



ProFouND: Prevention of Falls Network for Dissemination

DELIVERABLE D 5.5

INTERIM REPORT ON TRAINED TUTORS

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Introduction:

WP5 Lead: 05 Later Life Training (SME)

Contributions by other Partners: 11 Demokritos

WP5 Objectives:

The objective of WP5 is to create a network comprising a cadre of trained and accredited instructors of falls prevention and management exercise tutors across Europe, supported using online training and quality control. The tutors once trained will be accredited to provide evidence based falls preventions exercise interventions to a variety of different client groups and deliver evidence based, standardised and endorsed training themselves to new instructors in the regions. A network will be created for these tutors to be supported with continuing professional education, support for implementation, and a cascade model of training and delivery to ensure sustainability. Creation of this network and standardisation of delivery across regions will ensure effectiveness and reach. The training being provided is based on the successful evidence based model developed in the UK by the SME LLT. This provides accredited training to be a Postural Stability Instructor (PSI) a Chair-based Exercise Instructor (CBE), and an Otago Exercise Programme (OEP) Instructor, and perhaps more importantly to be an instructor of future instructors.

WP5 process to reach objectives

Cascade Trainers (CTs) first have to qualify as OEP Leaders, with support from online training and face to face training by LLT. The assessments then qualify them to deliver strength and balance exercise programmes to older adults. Then they train as CTs (in the same training programme, delivered by LLT), to train new OEP Leaders in their regions. This report details the work flow to train the CTs, the dates and areas of training so far, the local training that has occurred since the CT training and the reach to older people documented so far. The expectation (outlined in the DoW) was that LLT would have trained at least 45 trainers from at least 15 regions by Month 26. In fact, LLT has trained 92 CTs from 8 countries (and 51 regions within those countries) and there are more courses due during Period 3 of ProFouND.

WP5 Work flow to train the CTs

The following milestones, tasks and deliverables have been completed in the work flow of training CTs within the ProFouND project.


- D5.1 Home exercise booklets distributed for translation: Home exercise booklets distributed for translation to ensure translation into different languages and OEP video for voiceover in different languages [month 1]
- D2.3 Demokritos developed and provided support for the online training portal (originally on <http://profoundtraining.dat.demokritos.gr> and now on <http://training.profound.eu.com>)
- D5.2 Protocol for tutor training: devise a training protocol and create a set of training resources available online, to support the face to face training. [month 4]
- Task 5.2 Creation of online resources to support tutor training. In order to train tutors across Europe, WP5 first devised a training protocol and created a set of training resources available online, to support the face to face training. These comprise evidence based training materials which will equip trainers with skills and knowledge in postural stability, strength and balance exercises (PSI and OEP) and Motivational training

- (MMe) as well as the skills required to organise future training, communication skills and support strategies.
- MS26 Tutor training dates for first training course in place and recruitment of at least 5 instructors. Training dates were originally set for October 2013 in Athens. However, the partner, EEEF, dropped out of the consortium and so new dates were set [month 5] for the first course in January 2014, in Stuttgart, Germany. Trainers met the eligibility criteria set by LLT in D5.2.
- MS27 Online tutor training resources completed [month 5]. These tutor training materials, including initial entry worksheets to show competence, narrated PowerPoints and video clips of all the exercises for good technique and teaching instructions, manuals and further reading were provided (D5.3).
- Task 5.3 Liaise with the European Register of Exercise Professionals (EREPS) to ensure that the qualifications are endorsed across Europe, this includes the provision of all materials described in task 2. This has been completed and the qualification fits with EU qualification framework.
- Task 5.4 Devise quality assurance protocol and schema, including online submission of quality assurance paperwork and video streaming of technical practical skills and leadership and teaching skills. This includes registers of people trained, results, film clips of them delivering training, evaluation forms from students and self-assessment of training skills.
- D5.3 Online resources to support tutor training [month 6]
- D5.4 Protocol for quality assurance, including online submission of quality assurance paperwork and video streaming of technical practical skills and leadership and teaching skills [month 9]
- Task 5.5 Recruit trainees from 10-15 sites across Europe. (Milestone Month 18)
- Task 5.6 Provide training (face to face and supported through online resources).

CT Training


LLT worked closely with Demokritos to set up a useable and friendly online training portal to support training and revision before the face to face training started.

ProFouND Online Training




ProFouND
Prevention of Falls Network for Dissemination

ProFouND is an EC CIP funded Thematic Network. We work closely with the EIP-AHA to bring about the dissemination and implementation of best practice in falls prevention across Europe, using novel ICT solutions. ProFouND comprises 21 partners from 12 countries, with associate members from 10 countries. ProFouND intends to bring together relevant stakeholders to consolidate roadmaps and guidelines regarding fall prevention and facilitate the communication between solution/service providers and the key stakeholders (private actors, public authorities (at national, regional or local level) and others) to ensure effective implementation and reach.

 ProFouND aims to influence policy and to increase awareness of falls and innovative prevention programmes amongst all sectors and organisations that work with older people.


ProFouND's objective is to embed evidence based fall prevention programmes for elderly people at risk of falls by using novel ICT and effective training programmes in at least 10 countries/15 regions by 2015, to facilitate widespread implementation.

Best Practice Exercise Regimen Network Development (WPS of ProFouND Project) is led by [Professor Dawn Skelton](#) at Later Life Training, UK. The Senior tutor delivering cascade training is [Bex Townley](#).




More information available at <http://profound.eu.com/>


Become a Cascade Trainer and join our community



Become an Otago Strength and Balance Exercise Leader



One day TOP UP training for Otago Strength & Balance Exercise Leaders



Detailed consideration of the eligibility criteria for whom could train as a CT was included in D5.2 to ensure that the local partners recruited the people most likely to be successful and most likely to

deliver future training within their regions. In most instances local training has been instigated by a few enthusiastic CTs but there is still a need to engage with the organisations that employ the trained CTs to allow them time to deliver local training. In some instances, CTs have taken maternity leave, changed employers or have changed their roles within organisations such that they cannot, at this time, deliver local training. This said, there is a very high level of commitment. Some regions have set up oversight of these CTs (Sweden, Italy (Tuscany), Spain, Sweden and Norway) in an attempt to ensure wide reach of training. This section details the training dates and places delivered from Jan 2014 to May 2015 by LLT. Sections further in this report detail local training delivered and reach to older people.

Deviations from planned activities

There was initial deviation from our planned training timetable with the resignation by mutual consent of EEEF from the consortium at month 2. It proved impossible with delays in the contracting process simply to transfer the training as scheduled in Greece to be run in collaboration with the new partner TEISTE, even though they agreed to take on the role and responsibilities of EEEF directly. We were able to complete the CT training with Partner 22 (TEISTE) in June 2014, in Lamia, Greece.

