



Strength and Balance awareness in practice and Cascade Trainers for effective implementation

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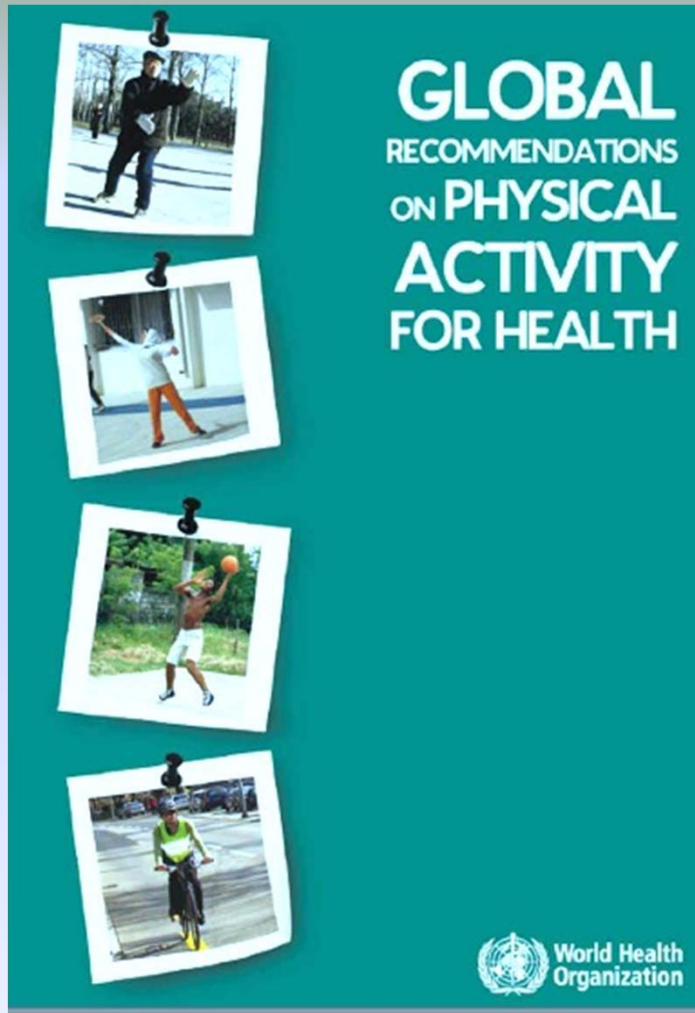
laterLife
training

