



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

Abstract 254

Title: Falls and Injury Prevention Workshop

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Falls remain a major contributor to poor health and independence, hospitalisations, nursing home admissions and death among older people world wide. Despite a strong growth of evidence that falls can be reduced in older people (although the majority of this research evidence is from Western countries), data in some countries such as Australia indicates that key indicators such as falls related hospitalisations have not declined in the last 10 years and remains unacceptably high. The current evidence for effective falls prevention for older people living in the community will be reviewed, with consideration to factors contributing to the lack of impact of current practice on national falls indicators. Local data and initiatives to reduce falls in Malaysia, and barriers to successful implementation of falls prevention will also be discussed. In addition, case examples will be presented to illustrate the complexities of managing the hospitalised older patients with multiple comorbidities, and polypharmacy with falls presentation as a marker of an acute disease.

There are some clinical groups with very high falls risk, including people with stroke, and people with dementia. In these clinical groups, the research evidence is minimal as to effective approaches to reduce falls and falls injuries, and some multifactorial approaches which have been effective in older people generally have not been shown to be effective in these clinical groups. Research suggesting possible options for reducing falls in these clinical groups will be presented. The workshop will include discussion of strategies to help reduce falls risk for these high risk groups.

CERTIFICATION BY THE PRINCIPAL AUTHOR: by submitting this abstract I further certify that the studies described in the abstract that involved human beings conformed to the principles of the Declaration of Helsinki World Medical Association (Clinical Research 1966:14:03) and met all the requirements governing informed consent of the country in which they were performed.

I declare that this abstract meets all of the above requirements and that the authors named are familiar with the data presented and given their consent for submission to WCHA. On behalf of all the authors, I hereby transfer copyright to **WCHA**