

The 10th International Conference on Falls and Postural Stability



Organised by the Falls and Bone Health Section of the British Geriatrics Society

**The Hilton Hotel
Blackpool, UK
Monday 7 September 2009**

- **Announcement**
- **Call for Abstracts**
- **Programme**



**Awaiting approval from the
Royal College of Physicians for
6 hours Continuing Professional Development**

Welcome Invitation

Dear Colleague,

We are delighted to extend to you a warm invitation to attend the 10th International Conference on Falls and Postural Stability to be held on Monday 7 September 2009 at the Hilton Hotel, Blackpool.

This annual event is widely recognized as the premier UK national meeting for clinicians in the "*Falls and Mobility*" world. Last year's conference was a resounding success with over 250 participants. The principles for this year remain the same: to combine science with clinical practice and to bring together the commitment and knowledge of the entire multidisciplinary team.

The 2009 programme looks first class once again, continuing to feature talented speakers tackling topics highly relevant to everyday clinical practice.

Once again, the conference is also an ideal setting for local researchers to present their work, be it the results of audit, research, or service evaluations. The format gives opportunity for those with less experience to discuss with colleagues in a supportive environment. Prizes will again be awarded during the conference for the best abstract submitted.

To avoid disappointment, please complete the enclosed Registration Form now and return it to the Conference Secretariat as early as possible.

We are certain that you will find the conference both educational and invigorating and we hope that you will continue to support the conference with undiminished enthusiasm. We very much look forward to welcoming you back to the conference in September.

With best wishes,

Dr David Oliver and Dr Opinder Sahota
Co-Chairs, BGS Falls and Bone Health Section

Organising Committee on Behalf of the BGS Falls Section	Secretariat Postgraduate Education Centre Events Team
Professor Tahir Masud Dr David Oliver Dr Opinder Sahota Dr Rob Morris Dr Jane Youde Dr Dawn Skelton	Nottingham University Hospitals NHS Trust City Hospital Campus, Hucknall Road Nottingham, NG5 1PB Tel: 0115 840 2608 Fax: 0115 962 7758 Email: sue.pinkett@nuh.nhs.uk jane.turner@nuh.nhs.uk Web: www.nuh.nhs.uk/nch/pgec

Instruction for Preparation of Abstracts

Abstracts are encouraged. Please read the instructions below before preparing your abstract.

Your abstract must include:

- A title
- Names of authors (presenting author to be underlined)
- Provenance (i.e. place of work)
- Contact details (including telephone number, fax number and email address)

The abstract text should be no longer than 300 words and must be in English.

Where possible, please use the four standard sub-headings of:

Introduction, Methodology, Results and Conclusion(s).

There are two means of submitting your abstract:

1. Electronic submission on disk

Save your abstract on a recordable CD using the name of the first author as a filename, e.g. smith.doc. Print off a hard (paper) copy and mail both to the address below. This method of submission is preferable if your abstract includes a table or symbols, which may not be legible through email. If you would like your disk to be returned, please enclose a stamped addressed return envelope. Please ensure that the disk used is virus free and only contains your abstract submission in MS Word (*.doc) format.

Address for submission of abstracts:

Dr. Rob Morris

Consultant Geriatrician, Health Care of Older People
Nottingham University Hospitals NHS Trust
Queen's Medical Centre Campus
Derby Road
Nottingham, NG7 2UH

2. Submission by e-mail

Please mail your abstract (prepared according to the general guidelines above) as an attachment in MS Word (*.doc) format to: **drbob@innotts.co.uk**

All abstracts are considered by a scientific committee. The results of adjudication (oral or poster presentation) will be notified to first named authors within two weeks of the closing date.

DEADLINE FOR RECEIPT OF ABSTRACTS: FRIDAY 17 JULY 2009

The 10th International Conference on Falls and Postural Stability

The Hilton Hotel, Blackpool, Monday 7 September 2009

Organised by the Falls and Bone Health Section of the British Geriatrics Society.

