

ProFouND: Prevention of Falls Network for Dissemination

DELIVERABLE D 5.6

FINAL REPORT ON TRAINED TUTORS

Document Type:	Deliverable
Dissemination Level:	PU (public)
Editor:	UNIMAN/LLT
Document state:	Final
Document version:	1
Contributing Partners:	LLT/Demokritos RBMF/NTNU/TEISTE/Vasterbotten FICE/ISCIII/AUSL11/CSI/HOPA/INRCA
Contributing WPs:	WP5
Estimated P/M (if applicable):	5
Date of Completion:	22/02/2016
Date of Delivery to EC:	24/03/2016
Number of Pages:	21

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Introduction:

WP5 Lead: 05 Later Life Training (SME)

Contributions by other Partners: 11 Demokritos

WP5 Objectives:

The objective of WP5 is to create a network comprising a cadre of trained and accredited instructors of falls prevention and management exercise tutors across Europe, supported using online training and quality control. The tutors once trained will be accredited to provide evidence based falls preventions exercise interventions to a variety of different client groups and deliver evidence based, standardised and endorsed training themselves to new instructors in the regions. A network will be created for these tutors to be supported with continuing professional education, support for implementation, and a cascade model of training and delivery to ensure sustainability. Creation of this network and standardisation of delivery across regions will ensure effectiveness and reach. The training being provided is based on the successful evidence based model developed in the UK by the SME LLT and trains the instructors on how to train new instructors in their country.

WP5 process to reach objectives

Cascade Trainers (CTs) first have to qualify as OEP Leaders, with support from online training and face to face training by LLT. The assessments then qualify them to deliver strength and balance exercise programmes to older adults. Then they train as CTs (in the same training programme, delivered by LLT), to train new OEP Leaders in their regions. This report details the work flow to train the CTs, the dates and areas of training so far, the local training that has occurred since the CT training and the reach to older people documented so far. The expectation (outlined in the DoW) was that LLT would have trained at least 45 trainers from at least 15 regions by Month 26. In fact, **LLT has trained 118 CTs from 11 countries** (and 49 regions within those countries) and by Month 36, **110 of these CTs were on the CT Directory** (public on ProFouND website, see Appendix), **45.8% (54 CTs) had already completed local OEP leader training in their regions, training a total of 1211 new OEP leaders in 9 countries.**

WP5 Work flow to train the CTs

The following milestones, tasks and deliverables have been completed in the work flow of training CTs within the ProFouND project.

- D5.1 Home exercise booklets distributed for translation: Home exercise booklets distributed for translation to ensure translation into different languages and OEP video for voiceover in different languages [month 1]
- D2.3 Demokritos developed and provided support for the online training portal (originally on <http://profoundtraining.dat.demokritos.gr> and now on <http://training.profound.eu.com>)
- D5.2 Protocol for tutor training: devise a training protocol and create a set of training resources available online, to support the face to face training. [month 4]
- Task 5.2 Creation of online resources to support tutor training. In order to train tutors across Europe, WP5 first devised a training protocol and created a set of training resources available online, to support the face to face training. These comprise evidence based training materials which will equip trainers with skills and knowledge in postural stability, strength and balance exercises (PSI and OEP) and Motivational training

(MMe) as well as the skills required to organise future training, communication skills and support strategies.

- Task 5.3 Liaise with the European Register of Exercise Professionals (EREPS) to ensure that the qualifications are endorsed across Europe, this includes the provision of all materials described in task 2. This has been completed and the qualification fits with EU qualification framework.
- Task 5.4 Devise quality assurance protocol and schema, including online submission of quality assurance paperwork and video streaming of technical practical skills and leadership and teaching skills. This includes registers of people trained, results, film clips of them delivering training, evaluation forms from students and self-assessment of training skills.
- D5.3 Online resources to support tutor training [month 6]
- D5.4 Protocol for quality assurance, including online submission of quality assurance paperwork and video streaming of technical practical skills and leadership and teaching skills [month 9]
- Task 5.5 Recruit trainees from 10-15 sites across Europe. (Milestone month 18)
- Task 5.6 Provide training (face to face and supported through online resources).
- Task 5.7 Follow up, quality control and support of CTs.
- Task 5.8 Provision of annual reports and protocols.
- D5.5 Interim report on trained tutors [month 26].
- D5.6 Final report on trained tutors (this document) [month 36].
- D5.7 Follow Me – Film Version of Otago [month 36].

CT Training

LLT worked closely with Demokritos to set up a useable and friendly online training portal to support training and revision before the face to face training started.

ProFouND Online Training

ProFouND
Prevention of Falls Network for Dissemination

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 (WPS of ProFouND Project) is led by Professor Dawn Skelton at Labor Life Training, UK. The Senior tutor delivering cascade training is Bex Townley.

laterLife training

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

Otago Exercise Programme Leader

CPD

Detailed consideration of the eligibility criteria for whom could train as a CT was included in D5.2 to ensure that the local partners recruited the people most likely to be successful and most likely to deliver future training within their regions. In most instances local training has been instigated by a few enthusiastic CTs but there is still a need to engage with some organisations that employ the trained CTs to allow them time to deliver local training. In some instances, CTs have taken maternity leave, changed employers or have changed their roles within organisations such that they cannot, at

this time, deliver local training. This said, there is a very high level of commitment. Some regions have set up oversight of these CTs (Sweden, Italy (Tuscany), Spain, Sweden and Norway) in an attempt to ensure wide reach of training. This section details the training dates and places delivered from Jan 2014 to October 2015 by LLT. Sections further in this report detail local training delivered and reach to older people.