CT Training Dates, Venues and Partner collaboration

The **first** Cascade training course took place in **Stuttgart, Germany (RBMF)**, 20-24th January 2014. WP4 (Partner 3) identified 13 physiotherapists/sports scientists from their contacts in **Germany** (4 regions), **Switzerland** (2 regions), and **Austria** (2 regions). This included representation from Partner 16 (JOHANNITER-UNFALL-HILFE IN OSTERREICH), and from Partner 3 (RBMF). 12 took assessments and became OEP leaders and CTs. One student could not attend the assessments but has instigated OEP being delivered within her University setting (without assessments).



The **second** Cascade training course took place in **Trondheim, Norway (NTNU)**, 24-28th March 2014. WP3 (Partner 4) identified 10 physiotherapists from their contacts in **Norway** (5 regions). 10 took assessments and became OEP leaders and CTs.



The **third** Cascade training course took place in **Lamia, Greece (TEISTE)**, 19-24th June 2014. Partner 22 identified 11 physiotherapists from their contacts in **Greece** (4 regions) and **Cyprus** (1 region). 11 took assessments and became OEP leaders and CTs.



The **fourth** Cascade training course took place in **Umeå, Sweden (Vasterbotten)**, 22-26th Sept 2014. Partner 18 identified 11 physiotherapists from their contacts in **Sweden** (4 regions). 9 took assessments and became OEP leaders and CTs.



The **fifth** Cascade training course took place in **Barcelona, Spain (FICE)**, 19-23th Jan 2015. Partner 14 identified 10 physiotherapists from their contacts in **Spain** (7 regions). 10 took assessments and became OEP leaders and CTs.



The **sixth** Cascade training course took place in **Madrid, Spain (ISCIII)**, 26-30th Jan 2015. Partner 9 identified 13 physiotherapists from their contacts in **Spain** (11 regions, including Tenerife, Canary Islands). 13 took assessments and became OEP leaders and CTs.



The **seventh** Cascade training course took place in **Empoli, Italy (AUSL11)**, 16-20th March 2015. Partner 10 identified 12 exercise instructors and physiotherapists from their contacts in **Italy** (Tuscany - 6 regions). 12 took assessments and became OEP leaders and CTs.



The **eighth** Cascade training course took place in **Skåne, Sweden**, 20-24th April 2015. Contacts from Partner 18 identified 14 physiotherapists from their contacts in **Southern Sweden** (10 regions). 14 took assessments and became OEP leaders and CTs.

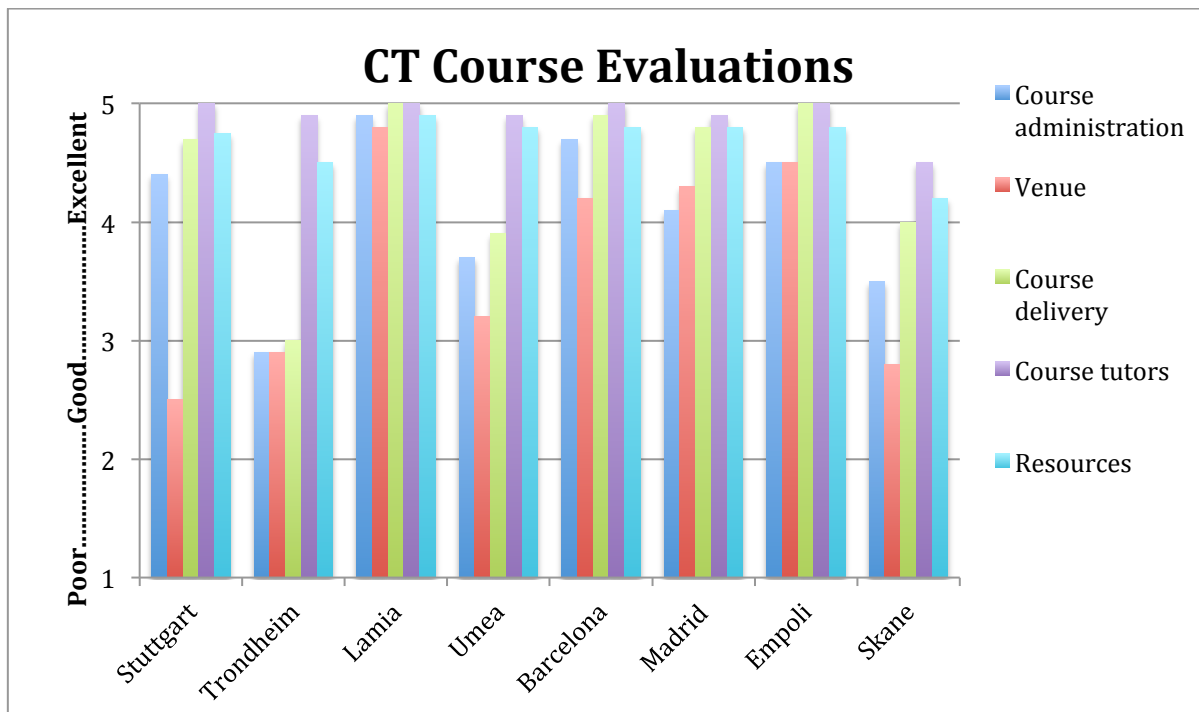


Evaluations of training

Course evaluations are based on 5 questions covering:

- Course administration
- Venue
- Course delivery
- Course tutors
- Resources

Which are scored on a scale of 1-5, where 1 is poor and 5 is excellent.



As you can see from the graph, venues were consistently a problem, normally due to size, temperature and noise. These were outwith the control of LLT. Course administration and resources scored lower when the CTs found English more difficult (the CT courses were exclusively in English). Scores for course delivery were consistently high (good or above) and for course tutors very good to excellent. Norway gave the lowest scores for course delivery (still rated as good) and this was a

consequence of the students finding the 'strictness' of technique and 'progression' within the OEP, and the idea of 'assessing colleagues' not true to their way of running training.

"I have been really inspired and I think I could copy a lot about leading groups, body language and teaching cascade training"

"Great atmosphere, constructive feedback, nice tutor trio, a good mix of humour and serious!"