This year's event will be held at the **Hilton Hotel, Blackpool, Monday 7 September 2009**. This is a multidisciplinary conference, and without doubt, will be the International Falls Conference of 2009. It is an ideal setting at which to present the results of audit, research, or health service evaluation around the topic of falls and fractures.

PROGRAMME

08.30 Registration & Refreshments

09.25 INTRODUCTION

KEY NOTE LECTURES

09.30 Dr Kilian Rapp, Robert-Bosch Hospital, Stuttgart, Germany
"Falls Prevention in Care Homes"

10.00 Dr Adam Darowski, John Radcliffe Hospital, Oxford, UK
"The Medical Assessment and Management of Fallers"

10.30 Dr Natasja van Schoor, EMGO Institute, Amsterdam, Holland
"Homocysteine and physical performance, falls and fractures"

11.00 Reading, Coffee and Posters

11.30 THE GREAT DEBATE

MOTION: "Falls Assessment Tools are a waste of time"

Speaking FOR the Motion: Dr David Oliver, Consultant Physician, Royal Berkshire NHS Foundation Trust, Reading, UK

Speaking AGAINST the Motion: Dr Simon Conroy, Senior Lecturer, University of Leicester, UK

12.30 Lunch, Posters and Exhibition

Programme cont...

13.30

6 SELECTED ORAL PRESENTATIONS - Chair: **Dr Rob Morris**, Nottingham University Hospitals NHS Trust.
Picked from submitted abstracts

14.30

WORKSHOPS

A. Orthogeriatrics Workshop

B. Otago Home Exercise Programme – Training the trainers workshop

C. Teaching getting up from the floor Workshop

D. Osteoporosis Workshop

E. Occupational Therapy Tools Workshop

15.30

Coffee, Posters and Exhibition

KEYNOTE LECTURES

16.00

Mr Peter Rea, Consultant ENT Surgeon, The Leicester Balance Centre, Leicester Royal Infirmary, UK
"The Dizzy Patient—The Clinician's role"

16.30

Mr Andrew Clements, Vestibular Physiotherapist, The Leicester Balance Centre, Leicester Royal Infirmary, UK
"Vestibular Rehabilitation in the Management of Dizziness"

17.00

Summing up, Prizes and Close of Meeting

Venue

The Hilton Hotel, Blackpool, overlooking the sea and famous Promenade. The hotel is 20 minutes drive from Blackpool International Airport and 5 minutes drive from North Station. Blackpool Pleasure Beach, Blackpool Tower and the zoo are within easy reach and the 4th September marks the 'switch- on' of the famous Blackpool illuminations which has been an annual event since 1879 and runs until the 8th November.

Registration

A registration form is enclosed which details all registration fees. **Members of the Falls Section are entitled to a discounted registration fee. If delegates wish to take up membership of the Falls Section, they should log onto www.falls-and-bone-health.org.uk for details of how to join.**

All payments include access to all scientific sessions, conference materials, lunch/teas/coffees and VAT. All registration forms must be accompanied by the appropriate payment in order to secure a place. **Registration forms without payment will not be accepted.**

Method of Payment

Payment can be made by sterling cheque (payable to 'Nottingham University Hospitals NHS Trust'), invoice or credit card (MasterCard or Visa) or debit card (Visa Delta, Switch/Maestro or Solo). Unfortunately we cannot accept American Express.

Confirmations and Joining Instructions

Written confirmation and a receipt for payment will be sent to all registered delegates. Further details and directional maps are available on the conference website.