Deviations from planned activities

None

CT Training Dates, Venues and Partner collaboration

Detailed information was given in D5.5 on the first eight CT courses. In brief:

- 1) The **first** Cascade training course took place in **Stuttgart, Germany (RBMF)**, 20-24th January 2014. WP4 (Partner 3) identified 13 physiotherapists/sports scientists from their contacts in **Germany** (4 regions), **Switzerland** (2 regions), and **Austria** (2 regions). This included representation from Partner 16 (JOHANNITER-UNFALL-HILFE IN OSTERREICH), and from Partner 3 (RBMF). 12 took assessments and became OEP leaders and CTs. One student could not attend the assessments but has instigated OEP being delivered within her University setting (without assessments).
- 2) The **second** Cascade training course took place in **Trondheim, Norway (NTNU)**, 24-28th March 2014. WP3 (Partner 4) identified 10 physiotherapists from their contacts in **Norway** (5 regions). 10 took assessments and became OEP leaders and CTs.
- 3) The **third** Cascade training course took place in **Lamia, Greece (TEISTE)**, 19-24th June 2014. Partner 22 identified 11 physiotherapists from their contacts in **Greece** (4 regions) and **Cyprus** (1 region). 11 took assessments and became OEP leaders and CTs.
- 4) The **fourth** Cascade training course took place in **Umeå, Sweden (Vasterbotten)**, 22-26th Sept 2014. Partner 18 identified 11 physiotherapists from their contacts in **Sweden** (4 regions). 9 took assessments and became OEP leaders and CTs.
- 5) The **fifth** Cascade training course took place in **Barcelona, Spain (FICE)**, 19-23th Jan 2015. Partner 14 identified 10 physiotherapists from their contacts in **Spain** (7 regions). 10 took assessments and became OEP leaders and CTs.
- 6) The **sixth** Cascade training course took place in **Madrid, Spain (ISCIII)**, 26-30th Jan 2015. Partner 9 identified 13 physiotherapists from their contacts in **Spain** (11 regions, including Tenerife, Canary Islands). 13 took assessments and became OEP leaders and CTs.
- 7) The **seventh** Cascade training course took place in **Empoli, Italy (AUSL11)**, 16-20th March 2015. Partner 10 identified 12 exercise instructors and physiotherapists from their contacts in **Italy** (Tuscany - 6 regions). 12 took assessments and became OEP leaders and CTs.
- 8) The **eighth** Cascade training course took place in **Skåne, Sweden**, 20-24th April 2015. Contacts from Partner 18 identified 14 physiotherapists from their contacts in **Southern Sweden** (10 regions). 14 took assessments and became OEP leaders and CTs.

Since D5-5, the following courses took place:

9) The **ninth** Cascade training course took place in **Utrecht, Netherlands (CSI)**, 4-8th June 2015. Partner 20 identified 9 physiotherapists from their contacts in **8 regions of the Netherlands** (Assen, Bunne, Bussum, Drachten, Eersel, Heerlen, Culemborg and Utrecht). All took assessments and became OEP leaders and CTs.

10) The **tenth** Cascade training course took place in **Budapest, Hungary (HOPA)**, 27 Aug-1 Sept 2015. Partner 7 identified 12 physiotherapists from their contacts in **4 regions in Hungary** (Pécs, Érd Pecs, Eger, and Budapest). All took assessments and became OEP leaders and CTs.

11) The final, **eleventh**, Cascade training course took place in **Ancona, Italy (INRCA)**, 19-23 Oct 2015. Partner 17 identified 5 physiotherapists from their contacts in **2 regions of Italy** (Ancona and Marche). All took assessments and became OEP leaders and CTs.

In total, 118 Cascade Trainers in 10 countries (and 49 regions/69 cities or towns within those countries) have been trained to deliver local OEP training in their language.

Evaluations of CT training were given for the first 8 courses in the D5.5 and the feedback from the last 3 courses is similar.

CTs Trained by region and countries

There is an online CT Directory, giving information about cascade trainers in different countries available both on the ProFouND website (URL http://profound.eu.com/wp-content/uploads/2016/03/ProFouND-Otago-Exercise-Programme-Cascade-Trainers-Directory-in-Europe_28-Feb-2016.pdf) and on the ProFouND training portal (URL http://training.profound.eu.com/pluginfile.php/162/mod_page/content/27/ProFouND%20Otago%20Exercise%20Programme%20Cascade%20Trainers%20Directory%20in%20Europe_28%20Feb%20016.pdf). This is available so that people interested in becoming OEP Leaders can get in touch directly with a CT in their region to see if they plan any training. The directory is available in the Appendix.



Cascade Trainers Map
– 10 countries across Europe.

In summary the following CTs have been trained:

Date/City of CT Training	CTs from which country/Island	Number of CTs qualified	States/Cantons/Counties/ Administrative Regions/ Municipalities/Districts/ Autonomous Communities ¹ covered by CTs	Cities covered by CTs
Jan 2014 Stuttgart	Germany Austria Switzerland	12	Germany (States) - Baden-Württemberg, Bavaria, Lower Saxony Austria (States) - Vorarlberg, Vienna Switzerland (Cantons) -Zürich, St. Gallen	Germany – Stuttgart, Nürnberg, Oldenburg, Hamburg, Karlsruhe Austria – Bregenz, Vienna Switzerland – Zürich, St. Gallen
Mar 2014 Trondheim	Norway	10	Counties – Hordaland, Rogaland, Akershus, Telemark, Oslo	Norway – Bergen, Stavanger, Oppegård, Bamble, Oslo
June 2014 Lamia	Greece Cyprus	11	Greece (Administrative Regions) – Central Greece, Attika, Central Macedonia, Western Greece Cyprus (Districts) - Nicosia	Greece – Lamia, Athens. Thessaloniki, Aigion Cyprus - Nicosia
Sept 2014 Umeå	Sweden	9	Counties – Västerbotten, Västra Götaland	Sweden – Umeå, Lycksele, Skellefteå, Mölndal
Jan 2015 Barcelona	Spain	10	Autonomous Communities – Catalonia, Basq Country, Aragon, Balearic Islands, Murcia	Spain - Barcelona, Bilbao, Zaragoza, Palma de Mallorca, Guipúzcoa, Cartagena
Jan 2015 Madrid	Spain	13	Autonomous Communities – Andalusia, Canary Islands, Castile and León, Madrid, Extremadura, Galicia, La Rioja, Castile-La Mancha, Navarre	Spain – Seville, Las Palmas de Gran Canaria, Valladolid, Madrid, Badajoz, A Coruña, Salamanca, Logroño, Toledo, Tudela, San Cristóbal de La Laguna
Mar 2015 Empoli	Italy	13	Regions – Tuscany	Italy - Firenze, Empoli, Lucca, Prato, Livorno, Siena
Apr 2015 Malmö	Sweden	14	Counties – Skåne	Sweden - Malmö, Helsingborg, Lomma, Ängelholm, Kävlinge, Båstad, Hässleholm, Örkelljunga, Vellinge, Burlöv
June 2015 Utrecht	Netherlands	9	Municipalities - Assen, Tynaarlo, Smallingerland, Bladel, Heerlen, Culemborg, Utrecht, Gooise Meren	Netherlands – Assen, Bunne, Drachten, Eersel, Bussum, Heerlen, Culemborg, Utrecht
Aug 2015 Budapest	Hungary	12	Counties – Baranya, Pest, Heves, Budapest	Hungary – Pécs, Érd, Eger, Budapest
Oct 2015 Ancona	Italy	5	Regions - Ancona, Marche	Italy – Ancona, Monte San Pietrangeli
TOTAL	11	118	49	69

Ongoing CT Support by LLT and Demokritos

Whilst Demokritos provides support in the set up of the portal for new local language courses for the CTs to train new OEP Leaders, LLT support the CTs with advice, skype calls, regular email requests and queries and quality assurance. LLT deliberately attempted to create a community feel (group cohesion) within each local region CT course and between CTs trained within ProFouND. We

¹ States/Cantons/Counties/ Administrative Regions/ Districts/ Autonomous Communities are the first level political administrative regions/divisions within countries.

also wanted to ensure that they could ask OEP Leaders and other exercise instructors working in falls in the UK advice and questions so they were invited to join the LLT Facebook page. The LLT facebook pages has 109 of the new CTs as members (the others are not on facebook).

Creation of a community

Video Trailers were produced after each training course to help foster a sense of community and a feeling of coherence within the group and within ProFouND. A selection of these can be found on the ProFouND website [<http://profound.eu.com/about/wp5-best-practice-exercise-regimen-network-development/>]. All video trailers have been posted on the ProFouND Facebook page [<https://www.facebook.com/pages/Profoundeucom/461418200643444>]. Photos (with permission) from the training were also posted and tweeted on the **ProFouND Twitter page** throughout training. Posts on the Facebook page regarding Cascade Training commonly have 250-500 views [<https://www.facebook.com/Profoundeucom-461418200643444/insights/?section=navPosts>].

The CT trailer videos are also available on **YouTube** as a ProFouND playlist [<https://www.youtube.com/playlist?list=PLX-jzYKsCv6-ChbcMMcujxrt-MMhWi-EF>].

- Stuttgart CT Training Trailer – viewed 181 times
- Trondheim CT Training Trailer – viewed 258 times
- Lamia CT Training Trailer – viewed 407 times
- Umeå CT Training Trailer – viewed 236 times
- Barcelona CT Training Trailer – viewed 207 times
- Madrid CT Training Trailer – viewed 112 times
- Empoli CT Training Trailer – viewed 88 times
- Skåne CT Training Trailer – viewed 21 times
- Utrecht CT Training Trailer – viewed 276 times
- Budapest CT Training Trailer – viewed 154 times
- Ancona CT Training Trailer – viewed 65 times

Quality assurance of OEP training by CTs

Before they run their course, the CTs have full guidance and support from LLT tutors. Once they submit their course notification booking form, this support is ongoing, as required, and involves portal training and email support along with professional discussions via Skype calls.

In order to maintain consistency and standardization in their teaching, the CTs must be able to demonstrate that they are still teaching the same course, delivering the exercise component with good technique and are qualifying people appropriately to deliver this programme to older people. LLT provide a wide range of resources to the CTs to help them deliver their local training courses and therefore maintaining a standardised approach. They receive an implementation and guidance handbook (further information in D5.5).

A robust quality assurance (QA) process has been implemented by LLT to monitor and support the newly qualified CT's [Task 5.4, D5.4]. Again, further information on this QA process is available in D5.5.

Overall the quality of course delivery is of a good standard and the CTs are always open to feedback to help them to be even better. Their communication pre and post course with LLT tutors is excellent. Any prevalent trends are discussed and passed onto other CTs. We encourage CTs to liaise with their peers from their LLT face to face training course which helps them to learn from each other's experiences with running courses and this appears to be working well. No CTs had deviated from the original standardized approach but some were given feedback on more

interaction with their learners and checking learners understanding by spending more time in learner-led teaching workshops rather than 'showing' them exercises.

