



EXERCISE & SPORTS SCIENCE AUSTRALIA

presents a

One Day Workshop for General Practitioners, Practice Nurses, Divisions of General Practice and Health Services focused on preventing falls in the community.

40 RACGP CPD points

Falls and Falls Prevention: A Safety Net for GPs

This workshop includes information and tools on:

- An overview of falls in the elderly- insights and recommendations;
- Utilizing a multidisciplinary team to reduce falls;
- Utilizing a whole-of-practice approach to reduce falls;
- Managing patients at risk of falling including quick tools to identify falls risks and polypharmacy triggers;
- Strategies to improve patient self-management, fostering self-care
- Community falls prevention programs including the usage of Exercise Physiologists



Co-Presented by Prof Stephen Lord from the Prince of Wales Medical Research Institute

Professor Stephen Lord is a Senior Principal Research Fellow at the Prince of Wales Medical Research Institute in Sydney, Australia. Over the last 20 years, he has worked in the areas of applied physiology, instability, falls and fractures in older people. Professor Lord's research on falls has followed two main themes: the identification of risk factors and the evaluation of prevention strategies. His methodology and approach to falls-risk assessment has been adopted by many researchers across the world. With colleagues at the Prince of Wales Medical Research Institute, he has recently written a comprehensive book on Falls in Older People - published by Cambridge University Press.

Venue: Jupiter's Casino Gold Coast Queensland

Date: Thursday April 8th 2010

Time: Registration from 8:45am
9:00am -4.30pm

Cost: \$350.00 (includes all meals)

40 RACGP CPD points & 7 ESSA CEP Points have been awarded for this workshop

Please RSVP your attendance by Friday 26th of March 2010

Reply to ESSA (Laura Vidmar) on fax: (07 3856 5622) or email laura.vidmar@essa.org.au

YES - I will be attending

Name: _____ ESSA or RACGP QA and CPD Number: _____

Practice: _____

Telephone: _____ Email Address: _____

Special dietary requirements: _____

Registration fee includes:

Morning tea, Lunch & Afternoon tea.

Cancellation Policy:

You may cancel your registration without penalty or obligation by submitting to ESSA a signed and dated written notice post marked 10 working days prior to the date of your states workshop. After this date, due to the nature of this program, payment of 25% of the full non-member fee will be charged to cover expenses, including lost revenue. Cancellations made within three days of the workshop will not be refunded. If you are unable to attend for any reason you may have someone substitute for you – just call the ESSA office prior to the event on (07) 3856 5622 to advice of the change.

If insufficient registrations are reached ESSA have the right to cancel this workshop and full re-funds will be given. ESSA will take no responsibility for any additional costs incurred to the registrant.

Payment can be made by credit card by filling in the details below or by forwarding a cheque or money order to the ESSA office: PO Box 123, Red Hill Q 4059 OR fax to (07) 3856 5688

CREDIT CARD PAYMENT SLIP (Please PRINT all details)

Please debit the following account in the amount of \$ _____

Circle

Cheque

Visa Card

MasterCard

Card number ____/____/____/____

Expires: ____/____

Name of Cardholder _____

Signature: _____

Registrations due 26th of March 2010
Confirmations will be emailed after registrations close