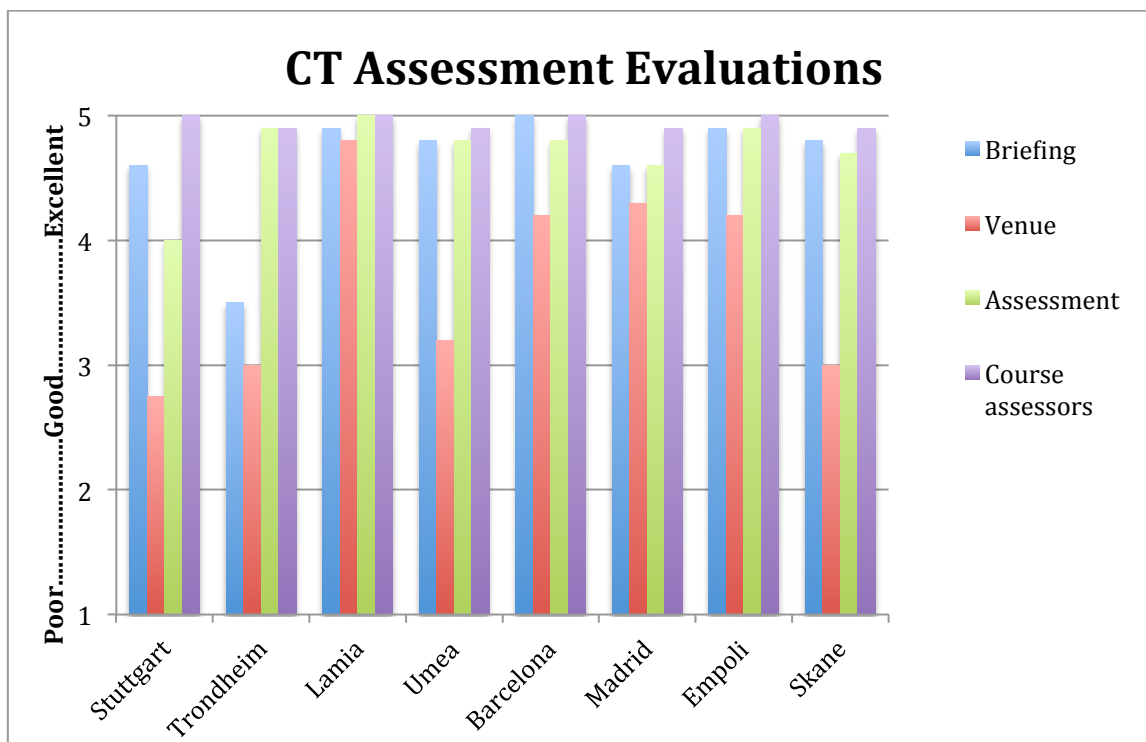
"I really liked the pre course information and the idea that I can still look it up at a later point."

"I think that the course was very well organised, structured and with excellent educational methodology"

"If we were talking in terms of song contest I would give you 12 points!"

"I have grown as a person as well as a physiotherapist"

"Your team teaching was very refreshing; the deepening of didactic steps was great. Way of teaching very encouraging and open."



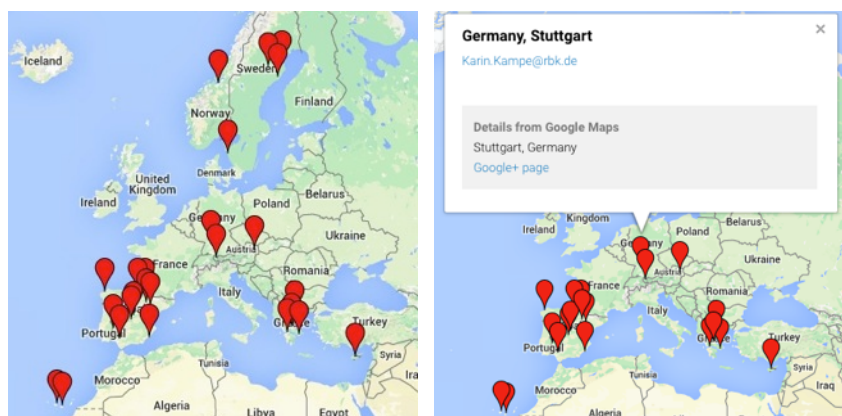
As you can see from the graph, venues were consistently a problem, normally due to size, temperature and noise. These were outwith the control of LLT. The assessment briefing and the assessment (for OEP Leader) scored from very good to excellent and scores for course assessors were consistently high (excellent).

"It has been a very good structured and planned assessment. Thank you for having such a good example"

"Very useful comments concerning our experience today, for us to relate it to assessing new instructors. Professionalism, consideration, taking care of the persons being assessed."

CTs Trained by region and countries

There is an online CT Directory, giving information about cascade trainers in different countries. This is available so that people interested in becoming OEP Leaders can get in touch directly with a CT in their region to see if they plan any training.



In summary the following CTs have been trained:

Date/City of CT Training	CTs from which country/Island	Number of CTs qualified	States/Cantons/Counties/ Administrative Regions/ Districts/ Autonomous Communities ¹ covered by CTs	Cities covered by CTs
Jan 2014 Stuttgart	Germany Austria Switzerland	12	Germany (States) - Baden-Württemberg, Bavaria, Lower Saxony Austria (States) - Vorarlberg, Vienna Switzerland (Cantons) - Zürich, St. Gallen	Germany – Stuttgart, Nürnberg, Oldenburg, Hamburg, Karlsruhe Austria – Bregenz, Vienna Switzerland – Zürich, St. Gallen
Mar 2014 Trondheim	Norway	10	Counties – Hordaland, Rogaland, Akershus, Telemark, Oslo	Norway – Bergen, Stavanger, Oppegård, Bamble, Oslo
June 2014 Lamia	Greece Cyprus	11	Greece (Administrative Regions) – Central Greece, Attika, Central Macedonia, Western Greece Cyprus (Districts) - Nicosia	Greece – Lamia, Athens, Thessaloniki, Aigion Cyprus - Nicosia
Sept 2014 Umeå	Sweden	9	Counties – Västerbotten, Västra Götaland	Sweden – Umeå, Lycksele, Skellefteå, Mölndal
Jan 2015 Barcelona	Spain	10	Autonomous Communities – Catalonia, Basq Country, Aragon, Balearic Islands, Murcia	Spain - Barcelona, Bilbao, Zaragoza, Palma de Mallorca, Guipúzcoa, Cartagena
Jan 2015 Madrid	Spain	13	Autonomous Communities – Andalusia, Canary Islands, Castile and León, Madrid, Extremadura, Galicia, La Rioja, Castile-La Mancha, Navarre	Spain – Seville, Las Palmas de Gran Canaria, Valladolid, Madrid, Badajoz, A Coruña, Salamanca, Logroño, Toledo, Tudela, San Cristóbal de La Laguna
Mar 2015 Empoli	Italy	13	Regions – Tuscany	Italy - Firenze, Empoli, Lucca, Prato, Livorno, Siena
Apr 2015 Malmö	Sweden	14	Counties – Skåne	Sweden - Malmö, Helsingborg, Lomma, Ängelholm, Kävlinge, Båstad, Hässleholm, Örkelljunga, Vellinge, Burlöv
TOTAL	9	92	35	55

¹ States/Cantons/Counties/ Administrative Regions/ Districts/ Autonomous Communities are the first level political administrative regions/divisions within countries.