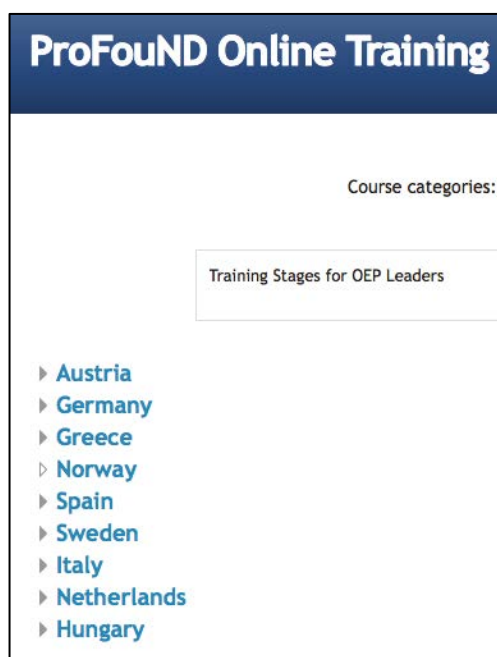
QA information has been received back from all courses delivered locally by CTs except:

- Norwegian CTs who are not following the exact protocol and have added the OEP training into a larger falls prevention course they deliver, so it is not appropriate to QA them on the OEP part alone.
- The three courses that have been delivered within University Curriculum (Friedrich-Alexander University, Erlangen-Nuernberg, Germany; Umeå University, Sweden; University of Applied Sciences, Utrecht, Netherlands), as the students are not being formatively assessed within these settings.

Impact of CT Training

Although many of the CTs have been interested in delivering courses locally, some countries took time to finalise translations of the resources and some are still awaiting translations. This has meant that some areas have been slow to roll out local OEP training. Also the last two courses were only delivered in the last 5 months of the project.

However, there are local language training courses on the online training portal for the following countries/languages.



- Norway intend to set up a Norwegian language portal, that will include more resources for their training courses and will cover more than just the OEP Programme. LLT will visit Trondheim at the end of March 2016 to set up their portal.

All CTs have reported that they now use their new skills in evidence based strength and balance exercise programming to improve their advice and rehabilitation techniques with the older people they work within their organisations. Further information is available from WP6 survey.

Local OEP Training by the CTs

Local training is supported by LLT through the online training portal, with translated documents in local languages and also the home exercise booklets translated into 14 languages/dialects. This means that local language resources for older people are available in all regions where there are currently trainers.

The OEP leaders use these home exercise booklets to support their delivery of exercise to older people and are meant to top up group training to support effective frequency and dose of exercise. They can also be used in rural areas to support self-management, where the OEP Leader assesses the older person in their own home and sets a starting prescription of exercises and can then support them in their unsupervised exercise programme with telephone calls and home visits to progress the exercises or change the prescription.

To the date of this report, **1211 New OEP Leaders (in Germany, Austria, Norway, Sweden, Spain, Italy, Netherlands, Greece and Crete) have been trained by the CTs.**

GERMANY [748 new OEP Leaders trained]

CTs trained in Jan 2014. There is a German language local OEP training portal. The following local OEP courses have been run by 5 German CTs (with full qualification and assessment):

- 1) Sept 2014 – Stuttgart – 7 new OEP leaders (physiotherapists)
- 2) Jan 2015 – Hamburg – 8 new OEP leaders (physiotherapists)
- 3) Mar 2015 – Oldenburg – 10 new OEP leaders (physiotherapists)
- 4) Sept 2015 – Osnabruck – 5 new OEP leaders and 3 Attendance Certificates (physiotherapists)

Training has been embedded into the MA Gerontologie Programms an der Friedrich-Alexander University Erlangen-Nuernberg by one German CT.

- 1) July 2014 – 8 students (no assessments)
- 2) July 2015 – 10 students (no assessments)

Finally, 700 exercise instructors and physiotherapists were trained in the Osteoporotic Falls Prevention Programme in Rural Areas (OFRA) in 2014 to 2016 (RBMF). This programme is a mix of the OEP exercise programme (no assessment) and another German falls prevention programme. Five of the German CTs were involved in the teaching.

AUSTRIA [31 new OEP Leaders trained]

CT trained at Stuttgart course Jan 2014. The Austrian CT uses the German portal. One CT trained on the Stuttgart course has delivered the following:

- 1) June 2015 – Bregenz - 11 new OEP leaders (physiotherapists, exercise instructors)
- 2) Sept 2015 – Bregenz – 9 new OEP leaders (physiotherapists, exercise instructors)
- 3) Oct 2015 – Bregenz - 11 new OEP leaders (physiotherapists, exercise instructors)

The same CT has two more courses set up for this summer so continues to be active.

NORWAY [77 new OEP Leaders trained]

CTs trained in March 2014. Partner 4 (NTNU) organized 4 local combined OEP/falls prevention training courses since their original CT training in March 2014. They have trained 29 new voluntary Falls Prevention Exercise Leaders, 17 Physiotherapists, and given refresher training to 24 instructors, who have the skills to deliver tailored evidence based strength and balance training to older people at risk of falls, in 4 regions of Norway. They have also trained 12 Carers in a project called Home Care Rehabilitation.

Norway are not cascading the original OEP training model but instead combine OEP with FaME and the target group for this falls prevention exercise groups are independent community dwelling people 65 +.

