

Falls and Frailty: Physical Activity and Exercise Workshop

2023

Organized by MPA Geriatric
Special Interest Group



- Dr. Julie is a clinical academic physiotherapist specialising in ageing, with a particular interest in falls, frailty, cognitive impairment and rehabilitation interventions.
- She is a lecturer at King's College London, teaching on undergraduate and postgraduate physiotherapy courses.
- She has led on two fall prevention clinical trials and contributed to a number of systematic reviews.
- She is currently the clinical lead for the National Inpatient Falls Audit which covers England and Wales and a member of the committee contributing to the development of NICE guidelines for fall prevention.
- She works clinically at King's College Hospital leading a falls clinic and providing liaison services to care home residents.



Dr Julie Whitney,
Lecturer in
Physiotherapy at King's
College London



16th - 18th March 2023



08.30 AM - 16.00 PM



**Universiti Kebangsaan
Malaysia (UKM)**



**MPA member: RM 1000
Non member: RM 1500**



For More Info



www.mpa.net.my

For registration, you may scan the qr code
that has been provided in this poster.

THURSDAY, 16th MARCH 2023 (DAY 1)

- 08.30 - 10.00** Principle of fall prevention and the research evidence
- 10.00 - 10.30** Morning tea break
- 10.30 - 12.30** Principle of comprehensive geriatric assessment in fall prevention (including medication review)
- 12.30 - 13.00** Lunch break
- 13.00 - 14.30** Assessment for other causes of falls (vestibular/dizziness)
Practical: Demonstration of hall pike, Epley, practice of vestibular rehabilitation
- 14.30 - 15.00** Coffee break
- 15.00 - 16.30** Assessment for other causes of falls (syncope/cardiovascular)
Practical: History taking, lying/standing blood pressure, review of 12-lead ECG

FRIDAY, 17th MARCH 2023 (DAY 2)

- 08.30 - 10.00** Introduction to osteoporosis (including medical management)
- 10.00 - 10.30** Morning tea break
- 10.30 - 12.30** Lecture and practical: Strong- exercise to improve bone mineral density
- 12.30 - 13.00** Lunch break
- 13.00 - 14.30** Lecture and practical: Steady- exercise to improve balance and reduce risk of fall

Registration Fees
MPA Member: RM 1000
Non Member: RM 1500

16-18
MARCH
2023



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FRIDAY, 17th MARCH 2023 (DAY 2)

14.30 - 15.00 Coffee break

15.00 - 16.30 Lecture and practical: Straight- management and prevention of vertebral fracture

SATURDAY, 18th MARCH 2023 (DAY 3)

08.30 - 10.00 Falls in older people with cognitive impairment (dementia and risk factor of falls)

10.00 - 10.30 Morning tea break

10.30 - 12.30 Exercise and occupation for fall prevention in people with cognitive impairment
Practical: Dual tasking/ methods for optimising participation/ assessing ability to participate in activities

12.30 - 13.00 Lunch break

13.00 - 14.30 Falls in hospital and the National Audit of Inpatient Falls (England/Wales)

14.30 - 15.00 Coffee break

15.00 - 16.30 Question and answer (about any sessions over past three days)

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