GCU
Glasgow Caledonian
University

ProFOUND
Prevention of Falls Network for Dissemination

ProFouND WP5 Objectives

- To 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



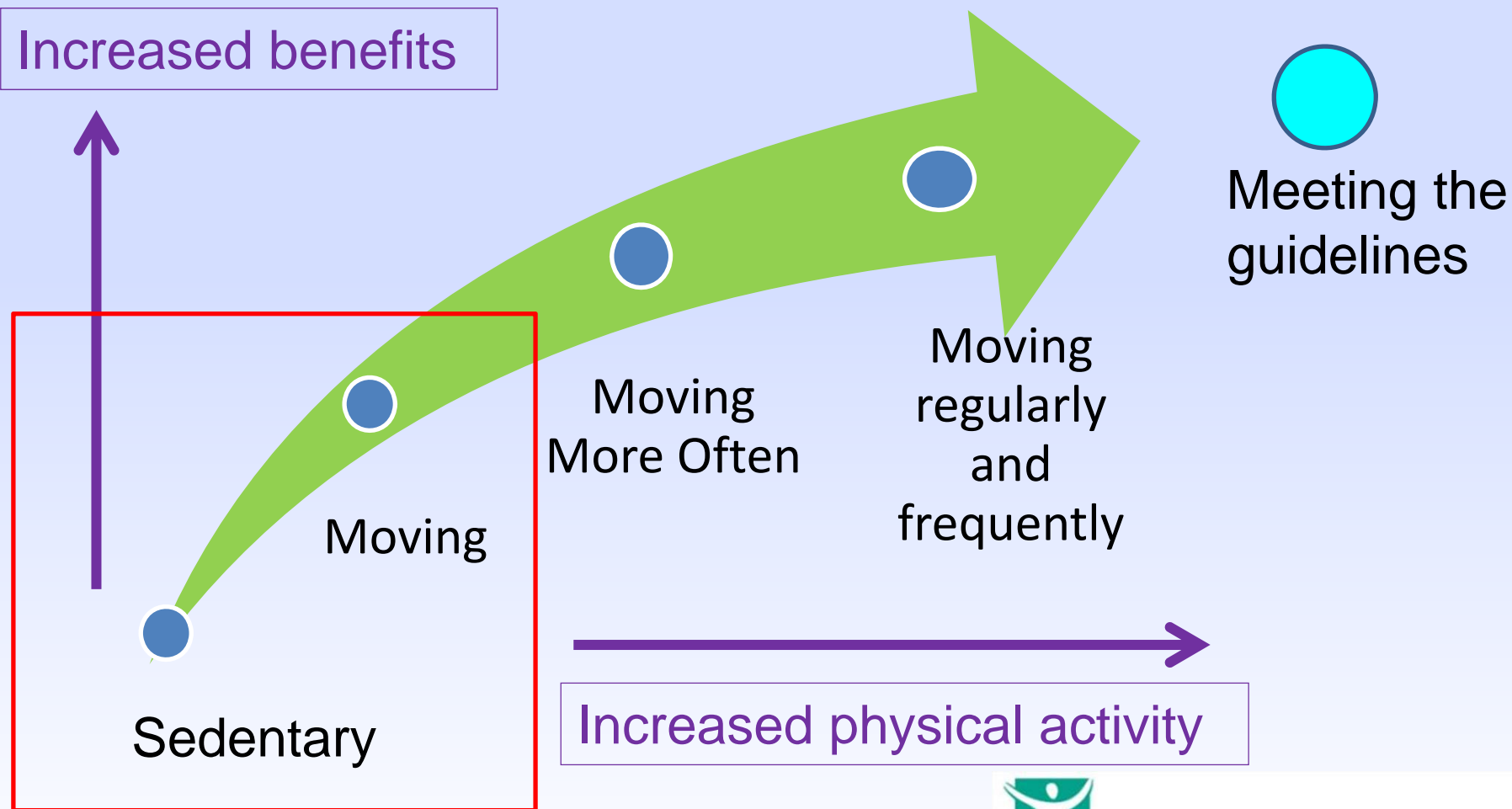
Cascade Training with a focus on strength and balance exercise

Physical Activity
Recommendations highlight the
need for **additional strength and
balance training activities** over
and above the moderate physical
activity messages

Recommendations for effective intervention:

Gillespie et al. 2012, Sherrington et al. 2011, ABS/BGS Guidelines 2010
WHO PA Guidelines 2008, Canadian Society for Exercise Physiology 2011