- 1) **Stavanger**: 1 course for 4 instructors and 4 PTs, in autumn 2015. A total of 8 completed the course and were qualified as instructors.
- 2) **Trondheim (+ Skaun, Orkdal and Melhus)**: 1 course (10 instructors and 4 PTs). 13 completed the courses and a total of 12 were qualified as instructors
- 3) **Kristiansand/Grimstad**: 1 course (10 instructors and 4 PTs). A total of 14 completed the course and were qualified.
- 4) **Oslo/Oppegård**: 1 course (5 instructors and 5 PTs). A total of 7 completed the course and were qualified.
- 5) **Bergen**: 1 course for carers (12 persons who are involved in a project called Home Care Rehabilitation). The target group for this home based training have functional decline and are given individually Otago exercises.
- 6) **Trondheim (+ Skaun and Melhus)**: Refresher course to 8 established falls prevention instructors.
- 7) **Oppegård**: Refresher course to 8 established falls prevention instructors.
- 8) **Stavanger**: Refresher course to 4 established falls prevention instructors.

Future anticipated training includes Stavanger (2016), Nord Trøndelag (four municipalities) (2016), Kristiansand (2016), and Oslo (2016). The CTs in Norway have participated in in each other's courses this autumn and will do the same in 2016 – to learn and make sure the quality and equality in the courses given in Norway.

In March 2016, in Trondheim, a **train the trainer course** (developed by NTNU) will be delivered to five selected physiotherapists, which covers a wider programme of falls prevention than just Otago. All five have participated in a training course together with voluntary instructors from their municipality during the last year. These five PTs will then be qualified to give courses for new instructors in their communities/regions in Norway as part of the commission that NTNU have with the Norwegian Health Directorate.

GREECE [58 new OEP Leaders]

CTs trained in June 2014. Partner 22 (TEISTE) have organized 5 local OEP training courses since their original CT training in June 2014. They use a Greek translated portal. 5 of the CTs trained in the original Lamia CT course undertake this training.

- 1) November 2014 – Lamia - 10 new OEP leaders (physiotherapists)
- 2) Feb 2015 – Lamia – 11 new OEP leaders (physiotherapists)
- 3) May 2015 – Lamia – 12 new OEP leaders (physiotherapists) and one attendance certificate
- 4) Sept 2015 –Lamia – 13 new OEP leaders (physiotherapists)
- 5) Feb 2016 – Athens (with Demokritos) – 12 new OEP leaders (physiotherapists).

They intend to continue running training and set up a course in summer.

SWEDEN [100 new OEP Leaders]

CTs trained in Sept 2014 (9) and Apr 2015 (14). There is a Swedish language portal. The following local OEP courses have been run by 5 Swedish CTs (trained in Umeå) (with full qualification and assessment):

- 1) Sept 2015 – Umeå – 11 new OEP leaders (physiotherapists)
- 2) Oct 2015 – Skelleftea – 2 concurrent courses training 18 new OEP leaders

In addition, one CT trained in Umeå has integrated the OEP training into the Umeå University Physiotherapy Programme. In the Spring and Fall Terms of 2015, 71 students have been trained. The students gave good evaluation so it is intended to continue this training within the curriculum.

SPAIN [151 new OEP Leaders]

CTs trained in Jan 2015. There is a Spanish language portal. The following local OEP courses have been run by 12 Spanish CTs (6 of the CTs trained in Madrid and 6 in Barcelona) (with full qualification and assessment):

- 1) July 2015 – Madrid – 13 new OEP leaders (physiotherapists)
- 2) July 2015 – Lanzarote – 8 new OEP leaders (physiotherapists)
- 3) Sept 2015 – Mendaro – 11 new OEP leaders (physiotherapists)
- 4) Nov 2015 – Murcia – 7 new OEP leaders (physiotherapists)
- 5) Nov 2015 – Donostia – 10 new OEP leaders (physiotherapists)
- 6) Dec 2015 – Gran Canaria – 14 new OEP leaders (physiotherapists)
- 7) Dec 2015 – Medina del Campo – 12 new OEP leaders (physiotherapists)
- 8) Dec 2015 – Cantabria – 12 new OEP leaders (physiotherapists)
- 9) Jan 2016 – Tenerife – 14 new OEP leaders (physiotherapists)
- 10) Jan 2016 – Fuereventura – 8 new OEP leaders (physiotherapists)
- 11) Jan 2016 – Vall d’Hebron – 12 new OEP leaders (physiotherapists)
- 12) Feb 2016 – La Palma – 11 new OEP leaders (physiotherapists)
- 13) Feb 2016 – Barcelona – 12 new OEP leaders (physiotherapists)
- 14) Feb 2016 – Murcia – 7 new OEP leaders (physiotherapists)

Plans are in place to run another 5 courses over the summer 2016 period.

ITALY [55 new OEP Leaders]

CTs trained in Mar 2015 (13) and Oct 2015 (5). There is an Italian training portal. 11 of the CTs trained in Ancona have delivered local training:

- 1) Oct 2015 – Florence – 9 new OEP leaders (exercise instructors)
- 2) Jan 2016 – Empoli – 12 new OEP leaders (exercise instructors)
- 3) Jan 2016 – Livorno – 12 new OEP leaders (exercise instructors)
- 4) Feb 2016 – Empoli – 12 new OEP leaders (exercise instructors)
- 5) Feb 2016 – Siena – 10 new OEP leaders (exercise instructors)

Two courses (Florence and Livorno) are due to start in April. The AUSLII region has taken out a contract with LLT to train up to 200 people over the next two years through the portal and face to face training.

HUNGARY [24 new OEP Leaders]

CTs trained in Aug 2015. There is a Hungarian training portal. 4 of the Hungarian CTs have delivered training:

- 1) Feb 2016 – 2 courses in Budapest - 24 new OEP leaders (physiotherapists)

Further training dates have been set up for the summer.