Ongoing CT Support by LLT and Demokritos

Whilst Demokritos provides support in the set up of the portal for new local language courses for the CTs to train new OEP Leaders, LLT support the CTs with advice, skype calls, regular email requests and queries and quality assurance. LLT deliberately attempted to create a community feel (group cohesion) within each local region CT course and between CTs trained within ProFouND. We also wanted to ensure that they could ask OEP Leaders and other exercise instructors working in falls in the UK advice and questions so they were invited to join the LLT Facebook page.

Online training portal

Demokritos set up the basic template of a local OEP course for a region/country and the LLT populate the course with the locally translated resources (done by CTs and partners after CT training). LLT then enroll the students and train the CTs in the use of the portal to track students usage, check marks for the multiple choice worksheets and how to download and mark the short answer worksheets and grade the students on the portal.

Creation of a community

Video Trailers were produced after each training course to help foster a sense of community and a feeling of coherence within the group and within ProFouND. A selection of these can be found on the ProFouND website [<http://profound.eu.com/about/wp5-best-practice-exercise-regimen-network-development/>]. All video trailers have been posted on the ProFouND Facebook page [<https://www.facebook.com/pages/Profoundeucom/461418200643444>]. Photos (with permission) from the training were also posted and tweeted on the **ProFouND Twitter page** throughout training. Approximately 70% of the CTs trained have 'liked' the **ProFouND Facebook page**. Posts on this page regarding Cascade Training commonly have 250-500 views [<https://www.facebook.com/Profoundeucom-461418200643444/insights/?section=navPosts>].

The CT trailer videos are also available on **YouTube** as a ProFouND playlist [<https://www.youtube.com/playlist?list=PLX-jzYKsCv6-ChbcMMCuJxrt-MMhWi-EF>].

- Stuttgart CT Training Trailer – viewed 104 times
- Trondheim CT Training Trailer – viewed 226 times
- Lamia CT Training Trailer – viewed 291 times
- Umeå CT Training Trailer – viewed 181 times
- Barcelona CT Training Trailer – viewed 150 times
- Madrid CT Training Trailer – viewed 72 times

All CTs who have liked the ProFouND Facebook page have also joined the **LLT Facebook page** [currently 787 members] and they actively contribute to the discussions and posts on the LLT community page.

Quality assurance of OEP training by CTs

Before they run their course, the CTs have full guidance and support from LLT tutors. Once they submit their course notification booking form, this support is ongoing, as required, and involves portal training and email support along with professional discussions via Skype calls.

In order to maintain consistency and standardization in their teaching, the CTs must be able to demonstrate that they are still teaching the same course, delivering the exercise component with good technique and are qualifying people appropriately to deliver this programme to older people. LLT provide a wide range of resources to the CTs to help them deliver their local training courses and therefore maintaining a standardised approach. The implementation and guidance handbook includes:

- Cascade Trainer Guidance 1: Power point presentations
- Cascade Trainer Guidance 2: Format & planning of workshops

- Cascade Trainer Guidance 3: Learning checks and group management
- Cascade Trainer Guidance 4: Giving learners constructive verbal feedback
- Cascade Trainer Guidance 5: How to use the OEP Assessment observation checklist
- Cascade Trainer Guidance 6: Giving written feedback to learners
- Cascade Trainer Guidance 7: Standardised approaches to teaching older people

Also included are full timetables and lesson plans. Resources are also available such as the OEP Exercise Cards for use on course and assessment day and FaME Supplementary Exercise Cards for CPD. LLT tutor led videos are available of full sessions and of all the individual exercises along with examples of how to run workshops. LLT provide the welcome letters and enrolment onto the portal of OEP learners for the CTs. Included in the face to face training are sessions on implementation and QA

A robust quality assurance (QA) process has been implemented by LLT to monitor and support the newly qualified CT's [Task 5.4, D5.4]. This includes good record keeping, submission of quality assurance paperwork and video streaming of technical practical skills and leadership and teaching skills, including:

- OEP course registers (name, profession, organization, email address)
- Pass rates (and samples of course evaluations completed by learners at the end of each course)
- Submission of sample course evaluation/action plans written by CTs at the end of each course
- Submission of OEP training submitted via video footage
- Professional discussions via Skype/face time/telephone

The CTs submit these online to LLT within 2 weeks of the local OEP training completion.

Verbal feedback is given initially via Skype once the CTs have completed their course and submitted the required admin and film clips. Written feedback is then provided highlighting CT skills with positive reinforcement along with guidance for any areas requiring further development.

The CTs complete a reflective evaluation of their teaching on each course, including action points for improvement.

LLT monitor the learner course evaluations (which are in the local language but the scoring of each item will be in the same order and therefore an overall assessment of the course evaluations is possible) and learner assessment evaluations for each course that each CT delivers to check that learners feel the training delivered by the CT is appropriate and well delivered.

LLT QA the CTs delivery style by viewing submitted videos of their delivery of a "model" class to the new instructors they are training. This is viewed from the perspectives of:

- *Teaching position*
- *Personal correct technique*
- *Observation and correction of technique of new instructors in front of them*
- *Effective group organization*
- *Interaction between learners and between CTs and learners*
- *Engaged learners (they look as if they are following and enjoying the training)*

Overall the quality of course delivery is of a good standard and the CTs are always open to feedback to help them to be even better. Their communication pre and post course with LLT tutors is excellent. Any prevalent trends are discussed and passed onto other CTs. We encourage CTs to

liaise with their peers from their LLT face to face training course which helps them to learn from each other's experiences with running courses and this appears to be working well. Quality assurance information has been received back from all courses delivered locally by CTs except:

- Norwegian CTs who are not following the exact protocol and have added the OEP training into a larger falls prevention course they deliver, so it is not appropriate to QA them on the OEP part alone.
- The two courses that have been delivered within University Curriculum (Friedrich-Alexander University, Erlangen-Nuernberg, Germany and Umeå University, Sweden), as the students are not being formatively assessed within these settings, instead Attendance Certificates are being given.

