

10th 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

Staff Training for Community Fall and Fracture Prevention Program

Date: Sept. 13, 2010

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

Objectives: To train staff working on Community Fall and Fracture Prevention Programs with delivery of a panoramic view on the various facets for caring for elderly with Geri-orthopaedic problems.

Target participants: staff at community elderly centers

Time	Content	Speaker
9:30 – 9:40	Course introduction	Claudia Chan
9:40 – 10:00	Epidemiology of fall and fracture in elderly	Prof Kwok-Sui Leung
10:00 – 10:20	Risk factors and consequences of fall and osteoporosis	Yin-Ping Cheung (Nurse)
10:20 – 11:20	First aid management of fall and fracture	Yin-Ping Cheung (Nurse)
11:20 – 11:30	Break	
11:30 – 11:50	Demonstration: Bone mineral density measurement	Anna Mok (Research Assistant)
11:50 – 12:10	Demonstration: Simplified fall risk assessment	Winnie Mak (Physiotherapist)
12:10 – 12:30	Exercise for osteoporosis and fall prevention	Winnie Mak (Physiotherapist)
12:30 – 14:00	Lunch	
14:00 – 14:20	Fall and fracture prevention aids: Introduction of vibration therapy	Poey Li (Research Assistant)
14:20 – 14:40	Fall and fracture prevention aids: Hip protectors and footwear education	Claudia Chan (Prosthetist & Orthotist)
14:40 – 15:00	Introduction of fragility fracture program	Claudia Chan (Prosthetist & Orthotist)
15:00 – 15:30	Environmental hazard identification and modification (Hong Kong Housing Society)	Patrick Sze (Occupational Therapist)
15:30 – 16:00	Skills on home visitation (Hong Kong Housing Society)	Patrick Sze (Occupational Therapist)
16:00 – 16:15	Break	
16:15 – 17:00	Examination and certificate distribution	

Maximum participants: 45