



Continuing Professional Development Programme NEW CPD1.2 (Bespoke)

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) and considerations to reduce risk
- review osteoporosis and key considerations for exercise
- revise and update their PSI practice (all components)
- evaluate their PSI practice with particular relation to Otago and FaME programmes

8.45-9.00	Registration
9.00-9.30	Welcome & Introductions, LLT update
9.30-10.00	Key Research updates & policy updates/Headlines
10.00-1030	What works in a nutshell (and are we doing it?) - facilitated group discussion
10.30-11.00	PART 1: Programme reviews & components of fitness for a exercise continuum of exercise for falls prevention; (CBE), OEP, FaME.
11.00-11.15	BREAK
11.15-13.00	PART 2: Components of fitness – programme design/circuit formats and implications for risk reduction
13.00-13.45	LUNCH
13.45 –14.15	Progression review & ‘forgotten progressions from FaME’
14.15-15.00	Osteoporosis review and update: Theory summary and case study approaches
15.00 -1600	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 for get to don't mention the F word!

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