

**10<sup>th</sup> Anniversary Program on Community Fall and Fracture Prevention  
Department of Orthopaedics and Traumatology,  
The Chinese University of Hong Kong**

**Themes: Partnership through Multi-disciplinary Collaborations  
An Introduction to Geriatric-orthopaedics**

**Train-the-trainer Workshop for Caregivers**

**Date:** Sept. 7, 2010

**Venue:** Orthopaedic Learning Centre, 1/F, Li Ka Shing Specialist Clinics, North Wing, Prince of Wales Hospital, Shatin

**Objectives:** To train the trainers for domestic helpers and other caregivers on the knowledge and skills in providing care for Geri-orthopaedic elderly for their daily living activities.

**Target participants:** Trainers for Domestic Helpers and other interested candidates

Time	Content	Speaker
2:20 – 2:30	Course introduction	Winnie Mak
2:30 – 2:40	Epidemiology of fall and fracture in elderly	Flora Tam
2:40 – 2:50	Risk factors and consequences of fall and osteoporosis	Flora Tam
2:50 – 3:00	Break	
3:00 – 3:10	Diet for osteoporosis prevention	Mandy Tsang (Nurse)
3:10 – 3:20	Self-care session for caregivers: - Infection control	Mandy Tsang (Nurse)
3:20 – 3:40	Self-care session for caregivers: - Lifting and transfer	Winnie Mak (Physiotherapist)
3:40 – 3:55	Environmental hazard identification and modification	Claudia Chan (Prosthetist & Orthotist)
3:55 - 4:10	Stress management for caregivers	Chow Yiu Chung (Social Worker)
4:10 – 4:20	Break	
4:20 – 4:30	Revision and certificate distribution	

**Maximum participants:** 45