Achieving the guidelines



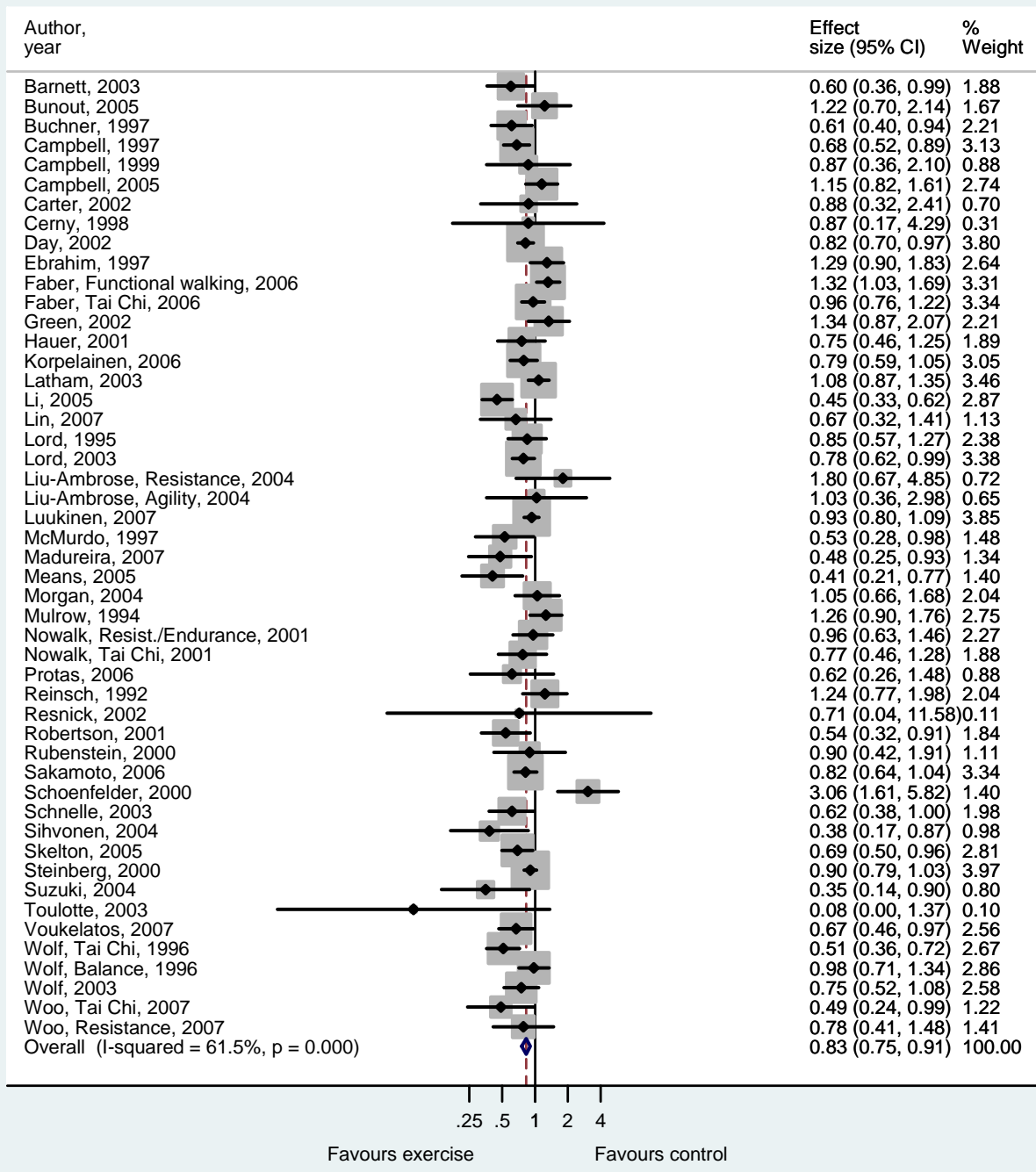
Exercise to Prevent Falls

Exercise **could** help fallers in a number of ways:

- Reducing Falls (or injurious falls)
- Reducing known Risk Factors for Falls
- Reducing Fractures ? (or changing the site of fracture)
- Increasing Quality of Life & Social Activities
- Improving bone density
- Reducing Fear
- Reducing Institutionalisation



Sherrington et al 2008, 2011,
Davis 2010, Campbell 2007



Results

17%
reduction
in falls

*Sherrington et al.,
JAGS 2008*

What makes the difference?

- Greatest effects of exercise on fall rates from interventions including:
 - Highly challenging balance training
 - High dose (>50 hours)
 - Strengthening exercise
 - NO brisk walking program
 - Tailored and progressed



Sherrington et al., JAGS 2008 & NBSW 2011

Falls prevention in the UK

- Otago Home Exercise Programme (OEP)
 - 1 yr; 3 x p/w; 6 home visits (physiotherapist, nurse) to progress and tailor exercise but otherwise unsupervised
 - 6 mths; 3 x p/w (1 p/w group, 2 p/w home) exercise instructor
 - 12 wks – better balance outcomes in groups than home
- Falls Management Exercise Programme (FaME/PSI)
 - 9 mths; 3 x p/w (one group, two home); standing strength and balance plus floorwork
 - 6 months, increased MVPA, reduces falls – primary prevention