Impact of CT Training

Although many of the CTs have been interested in delivering courses locally, some countries took time to finalise translations of the resources and some are still awaiting translations. This has meant that some areas have been slow to roll out local OEP training.

However, there are local language training courses on the online training portal for the following countries/languages.

- German
- Swedish
- Spanish

Otago - Bregenz



Instructor: Christiane Feuerstein

Otago Sturzprophylaxekurs - Hamburg



Instructor: Lena Dasenbrock
Instructor: Stephanie Lurz

ProFouND Online Training

Course categories:

Training Stages for OEP Leaders

Otago Osnabruck



Instructor: Katja Richters

Kaskadentraining für Otago-Übungsleiter Stuttgart



Instructor: Carolin Anika Barz
Instructor: Karin Kampe

- ▶ Austria
- ▶ Germany
- ▶ Greece
- ▶ Norway
- ▶ Spain
- ▶ Sweden
- ▶ Italy

Otago Sturzprophylaxe Kurs Oldenburg



Instructor: Lena Dasenbrock
Instructor: Stephanie Lurz

Förkurs till Otaglodare i Sverige - Swedish Version



- Norway intend to set up a Norwegian language portal, that will include more resources for their training courses and will cover more than just the OEP Programme.
- Greece is training OEP Leaders an English Language portal but are close to completing resource translations, anticipated August 2015.

- Italy are working on the resource translations and an Italian language portal will be set up before end of 2015.

All CTs have reported that they now use their new skills in evidence based strength and balance exercise programming to improve their advice and rehabilitation techniques with the older people they work within their organisations.

Local OEP Training by the CTs

Local training is supported by LLT through the online training portal, with translated documents in local languages and also the home exercise booklets translated into 14 languages/dialects. This means that local language resources for older people are available in all regions where there are currently trainers.

The OEP leaders use these home exercise booklets to support their delivery of exercise to older people and are meant to top up group training to support effective frequency and dose of exercise. They can also be used in rural areas to support self-management, were the OEP Leader assesses the older person in their own home and sets a starting prescription of exercises and can them support them in their unsupervised exercise programme with telephone calls and home visits to progress the exercises or change the prescription.

To the date of this report, **143 New OEP Leaders (in Germany, Austria, Norway, Greece and Crete) have been trained by the CTs.** There are local OEP course dates set, in the next few months, for another 78 students, not including the new courses being set up by Italy, Spain and Sweden.

GERMANY [38 new OEP Leaders trained]

All resources for training are translated into German. There is a German language local OEP training portal.

Glückwunsch! Sie haben alle erforderlichen Anforderungen erfüllt, um mit dem Training für das Otago-Übungsprogramm fortzufahren.

Wie bereits in der Präsentation „Begrüßung und Einführung“ beschrieben, müssen Sie vor dem Trainingskurs vor Ort im Vorfeld einige Aufgaben erledigen. Diese sind essentiell, um Sie möglichst gut auf den praxisnahen Trainingskurs vor Ort vorzubereiten. Die Erledigung aller kursvorbereitenden Aufgaben und das Lesen der Manuale werden mindestens 10 Stunden in Anspruch nehmen.

Kursüberblick:

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graph LR
    A[Theoretischer Hintergrund des Otago-Übungsprogramms  
• Evidenz  
• Motivation  
• Implementierung] --> B[Praxis des Otago-Übungsprogramms  
• Evidenzbasierung  
• Lehrkompetenz & andere Kompetenzen des Otago-Übungsleiters]
    B --> C[Prüfung zum Otago-Übungsprogramm  
• Für Otago-Übungsleiter]
  
```

Bitte drucken Sie alle Manuale aus und bringen Sie diese zum Trainingskurs vor Ort mit.

Theoretischer Hintergrund des Otago-Übungsprogramms

Sie haben durch die Kursvorbereitungen fast alle theoretischen Inhalte abgedeckt. Es gibt einige verbleibende Theorieinhalte, die eng mit der praktischen Anwendung verknüpft sind (Motivation, Adhärenz und Implementierung). Auf diese Inhalte wird während des Trainingskurses vor Ort eingegangen.

Sie haben sich die VIER 30-40-minütigen PowerPoint-Präsentationen angesehen.

Lesen Sie noch den Artikel „Motivate Me Kursvorbereitung Text“ und vervollständigen Sie die Anleitung „Motive Me Kursvorbereitung Aufgaben“, um diese zum Trainingskurs vor Ort mitzubringen.

- June 2014
 - One CT ran a short version of OEP training integrated into University teaching on falls prevention [MA Gerontologie Programms an der Friedrich-Alexander University Erlangen-Nuernberg]. All course materials made available on the University student portal. So far this setup has been conducted once and **8 Masters students** attended.

Another intake of students has just started and it is expected that 14 students will do this course July 29th and 30th.

- Sept 2014
 - Partner 3 (RBKF). 2 CTs trained **9 physiotherapists** as new OEP Leaders, in the region of **Baden-Wurttemberg**.
- Jan, March and April 2015
 - Three CTs have run three OEP courses in Jan, March and April 2015, in Hamburg and Oldenburg, **Lower Saxony**, training **21 physiotherapists** as OEP Leaders.
 - One CT has a course set for Autumn 2015, in Osnabruck for 10 physiotherapists.

AUSTRIA [13 new OEP Leaders currently being trained]

- One of the CTs trained in Stuttgart is currently delivering OEP training to **13 exercise trainers** for the Catholic Educational Institution, Bregenz.
- Another set of courses are due in Oct 2015 – 29 exercise trainers expected to attend courses in Bregenz for a project “To stay in balance”.

NORWAY [58 new OEP Leaders trained]

Partner 4 (NTNU) have organized 7 local combined OEP/falls prevention training courses since their original CT training in January 2014. They have trained 39 new Falls Prevention Exercise Leaders and given refresher training to 19 instructors, who have the skills to deliver tailored evidence based strength and balance training to older people at risk of falls, in 4 regions of Norway. Norway are not cascading the original OEP training model but instead combine OEP with other falls prevention exercises and the wider multi-disciplinary interventions.

In Stavanger:

- 3 courses for instructors, one in autumn 2014 and two in spring 2015. A total of 21 participated and completed the courses.

In Bergen:

- 1 course (three instructors) and a refresher course for 12 instructors.

In Bramble:

- 1 course (three instructors)
- 1 course for carers (12 persons who are involved in a project called Home Care Rehabilitation).

In Trondheim:

- Refresher course to 7 established falls prevention instructors.

Future anticipated training includes Trondheim (August 2015), Stavanger (September 2015) and Oppegård/Oslo (September/October 2015). The cascade trainers in Norway will participate in in each other's courses this autumn – to learn and make sure the quality and equality in the courses given in Norway.

In Autumn 2015, in Trondheim, a train the trainer course (developed by NTNU) will be delivered to selected physiotherapists, which will be qualified to give courses for new instructors in their communities/regions in Norway. This is part of the commission that NTNU have with the Norwegian health Directorate.

GREECE [34 new OEP Leaders]

Partner 22 (TEISTE) have organized 3 local OEP training courses since their original CT training in June 2014. They have trained 34 new OEP Leaders, who will work across Greece and in Crete. One of those trained is planning on using the OEP programme within their PhD research.

- November 2014

10 OEP Leaders from 3 regions in Greece (Lamia, Athens, Tripoli) including academic lecturers from the Physiotherapy Depart. T.E.I. of Western Greece, Physiotherapy Depart. T.E.I. of Athens, Centers of Open Protection of the Elderly (K.A.P.I.) were trained 8, 9th and 15th Nov 2014.

- February 2015

12 OEP Leaders from 8 Regions [Patra, Athens, Volos, Aigio, Melissa] in Greece and from Heraklion in Crete. Includes Nupoor Kulkarni, PhD student (thesis application of Otago, protocol to be applied in 100 older people), trained 14th, 15th & 28th February 2015

- May 2015

12 OEP Leaders from 8 Regions in Greece [Aigio, Patra, Imathias, Thesprotias, Tripoli, Larissa, Athens and Piraeus] including academic lecturers from the Physiotherapy Depart. T.E.I. of Western Greece, trained 9th, 10th and 16th May 2015.

The CTs are planning another OEP course in Sept 2015 in Lamia and another (date unknown) in Athens.

SWEDEN

At the Department of Community Medicine and Rehabilitation, Umeå University a short version of OEP training has been integrated into the teaching in semester 3 of the Physiotherapy Programme. Students are enrolled in the programme twice a year, so the course is held every 6 months. All course material (translated into Swedish) is made available on the University student portal. So far this setup has been conducted once and 28 students attended. In the future we plan to offer students who are interested to take additional training (beyond the course curriculum) to become a certified Otago Leader. This will likely be in conjunction with local CTs trained in Umeå, who will assess the students against the ProFouND OEP Leader Teaching Criteria.

The Swedish CTs have been waiting for all materials to be translated. At the end of May 2015, the Swedish portal was finalized and dates are being set for training new OEP leaders in the respective municipalities.

Förkurs till Otagledare i Sverige - Swedish Version Aktivera redigering

Din progression

Välkommen till portalen för Otagoledare.

För att försäkra oss att du är lämpad att bli en diplomerad Otagoledare och klarar utbildningen (som utförs av en certifierad Otagoutbildare) i din region, så vill vi att du gör följande:

- Kriterier för att bli en Otagoledare**
Begränsad tillgång: 'Ej tillgänglig innan aktiviteten Kriterier för att bli en Otagoledare är markerad som genomförd.'
- Manualer för Otagoledare**
Begränsad tillgång: 'Ej tillgänglig innan aktiviteten Kriterier för att bli en Otagoledare är markerad som genomförd.'
- Presentationer inför utbildningen, olika Ppt presentationer**
Begränsad tillgång: 'Ej tillgänglig innan aktiviteten Kriterier för att bli en Otagoledare är markerad som genomförd.'
- Frågeformulären**
Begränsad tillgång: 'Ej tillgänglig innan aktiviteten Kriterier för att bli en Otagoledare är markerad som genomförd.'
- Kort frågeformulär**
Begränsad tillgång: 'Ej tillgänglig innan aktiviteten Manualer för Otagoledare är markerad som genomförd.'

När du har gjort alla uppgifter och uppfyllt kriterierna och svarat på båda formulären så kommer du få tillgång till filmer och presentationer för att fortsätta din "online" utbildning.

Home Page

Kalender ☰ ☱

juni 2015

Mån	Tis	Ons	Tor	Fre	Lör	Sön
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Senaste nytt ☰ ☱

Lägg till ett nytt ämne...
(Inga nya inlägg ännu)

Användare som är inloggade just nu ☰ ☱
(De senaste 5 minuterna)

Dawn Skelton

SPAIN

There are plans to set up at least 11 OEP courses across Spain during 2015/2016 (see section on 'Embedding local OEP training into sustainable practice').

ITALY

There are plans to start OEP courses by the end of 2015 and to train the CTs to deliver CT Training within Italy to increase potential number of OEP courses delivered in the future (see section on 'Embedding local OEP training into sustainable practice').

Reach to evidence based strength and balance exercise to older people

WP6 did an online survey of CTs and partner organisations/contacts shortly after CT OEP training (further information available in ProFouND 2nd Year Review Report and D6.3). They received 64 completed surveys from 20 (31.3%) Swedish, 14 (21.5%) Greek, 11 (16.9%) Austrian, 6 (9.2%) German, 6 (9.2%) Norwegian, 2 (3.1%) Italian, 1 (1.5%) Spanish. They also completed an interim follow-up questionnaire and 24 people responded - 8 Norwegian, 5 Swedish, 5 German, 3 Greek, 1 Swiss, Austrian, 1 unknown. A further 30 CTs have since completed the baseline questionnaire (a total of 94) but their data is not represented below.

