



Continuing Professional Development Programme NEW CPD

OEP Leaders: Evidence & Practice Update 2018

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

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
- revise and update their OEP practice and evaluate their OEP delivery
- 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 relating to OEP
- 10.15-10.45 What works in a nutshell (and are we doing it?) - facilitated group discussion
- 10.45-11.00 BREAK
- 11.00-12.30 Implementing the OEP;
- H&S (risk assessment) appropriate/safe use of chairs
 - Assessment for inclusion – who’s job is it?
 - Capturing outcomes - is this important?
 - The missing links; home exercise programmes, walking and motivational strategies and don’t mention the F word!
- 12.30 – 13.15 LUNCH
- 13.15 –14.30 Increasing effectiveness; practical/technical review of all OEP exercises, progression and potential alternatives (additional qualifications depending).
- 14.30-15.30 OEP in circuit format approaches; considerations, benefits and cautions
- 15.30-16.00 Q&A, next steps to greater effectiveness?

Timings may vary on the day