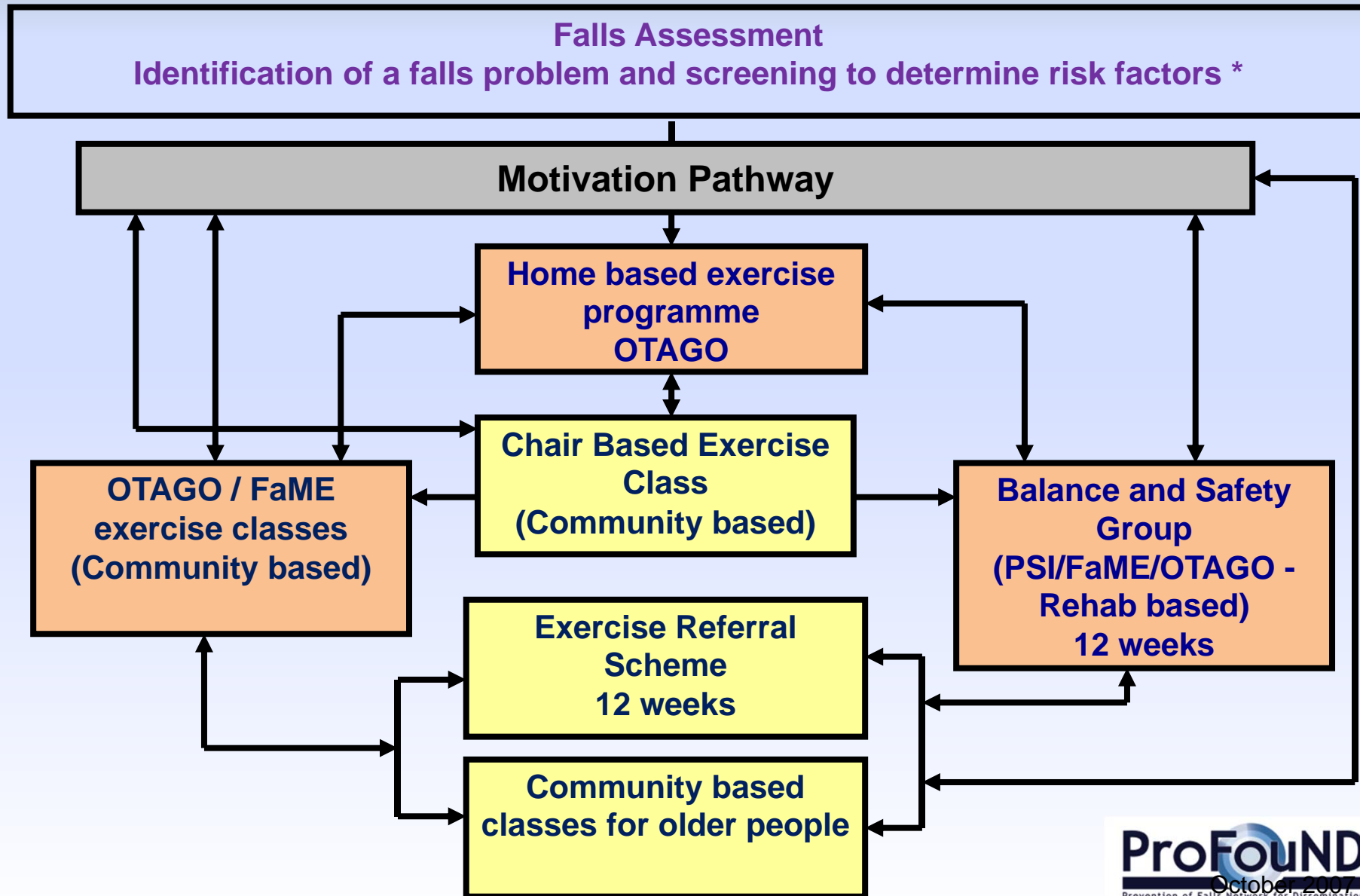
Falls
Injuries
Cost effective >80s
Cost neutral >65s

Cognitive Function

Falls
Quality of Life
Bone Mineral Density
Change of residence
Coping strategies
Long lies

(Campbell 1997; Robertson 2001; Campbell 2005; Liu_Ambrose 2008; Skelton 2005, 2008; Kyrdalen, 2013, RCP 2012, DoH 2009; Iliffe 2014)

Falls Prevention EXERCISE PATHWAY





Later Life Training: Otago Exercise Programme Leader (OEP)

- **Developed with OEP Researchers Campbell & Robertson**
- **Trained 1800 OEP Leaders since 2006** - physiotherapists, occupational therapists, rehabilitation and technical assistants, exercise instructors, nurses, social care workers.
- **Recommended in:**
 - *Department of Health Prevention Package, DoH 2009*
 - *Royal College of Physicians Audit of Falls Exercise Services, RCP 2012*
 - *Age UK Expert Series on Falls Prevention Exercise – following the evidence, Age UK, 2013*
- **41%** of falls services have a qualified **OEP** leading exercise (RCP, 2013).