The baseline surveys suggested the following, prior to training:

- Large amount of delivery in hospital/acute setting, patients do not get evidence-based exercise dose.
- Lack of follow on community classes and clear pathways from different services.
- Large amount of exercise training through in-house training not formal evidence-based training.
- Little systematic opportunities for follow-up and exercise maintenance in community.
- Lack of trained non-clinical staff

The follow-up questionnaire suggested the following, after training:

- Changes to delivery with older adults (15 participants)
- Starting new interventions (6 participants)
- Training others (7 participants)

Data suggests that as a result of cascade training we should see changes in delivery so that:

- Interventions are more progressive and tailored
- There is an increase in the number of exercise interventions being offered in clinical/community settings
- Better defined exercise pathways.

A Survey on reach of OEP exercises to older people will be done later in project by WP6 but we have collated some feedback from CTs and OEP Leaders.

GERMANY

- Two CTs have worked with approximately 25 older people (RBKF) in Stuttgart.
- Two CTs have worked with two groups of older people (25) in Oldenburg and have worked with some inpatient older people on rehabilitation wards.

NORWAY

In Stavanger:

- 11 new falls prevention exercise groups are running for older people (approx. reach 80 people).

In Bergen:

- 8 new falls prevention exercise groups are running for older people (approx. reach 50 people).

In Trondheim:

- 18 exercise groups in Trondheim have got additional OEP exercises within them (approx. reach 110 people).

GREECE

- Two OEP Leader in Athens (K.A.P.I) now runs 4OEP sessions every week and reaches approximately 130 older people a week in these sessions.
- On a Volunteer basis 10 OEP leaders in Patra are planning to run classes for older people (in turns) as external collaborators to the local Centers of Open Protection of the Elderly (K.A.P.I.) of Ahaia Patras. The leader of this effort is the president of the local department (Achaia and Ilia) of the National Association of Physiotherapists in Greece.
- One CT and one OEP in Cyprus have set up small (1-4 people) classes, including people with Parkinson's Disease.
- All trained OEP Leaders (physiotherapists) report using the new exercises in their practice with all older people with a history of falls.

SWEDEN

- The CTs have had their own training groups with older people and they have seen very good results, above their expectations, which has lead to a greater interest to spread this on a larger scale.

SPAIN

- Since the OEP leader training courses are just in the early stages, it is still soon to estimate the total number of older people that will be reached, however all CTs have implemented the exercises into their daily practice with older people.

ITALY

- Since the OEP leader training courses are just in the early stages, it is still soon to estimate the total number of older people that will be reached, however all CTs have implemented the exercises into their daily practice with older people.

CT Dissemination within their regions/countries

Many of the CTs have contributed to falls prevention awareness events and campaigning. Details of the partner CTs dissemination activities can be found in the 'ProfouND Period 2 Report'. Further specific CT dissemination activity appears below.

GERMANY

- 2 trained OEP leaders have disseminated the OEP programme within their organization.
- 1 CT has integrated the OEP in her training and lectures for physiotherapists.
- The RBMF has started a new project ("Stepping safely through life") and therefore created a course concept for falls prevention classes. Target groups are older people at risk of falls and fracture living in rural areas. The course concept also integrates components of the OEP. 1 CT did a short introduction of the whole course concept to 2 CTs and 6 other lecturers

(physiotherapists/ sports scientists) via telephone. The 9 “Stepping safely through life” lecturers (3CTs and 6 other lecturers) have trained about 250 exercise instructors so far (March-May 2015).

NORWAY

The Norwegian CTs are particularly active on social media.



I anledning Folkehelseuka

Profound.eu.com shared a link.
Posted by Jane McDermott (?) · November 21, 2014

ProFouND Partner NTNU showing exercise groups on national news in Norway - see item 7 <http://tv.nrk.no/serie/dagsrevyen/NNFA02100414/04-10-2014#t=10m22s>



NRK TV - Se Lørdagsrevyen
tv.nrk.no
Siste nytt fra NRKs nyhetsredaksjon med magasin, sport og vær.

609 people reached Boost Post

GREECE



CTs trained in Lamia have disseminated the OEP programme within their organisations:

- 4 CTs trained from the Academic Physiotherapy department: T.E.I. of Sterea Ellada.
- 1 CT trained from the Academic Physiotherapy department: T.E.I. of Western Greece.
- 2 CTs trained from the National Institute for Disabled Rehabilitation, Athens E.I.A.A.
- 2 CTs from Centers of Open Protection of the Elderly (K.A.P.I.)
- 1 CT trained from Private Rehabilitation Center EVEXIA, Thessaloniki.
- 1 CT trained from Private Rehabilitation Center: Filoktitis Recovery & Rehabilitation Center, Athens

They have also:

- Started up talks and lectures in the K.A.P.I day centres within their regions to talk about exercise and falls.
- Initiated Skype calls to the USA, with the GeriOlympics lead, Dr. Ted Muilenburg to build co-operation of programmes.
- Presented seminars in Athens municipalities on preventing falls, with the Launch Event to be programmed and the municipality P.Faliro in cooperation with the Scientific Geriatric Department of the Hellenic Association of Physiotherapists.
- Scheduled for October 1, 2015, International Day of the Older People, events and talk about the action of both the European Network ProFouND, and of their municipality to improve the quality of life of citizens aged 65+.

SWEDEN

CTs took part in delivering falls prevention advice and exercise tasters as part of the Vasterbotten Falls Prevention Campaign; press release; promotion and dissemination through local and national events, for report on the event see Annex 3 of D1-5 First Periodic Report and webpage

<http://www.fallint.se/>



Välbesökt evenemang arrangerat av PRO Obbola. Vi är inbjudna att prata om fall, fallprevention och sömnläkemedel.

See Translation



Åsa Bygdeson will presenting her experiences of running a regional campaign on falls awareness at this event. Two seminars, Edge of the mat - what are the chances that it will be my death? - a week long event with an estimated 25 000 people attending 😊

	<p>Mattkanten – hur stor är risken att den blir min död? - Almedalsveckan www.almedalsveckan.info www.gotland.se</p>
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Next steps

WP5 will continue to support existing active CTs and those who start local training (something on the considerable workload this represents and lessons learned for the future).

Demokritos will continue to maintain the online training portal and support LLT in setting up local training courses. Anticipated OEP training by CTs is covered earlier in this report.

LLTs final two deliverables are due in Month 36.

- D5.6 Final report on trained tutors
- D5.7 Follow me – Film version of Otago

CT Training in Year 3

The **ninth** Cascade training course will take place in **Utrecht**, 4-8th June 2015. Partner 20 (CSI) has identified 9 physiotherapists from their contacts in **the Netherlands**.

The **tenth** Cascade training course will take place in **Prague**, 27th-31st Aug 2015. Partner 7 (HOPA) has identified 12 physiotherapists and exercise instructors from their contacts in **Hungary**.

Dates have not been set yet for one more course in Italy (with Partner 17) and another in Greece. There is the potential, if the budget allows, to work with Slovenia who have shown interest in the training (associate members).

Embedding local OEP training into sustainable practice

In order to support the sustainability of the evidence based training and to try to embed into policies within the countries LLT has trained in so far, work is being done with the partners in each individual country. Each country (partner) has taken a different approach, supported by LLT to bespoke the region/country requirements/needs.

The OEP Leader training supports the principles of the EREPS Lifelong Learning Programme



GERMANY