NETHERLANDS [26 new OEP Leaders]

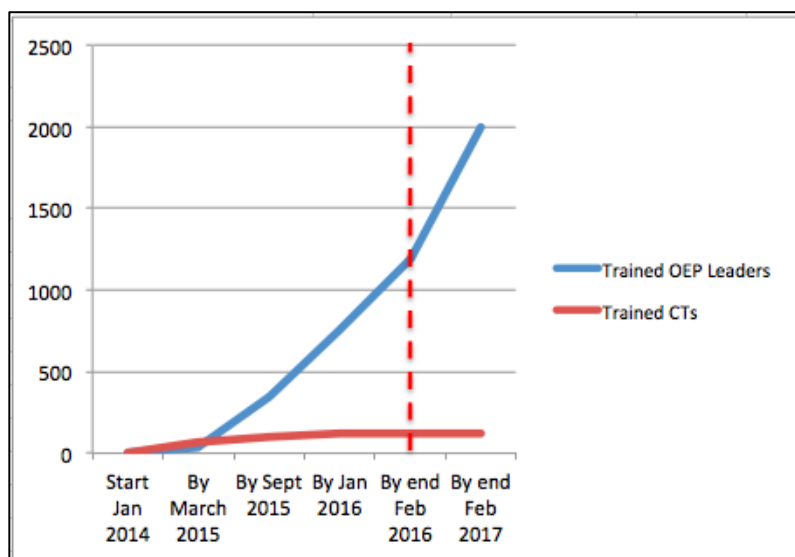
CTs trained in June 2015. There is a Dutch training portal. 6 of the Dutch CTs have started local training.

- 1) Jan 2016 – Windesheim – 13 new OEP leaders (physiotherapists)
- 2) Feb 2016 – Haarlem – 6 new OEP leaders (physiotherapists)

Further training dates have been set up for the summer.

In addition, one CT has embedded training into The University of Applied Sciences Utrecht exercise sciences course and has trained 7 new OEP leaders (without assessment). She intends to continue this into the next years course.

As originally intended, the CTs will deliver training in an exponential fashion until either they change jobs/circumstances or eventually there is no need for further training in their regions. In the UK, the OEP training has been running since 2006 and shows no sign of becoming less popular.



Reach to evidence based strength and balance exercise to older people

WP6 did an online survey of CTs and partner organisations/contacts shortly after CT OEP training (further information available in ProFouND 2nd Year Review Report and D6.3). The survey has since been repeated and the information is in the final ProFouND report.

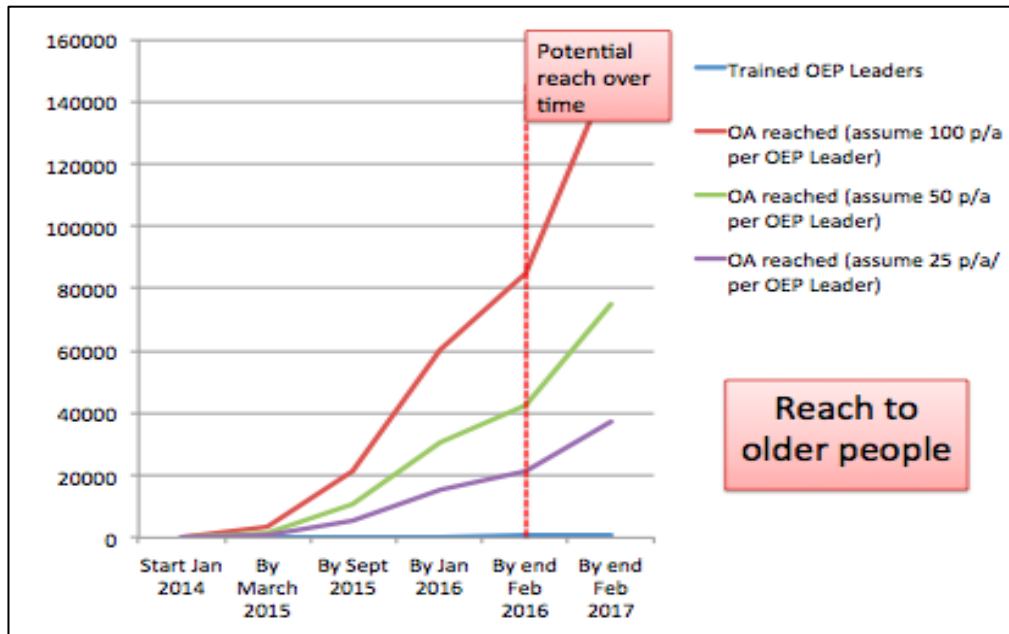
The baseline surveys suggested the following, prior to training:

- Large amount of delivery in hospital/acute setting, patients do not get evidence-based exercise dose.
- Lack of follow on community classes and clear pathways from different services.
- Large amount of exercise training through in-house training not formal evidence-based training.
- Little systematic opportunities for follow-up and exercise maintenance in community.
- Lack of trained non-clinical staff

Data suggests that as a result of cascade training we should see changes in delivery so that:

- Interventions are more progressive and tailored
- There is an increase in the number of exercise interventions being offered in clinical/community settings
- Better defined exercise pathways.

If each new OEP leader only worked with 25 new older adults a year and OEP exercises there is a reach of nearly 20,000 older people. **If each OEP leader managed to work with 100 new older adults a year, the reach will be over 80,000 older adults across EC, within a year of the project end.**



The follow up survey by WP6 suggests that most CTs are reaching upwards of 100 older people (Deliverable 6.4).