Cascade Training Objectives

- 3-5 Cascade Trainers identified in 10-15 regions/countries (physiotherapists/qualified exercise instructors)
- Training in evidence based falls prevention exercise
 - Otago Exercise Programme (Campbell & Robertson et al. 1997, 2001 etc)
 - Motivation to exercise (Yardley et al. 2007)
 - Elements of FaME programme (Skelton et al. 2005)
- At end of three years at least 40 trained CTs who will deliver training in their local regions
 - Extending reach > thousands of older people
- Quality assurance, fidelity checked & CPD provided

Face to Face & Training Portal

ProFouND Online Training



ProFouND is an EC: CIP funded Thematic Network. We work closely with the EIP-AHA to bring about the dissemination and implementation of *best practice in falls prevention* across Europe, using novel ICT solutions. ProFouND comprises 21 partners from 12 countries, with associate members from 10 countries. ProFouND intends to bring together relevant stakeholders to consolidate roadmaps and guidelines regarding fall prevention and facilitate the communication between solution/service providers and the key stakeholders (private actors, public authorities (at national, regional or local level) and others) to ensure effective implementation and reach.



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.

Best Practice Exercise Regimen Network Development (WP5 of ProFouND Project) is led by Professor Dawn Skelton at Later Life Training, UK. The Senior tutor delivering cascade training is Bex Townley.



More information available at <http://profound.eu.com/>

Become a Cascade Trainer and join our community



Become an Otago Strength and Balance Exercise Leader





One day TOP UP training for Otago Strength & Balance Exercise Leaders



Maximising Take-up of Effective Falls Prevention Interventions



Login  

Username

skelton

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Help ProFouND work by downloading and sharing our flyer!



Pre-course online learning (10-15 hours)
Manuals; Narrated Powerpoints; Videos; Worksheets



Cascade Training

- Face to face training (5 days)
 - Practical Workshops
 - Become an OEP Leader
 - Become a Cascade Trainer
 - Assessments (do themselves and how to run them)



Training in tutor delivery

- How to run the courses locally
- Training on leading workshops and skills on management of training
- Timetable and delivery styles
- Assessment criteria and assessment skills
- Paperwork (health & safety, registers, assessment paperwork etc)
- How to “sell” the course and advertise
- What is available as support from LLT





I anledning Folkehelseuka



CTs trained
7 countries
19 regions
44 CTs

**+ 30 new
OEP Leaders
trained by
CTs in
Germany &
Greece**

– Lund, Sweden – April 2015

Benefits of CT

- Strengthen links with other organisations
 - raise awareness of falls prevention
 - train them to deliver Otago exercises within their settings
 - primary prevention and follow on after rehabilitation
 - selling point for what they offer seniors
- Widen referral on options after patients leave rehabilitation
 - to continue strength and balance training for effective duration (confidence to suggest transition on after they leave therapy)
- Hub for falls prevention awareness events
- Widen reach of effective exercise for older people in their regions

Home Exercise Booklets

- Home exercise booklets translated
- <http://www.profound.eu.com>
- 13 languages



OTAGO
FORCE ET ÉQUILIBRE

Programme d'exercice à domicile



SITTANDE ÖVNINGAR

Hemträningsprogram



Σταθερότητα Στάσης
Δύναμη & Ισοροπία

Αρχικό Πρόγραμμα Ασκήσεων



Endorsement in the regions

- Germany – 6 insurance companies have accepted OEP training onto database allowing 70-80% reimbursement of costs for patients
- Sweden – working with health ministry and local regions to endorse the training
- Greece – work in progress, Hellenic Society of Physiotherapy
- Norway – work in progress
- Working with EC Stakeholders of ProFouND to gain endorsement



For ProFouND / Europe?

- We have reached our target to train at least 40 Cascade Trainers.
 - Can each of them reach at least 100 older people with evidence based falls prevention exercise?
 - Can we embed this training into national systems?
 - Can each of the new CTs train at least 20 new OEP leaders a year?
- If each of these new OEP leaders reached at least 100 older people, we will have the potential reach of **84,000** new older people receiving evidence based exercise within 2years....

Questions



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