

**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. 6, 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	
9:40 – 10:00	Epidemiology of fall and fracture in elderly	Orthopaedic surgeon
10:00 – 10:20	Risk factors and consequences of fall and osteoporosis	Orthopaedic nurse
10:20 – 11:20	First aid management of fall and fracture	Orthopaedic nurse
11:20 – 11:30	Break	
11:30 – 11:50	Demonstration: Bone mineral density measurement	Research staff
11:50 – 12:10	Demonstration: Simplified fall risk assessment	Physiotherapist
12:10 – 12:30	Exercise for osteoporosis and fall prevention	Physiotherapist
12:30 – 14:00	Lunch	
14:00 – 14:20	Introduction of hip protectors and Footwear education	Research Staff
14:20 – 14:40	Introduction of vibration therapy	Research staff
14:40 – 15:00	Introduction of program for osteoporosis and fall prevention	Program coordinator
15:00 – 15:30	Home environmental hazard identification and modification	Housing Authority/ Occupational therapist
15:30 – 16:00	Skills on home visitation	Housing Authority/ Occupational therapist
16:00 – 16:15	Break	
16:15 – 17:00	Examination and certificate distribution	