CT Dissemination within their regions/countries

Many of the CTs have contributed to falls prevention awareness events and campaigning. Details of the partner CTs dissemination activities can be found in the 'ProfouND Period 2/3 Report'.

Challenges faced by LLT during CT Training

The largest challenge was the *overwhelming interest* in hosting the CT training amongst the partnership! Unfortunately, WP5 was unable to meet the demand for new training (outside partnership) within budget and time allocation.

1] **Time allocated for support of local training by WP5 inadequate** - Some countries have not allocated co-ordinators to support local CTs. Some partners have not allowed time for local training after CT training within CTs job allocation. Therefore considerable 'in kind' time has had to be allocated to maintain budgetary constraints.

2] **Maintaining fidelity** – Some countries are embedding the training into other falls prevention training and do not wish to follow QA methodology. Although the effectiveness of OEP training within the UK has been assured with local service evaluations and research, some partners choosing to alter the local training means that we cannot be assured of successful falls prevention outcomes.

3] **Quality assurance of training** – We have learnt valuable lessons on differences in previous history of exercise training in physiotherapy curriculum within different EC countries, and in learners understanding of self evaluation (CTs reflection on their skills delivering local training) and willingness to follow the standardised process of delivery of training (to allow QA videos to work)

4] **Support of CTs by LLT tutors at point of first local delivery** – Vastly underestimated! Although once first local course is complete this reduces. This has particularly been an issue if language skills in English were not good and when no liaison person with a good understanding of English was identified to join Skype calls.

5] **Sustainability** – Wherever there is a local co-ordinator this is assured (approximately half of those trained). Some countries have good local endorsement/accreditation in place (Germany, Sweden, Spain, Italy, Norway). Others have not yet and this will affect sustainability.

6] **Cost** – LLTs enthusiasm to meet the interest of the ProFouND partnership in delivering CT has meant that the WP has gone over budget and so LLT has had to take this loss. However, LLT is a not-for profit organisation and its ultimate aim is to improve the lives of older people.

Next steps

WP5 lead Later Life Training will continue to support existing active CTs and those who start local training through the use of a small charge to use the online training portal² (approximately €30 per learner). Demokritos will continue to maintain the online training portal and support LLT in setting up local training courses.

LLT have made extensive contacts with partners and also new actors in falls prevention (through the EIP AHA and ProFouND) and will continue the roll out of training beyond the ProFouND project (see WP5 poster). LLT are also in discussion with a number of new Universities to support embedding of training in curriculum to train new physiotherapists beginning in the field. In particular, LLT hope to work with Partner 11 Demokritos to look at sustainable pathways for the portal continuation and continued roll out to other countries.

Deliverable 5.6 - **Follow Me Otago video for older people**³: The follow me Otago video is available on the ProFouND portal for older people to view and exercise alongside watching if they have broadband facilities (see sustainable activities). However, the DVD is also available to purchase in the UK and for a cost, EU partners can choose to have the titles and credits translated and add a video of a local Geriatrician or Health Expert at the start of the video. The 14 language translated **OEP home exercise booklets** (Deliverable 5.1) remain available for the CTs and OEP Leaders to print off for the older people they work with within the continuation of the ProFouND website (Deliverable 1.8) and LLT will host these if the ProFouND website ever becomes unsustainable.

As an SME, LLT have had considerable success in the UK in training a National Workforce of specialist, evidence based, falls prevention exercise instructors. Over 90% of all falls service exercise delivery across the UK is led by LLT trained instructors (OEP [1] and PSI [2]) [3]. A workforce of 22 self employed trainers across the UK have trained over 2275 OEP leaders and 2000 PSI instructors.

² All IPR, IP and associated IA whether registrable or not relating to the Portal and it's contents (excluding third-party originated content, where applicable) rests exclusively with LLT

³ All IPR, IP and associated IA whether registrable or not in the DVD, video footage and accompanying or associated materials remains the exclusive property of LLT.

LLT aimed to devise and deliver a Cascade Training course that could provide a high level of training to physiotherapists across the ProFouND partnership in order to roll out national training in their countries. Key to this is National Endorsement.

Embedding local OEP training into sustainable practice

In order to support the sustainability of the evidence based training and to try to embed into policies within the countries LLT has trained in so far, work is being done with the partners in each individual country. Each country (partner) has taken a different approach, supported by LLT to bespoke the region/country requirements/needs. LLT will continue supporting endorsement/ accreditation in different regions. LLT have been contacted by additional partners and members of the EIP-AHA to train CTs beyond the project end. New partners in different countries have contacted LLT for CT training upon hearing the successes of others.

The OEP Leader training supports the principles of the EREPS Lifelong Learning Programme



GERMANY

The OEP training has been integrated into the MA Gerontology curriculum at the Friedrich-Alexander University Erlangen-Nuernberg University, with the aim to train Gerontologists at the earliest stage of their career to deliver evidence based exercise to prevent falls to their future clients and to inform work colleagues of its effectiveness.

The OEP exercise sessions are registered on a Central Institute (VDK - 6 state health insurances collaborating) to allow the prevention exercise training to be supported by the insurance companies. Future OEP Leaders will still have to apply to this institute with their relevant qualifications but the bulk of the information on what the OEP training is and its level of evidence is completed for them already. The certificate in the location the OEP Leader applied with lasts for 3 years. When an OEP Leader has this Certificate the older people will be able to claim back 70-80% of their expenses to attend the OEP sessions. The other insurances now follow the decision of the Central Institute (VDK).

