



## Continuing Professional Development Programme NEW CPD1.1

### Postural Stability Instructor (PSI): Evidence & Practice Update 2017

The aim of this CPD day is to provide an update of research in falls prevention and review teaching (through practical workshops, discussion and case study approaches) practice of the Otago and FaME exercise programmes in community and therapy based settings.

#### **At the end of the day the participants will be able to:**

- evaluate and/or identify the benefits, types and prescriptions of exercise for effective falls prevention
- evaluate and/or identify the benefits of different types of falls prevention interventions, formats for delivery and approaches to increase adherence to home exercise programmes
- revise and update their PSI practice for osteoporosis
- discuss considerations for strength and balance training for stroke impairments
- evaluate and review their PSI practice with particular relation to Otago and FaME programmes
- analyse and/or identify physical activity of the participants/clients in their sessions compared to new UK Physical Activity Guidelines
- identify and evaluate the falls prevention resources

## Timetable

9.00-9.15	Registration
9.15-9.45	All Welcome & Introductions and LLT update
9.45-10.15	Key Research Overview/Headlines
10.15-11.00	What works in a nutshell (and are we doing it?)
11.00-11.15	BREAK
11.15-13.00	Practice Review, Osteoporosis: Theory summary and case study approaches/problem solving
13.00-13.45	LUNCH
13.45-14.00	Policy updates/headlines
14.00-14.45	Practice review; Stroke impairments: Strength, Balance (and cardiorespiratory fitness)
14.45-16.00*	Optimising Effectiveness, Considerations for Circuit Formats/ all component review, evidence based exercise (review) selection & sequencing, technique review and progression
16.00-16.30	Q&A, summary and close

(\*including break)

Timings may vary on the day