The OEP training has been integrated into the MA Gerontology curriculum at the Friedrich-Alexander University Erlangen-Nuernberg University, with the aim to train Gerontologists at the earliest stage of their career to deliver evidence based exercise to prevent falls to their future clients and to inform work colleagues of its effectiveness.

Two CTs in Germany spent considerable time completing the requisite paperwork to get the OEP exercise sessions registered on a Central Institute (VDK - 6 state health insurances collaborating) to allow the prevention exercise training to be supported by the insurance companies. Future OEP Leaders will still have to apply to this institute with their relevant qualifications but the bulk of the information on what the OEP training is and its level of evidence is completed for them already. The certificate in the location the OEP Leader applied with lasts for 3 years. When an OEP Leader has this Certificate the older people will be able to claim back 70-80% of their expenses to attend the OEP sessions. The other insurances now follow the decision of the Central Institute (VDK).

The Figure on the next page shows the Insurance Companies that now accept Otago Exercise through their policies.

Versicherte

Sie sind bei einer gesetzlichen Krankenkasse versichert und möchten mehr über die zertifizierten Präventionskurse Ihrer Krankenkasse erfahren? Dann klicken Sie bitte das entsprechende Logo unten an.

Diese Kassen stehen hinter uns:



Vdek, BKK, AOK Nordwest, ikk classic, knappschaft = Kurs auf deren Homepage zu finden

Verband der Ersatzkassen e. V. (vdek)



Telefonnummern vdek:

Barmer: 0800 45 40 150, TKK: 0800 - 285 85 85, DAK: 0441 2052000, KKH: 0421/163395-0,

HEK: 0800 0213213, HKK: 0421 3655-0

NORWAY

Partner 4 (NTNU) is Norwegian Health Directorate to develop a certification system for exercise instructors in Norway. OEP training is now embedded within a larger falls prevention course (covering FaME and other falls prevention interventions) delivered to physiotherapists in Norway.

GREECE

Two of the CTs and 10 of the OEPs they have trained sit on the Scientific Department of Geriatric Physiotherapy and the National Association of Physiotherapists in Greece and aim to change practice within Greece.

One CT and one OEP are working closely with the Health and Social Welfare Services of the City of Papagos-Cholargos, in Athens, Greece, where a new OEP action plan is being applied. At this point, an initial approval of the programme has been obtained by the service. Eight to 10 older people, who satisfy the OEP inclusion criteria, users of the Health and Social Welfare Services, will be included in the first two-month phase. This will be used as a pilot application, in order to proceed to a full application for 12 months for a first set of 8 to 10 participants. If interest of users of the Health and Social Welfare Services, surpasses the availability the creation of further groups will be examined.

The application of OTAGO program in clinical practice is now a priority of WB Achaia and Ilia of P.S.F. with the collaboration with the Municipality of Patras and Geriatrics & Gerontology Society southwestern Greece to, over time, develop a network of prevention of falls for older people, increasing the number of beneficiaries, and ultimately improve the quality of life of the population.

SWEDEN

Two regions in Sweden, Skåne and Vasterbotten, have hosted training. There is an ongoing discussion at the national level, with the Swedish Association of Local Authorities and Regions, SALAR and in August it is hoped that there will be an agreed plan to spread the OEP training across Sweden. The Swedish portal is now available and dates are being set for local OEP training. Currently, they are planning to approach those who already deliver exercise for older people in the municipality (in the Seniors Centres) and physiotherapists. At present the training is being coordinated locally by the hosts, for example the The Skåne CTs had a meeting to discuss local OEP implementation in June and the Vasterbotten CTs have had a similar meeting. However, the plan is for there to be national oversight of training and quality assurance, with some of the CTs being trained to deliver CT training (not just OEP training).

The OEP training has been integrated into the Physiotherapy undergraduate curriculum at Umeå University, with the aim to train Physiotherapists at the earliest stage of their career to deliver evidence based exercise to prevent falls to their future patients and to inform work colleagues of its effectiveness.

SPAIN

The plan is to roll out the OEP training in Spain (co-ordinated by Investen-isciii and FSIE) by focusing on healthcare disciplines which are related to elderly care and falls prevention: mainly nursing professionals (most of them part of the Best Practice Spotlight Organizations® Program involved in the implementation of best practice guidelines for falls prevention), and physical therapists, among others. OEP leader training courses are being planned at present in 11 health settings all over Spain, as complementary part of a best practice implementation program for falls prevention in older people. The FSIE (Foundation on Health and Ageing at the Universitat Autònoma de Barcelona) is currently preparing OTAGO Leader Courses across Spain for physiotherapists through the regional professional associations of physiotherapists. The organization of these courses is done in collaboration with the Physiotherapists Association from Catalonia and from Madrid. Paperwork for the accreditation of the courses by the Spanish regional authorities for continuing education is also being processed for all the planned courses.

During 2015, after local OEP courses, there will be an estimated number of over 500 trained leaders ready to teach (about 2 courses per each trainer, and a maximum of 12 participants per course).

Also the regional Physical Therapists Associations in Spain are planning to offer OEP leader training courses to their members. One example is the official physical therapist association of Madrid, which is organizing two courses planning to offer them in July.

ITALY

In Italy at the moment the focus of the roll out of training remains within the Tuscany Region (population 3.5 million, aged ≥ 65 , 22%). The implementation of a fall prevention program has been inserted within the priorities of the Regional Prevention Plan (RPP). However, the RPP proposal although finalised, has to be approved by the Tuscany government and council after the forthcoming elections (July 2015).

The proposal, to be operative, also needs the definition of a clinical pathway for individuals at risk for falls which must be approved by the Consiglio Sanitario Regionale (CSR, council of health professions) which will also be renewed after the election. Currently Dr Benvenuti is trying to get the approval by the present CSR by June .

The proposal is aimed at implementing:

- 1) OEP in Tuscany, creating a network among domiciliary care, rehab community services, and APA program (presently delivered in 930 gyms scattered in 81% of the municipalities of the region),
- 2) an educational program for clinicians (GPs, specialists, nurses, PS, etc) and
- 3) for the older population.

The RPP includes a collaboration with LLT (WP5 SME) to create an sustainable cascade training model in the region –where additional training for the CTs will allow them to train new CTs who will then train new OEPs. This joint proposal is presently at the office for legal affairs of the region to be translated in a administrative act ready to be approved immediately after the approval of the RPP.

Summary

The cascade training has been a success and LLT have trained almost double the anticipated number of CTs, within budget. The headlines for this report are:

From March 2013 to May 2015:

- **92 CTs trained by LLT in 9 countries (35 regions/states, 55 cities).**
- **143 New OEP Leaders (in Germany, Austria, Norway, Greece and Crete) have been trained by the CTs.** There are courses set up on the portal and there will be face to face training in the next few months for another 78 students (Austria, Germany, Greece), not including the new courses being set up by Italy, Spain and Sweden.

Importantly, many partners have started the process of accreditation/endorsement/sign up from important stakeholder organisations within their countries in order to increase the chances of the implementation having a measureable reach into the older populations at need of evidence based strength and balance training. There is more CT training due in this third period of ProFouND and many more OEPs will be trained locally by CTs. An update to this report is due at the end of the project.