NORWAY

Partner 4 (NTNU) is Norwegian Health Directorate to develop a certification system for exercise instructors in Norway. OEP training is now embedded within a larger falls prevention course (covering FaME and other falls prevention interventions) delivered to physiotherapists in Norway.

GREECE

Two of the CTs and 10 of the OEPs they have trained sit on the Scientific Department of Geriatric Physiotherapy and the National Association of Physiotherapists in Greece and aim to change practice within Greece.

One CT and one OEP are working closely with the Health and Social Welfare Services of the City of Papagos-Cholargos, in Athens, Greece, where a new OEP action plan is being applied. At this point, an initial approval of the programme has been obtained by the service. Eight to 10 older people, who satisfy the OEP inclusion criteria, users of the Health and Social Welfare Services, will be

included in the first two-month phase. This will be used as a pilot application, in order to proceed to a full application for 12 months for a first set of 8 to 10 participants. If interest of users of the Health and Social Welfare Services, surpasses the availability the creation of further groups will be examined.

The application of OTAGO program in clinical practice is now a priority of WB Achaia and Ilia of P.S.F. with the collaboration with the Municipality of Patras and Geriatrics & Gerontology Society southwestern Greece to, over time, develop a network of prevention of falls for older people, increasing the number of beneficiaries, and ultimately improve the quality of life of the population.

SWEDEN

There is an ongoing discussion at the national level, with the Swedish Association of Local Authorities and Regions, SALAR and a Swedish company called Säker Senior AB. There is ongoing discussion with the Swedish Society of Physiotherapy in order for them to endorse training in Sweden.

The OEP training has been integrated into the Physiotherapy undergraduate curriculum at Umeå University, with the aim to train Physiotherapists at the earliest stage of their career to deliver evidence based exercise to prevent falls to their future patients and to inform work colleagues of its effectiveness.

SPAIN

The plan is to roll out the OEP training in Spain (co-ordinated by Investen-isciii and FSIE) by focusing on healthcare disciplines which are related to elderly care and falls prevention: mainly nursing professionals (most of them part of the Best Practice Spotlight Organizations® Program involved in the implementation of best practice guidelines for falls prevention), and physical therapists, among others. OEP leader training courses are being planned at present in 11 health settings all over Spain, as complementary part of a best practice implementation program for falls prevention in older people. The FSIE (Foundation on Health and Ageing at the Universitat Autònoma de Barcelona) is currently preparing OTAGO Leader Courses across Spain for physiotherapists through the regional professional associations of physiotherapists. The organization of these courses is done in collaboration with the Physiotherapists Association from Catalonia and from Madrid. Paperwork for the accreditation of the courses by the Spanish regional authorities for continuing education is also being processed for all the planned courses.

Also the regional Physical Therapists Associations in Spain are planning to offer OEP leader training courses to their members. One example is the official physical therapist association of Madrid, which is organizing two courses planning to offer them in July.

ITALY

In Italy at the moment the focus of the roll out of training remains within the Tuscany Region (population 3.5 million, aged ≥ 65 , 22%). The implementation of a fall prevention program has been inserted within the priorities of the Regional Prevention Plan (RPP). The RPP proposal has been approved by the Tuscany government and council and a contract signed with Later Life Training for unlimited use of the portal for training over the next two years.

The proposal is aimed at implementing:

- 1) OEP in Tuscany, creating a network among domiciliary care, rehab community services, and APA program (presently delivered in 930 gyms scattered in 81% of the municipalities of the region),
- 2) an educational program for clinicians (GPs, specialists, nurses, PS, etc) and
- 3) for the older population.

The RPP includes a collaboration with LLT (WP5 SME) to create an sustainable cascade training model in the region –where additional training for the CTs will allow them to train new CTs who will then train new OEPs. This joint proposal is presently at the office for legal affairs of the region to be translated in a administrative act ready to be approved immediately after the approval of the RPP.

References:

- [1] Campbell AJ, Robertson MC, Gardner MM et al. (1997) Randomised controlled trial of a general practice programme of home-based exercise to prevent falls in elderly women. *British Medical Journal* 315:1065-1069.
- [2] Skelton DA, Dinan SM, Campbell MG, Rutherford OM (2005). Frequent fallers halve their risk of falls with 9 months of tailored group exercise (FaME): An RCT in community dwelling women aged 65 and over. *Age and Ageing* 34: 636-639.
- [3] Royal College of Physicians (2012). “Older people’s experiences of therapeutic exercise as part of a falls prevention service 2011: Patient and public involvement.

Summary

The cascade training has been a success and LLT have trained almost double the anticipated number of CTs. The headlines for this report are:

From March 2013 to Oct 2015:

- **118 CTs trained by LLT in 10 countries (49 regions/states, 69 cities).**
- **1211 New OEP Leaders (in Germany, Austria, Norway, Sweden, Spain, Hungary, Netherlands, Italy, Greece and Crete) have been trained by the CTs.**

There has been considerable reach of these newly trained CTs and OEPs to older people across Europe – increasing the reach of evidence based strength and balance exercise delivery to prevent falls.

APPENDIX

Otago Exercise Programme Cascade Trainers Directory

ProFouND (WP5) has created a network of trainers across Europe that can provide evidence based falls prevention exercise to older people and also locally train new trainers. The following is a list of accredited trainers across Europe. The cost to train locally will vary, as will the cost (or not) to receive this evidence based exercise as an older person. Please contact the trainer nearest to you to find out more. If you are interested in the history of the training, visit the project website -

<http://profound.eu.com/about/wp5-best-practice-exercise-regimen-network-development/>

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