- **Achmea**



European Commission



Save the Date

Key Notes

Stephen Lord
Kamiar Aminian
Stephen Robinovitch
Clemens Becker
Vicky Scott
Jorunn Helbostad
Nick Guldemond

Congress Chairs

Lorenzo Chiari
Chris Todd
Dawn Skelton

European Falls Festival

24th & 25th March 2015

Robert-Bosch-Krankenhaus, Atrium

Stuttgart, Germany



Overview

- ProFouND aims to bring about real change in falls prevention by promoting evidence based practice on many levels:
 - Individual older people and families
 - Health and social care practitioners
 - Health care provider organisations
 - NGOs and representative organisations
 - Policy makers, governments and health authorities
 - Technology providers
 - Etc.





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