



Continuing Professional Development Programme NEW CPD1.2

Postural Stability Instructor (PSI): Evidence & Practice Update 2018

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:

- identify the benefits, types and prescriptions of exercise for effective falls prevention
- identify the benefits of different types of falls prevention interventions, formats for delivery (circuit V's unison approaches)
- review key research around sedentary behaviour and strategies to encourage people to move more
- revise and update their PSI practice (all components)
- evaluate 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 UK Physical Activity Guidelines (all older people groups)

- 9.00-9.15 Registration
- 9.15-9.45 Welcome & Introductions, LLT update
- 9.45-10.15 Key Research updates & policy updates/Headlines
- 10.15-10.45 Research update; Sedentary Behaviour (and what this means to us?) & 'Care to Move' update
- 10.45-11.00 BREAK
- 11.00-11.30 What works in a nutshell (and are we doing it?) - facilitated group discussion
- 11.30-12.30 Practical - programme reviews; an exercise continuum of exercise for falls prevention; (CBE), OEP, FaME
- 12.30-13.00 Components of fitness – thinking in components to increase effectiveness (through programme design)
- 13.00-13.30 LUNCH
- 13.30 –14.00 Progression review & 'forgotten progressions from FaME'
- 14.00 -16.00 Increasing Effectiveness, considerations for circuit formats; component selection, exercise selection inc. backward chaining, with case study approaches
- 16.00-16.30 Any other business! HOME EXERCISE PROGRAMMES, correct messages to move more, and don't forget to don't mention the F word!

Timings may vary on the day