Visit - www.nuh.nhs.uk/nch/pgec

Parallel Workshop Session

This year's conference programme includes afternoon parallel workshop sessions. Delegates **MUST** indicate which workshop session they wish to attend by listing in order of preference workshop **1st, 2nd, 3rd, 4th or 5th** on their Registration Form. Places at these workshops are not guaranteed and will be allocated on a first come first served basis. **If delegates apply to attend a workshop, which is already fully booked, they will be allocated a place at their next choice where available.**

Cancellations

Registration Fees – cancellation of individual registration bookings received in writing by the Secretariat will be refunded after the conference at the following rates: **Before 17th July 2009** – 50% of registration fee refunded – **Between 17th July 2009 and 14th August 2009**– 25% of registration fee refunded. After **14th August 2009** – we regret no refund can be made. Named substitutions can be made at any time.

Accreditation Continuing Professional Development (UK). The Conference has applied for CPD credits from the Royal College of Physicians. Certificates of Attendance will be available at the end of the meeting.

Call for Abstracts

Abstracts are encouraged and instructions for submission of abstracts can be found in this announcement.

Accommodation – Sunday 6 September 2009

Bed and Breakfast is available at the Hilton Hotel on a first come first served basis for the evening of Sunday 6 September 2009 for anyone who wishes to stay over prior to the conference. The rate for this is £85.00 for single occupancy and £100.00 for double/twin occupancy. **All bookings should be made through Stephanie Hill at the Hilton Hotel on telephone number 01253 627977.** When booking please state that you are attending the International Conference on Falls and Postural Stability in order to obtain these special rates. Please note however, that these rates cannot be guaranteed after the 27 July 2009 (i.e. 6 weeks prior to the conference).

Any changes/cancellations or requests for additional nights accommodation should be directed to the Hotel, **NOT** the secretariat.

Registration Form

The 10th International Conference on Falls and Postural Stability

Hilton Hotel, Blackpool, Monday 7 September 2009

PLEASE COMPLETE CLEARLY IN CAPITALS USING BLACK INK

Surname: _____		First Name: _____	
Title: (e.g. Dr, Mr, Miss) _____		Grade: _____	
Specialty: _____		<input type="checkbox"/> Male <input type="checkbox"/> Female	
Work Address: _____ _____			
Postcode: _____		Email: _____	
Work Phone: _____		Fax: _____	
CPD: Please tick one <input type="checkbox"/> I wish to claim accreditation <input type="checkbox"/> I do not require accreditation			

Workshop Sessions – Please indicate an order of preference (i.e. 1 st , 2 nd etc...)			
A. Orthogeriatrics Workshop		D. Osteoporosis Workshop	
B. Otago Home Exercise Programme		E. Occupational Therapy tools workshop	
C. Getting up from the Floor workshop			

Registration Fee:			
Please tick as appropriate	Members Rate*	Non Members Rate	Payment (£)
<input type="checkbox"/> Consultant	£200.00	£210.00	
<input type="checkbox"/> Junior Doctor	£160.00	£170.00	
<input type="checkbox"/> General Practitioner	£160.00	£170.00	
<input type="checkbox"/> Health Care Professional	£120.00	£130.00	
<input type="checkbox"/> Student	£120.00	£130.00	
<input type="checkbox"/> Retired	£120.00	£130.00	
TOTAL PAYMENT: (inc. VAT)			£

* Member of Falls Section of British Geriatrics Society

Dietary / Special / Mobility Requirements:	
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Payment Details:		
<input type="checkbox"/> Credit Card You can pay by credit card or debit card over the phone. Call: 0115 840 2608 or 0115 840 2607 Mon to Fri 8am–4pm	<input type="checkbox"/> Cheque Please make cheques payable to 'Nottingham University Hospitals NHS Trust' . Cheque must be in GB pounds sterling and forwarded to the address below.	<input type="checkbox"/> Invoice Invoices will be sent to your work address as detailed above unless otherwise specified.

Contact Details	
Please Return your completed registration form to:	Events Team, Postgraduate Education Centre, Nottingham University Hospitals NHS Trust, City Campus, Hucknall Road, Nottingham, NG5 1PB. Tel: 0115 840 2608 Fax: 0115 962 7937