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



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Dr Julie Whitney, Lecturer in

- 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.

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.



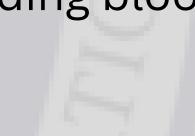
THURSDAY, 16th MARCH 2023 (DAY 1)

- **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 15.00 - 16.30

Coffee break 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



Universiti Kebangsaan Malaysia (UKM)

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)

Registration Fees MPA Member: RM 1000 Non Member: RM 1500 **16-18** MARCH 2023



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