

Fall in Age



REPORT

Report Nr.: IO1-ID1.4

Report Title:

Definition of the course Index of contents for the main body of the course.

Date:05-09-2019



ID.1.4. Definition of the course index of contents for the main body of the course

Fall-In-Age:

Innovative Training for Technology-based Frailty and Falls Management

Erasmus+ KA203

(2018)

Erasmus+

European Union Programme for Education, Training, Youth and Sport
Key Action 2 – Cooperation for Innovation and the Exchange of Good Practices
Action Type 203 –Strategic Partnerships for Higher Education



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DOCUMENT TITLE:

ID.1.4. Definition of the course Index of contents for the main body of the course

PROJECT IDENTIFICATION:

Title: Innovative Training for Technology-based Frailty and Falls Management

Acronym: Fall-in-Age

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Start Date: 1stNovember 2018

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Project Electronic Card:

<https://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details/#project/2018-1-PT01-KA203-047343>

Website:<http://fallinage.tecnico.ulisboa.pt/>

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- Instituto de Biomecánica de Valencia (IBV)
- Istituto Nazionale di Riposo e Cura per Anziani (INRCA)
- Universidade de Lisboa (UL, IST-UL, FMH-UL)

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1. Introduction

This document presents the table of contents of the course to be developed within the framework of the Fall-In-Age project.

This index has been elaborated considering the results obtained in the focus groups and in the questionnaire (ID.1.1. Survey Template to collect the potential users requirements) that have been elaborated within the Intellectual Output 1 and that are included in the ID.1.2. Report on the results of the surveys and focus groups.

The structure of the table of contents has been elaborated taking into account the structure of the course that is defined in detail in ID.1.3. Definition of the learning objectives, structure and evaluation methodology of the Fall-In-Age course.

The whole consortium has participated in the tasks of IO1 and also in the definition of the index of contents of the Fall-In-Age course.

2. Index of contents of Fall-In-Age course

Total Length: 40h

MODULE 1: Introduction, Background & Fundamental Concepts

(UL)

Length: 10 h

Session 1: Introduction to frailty and aging

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Introduction to fundamental concepts (frailty, falls, and aging). Facts & figures on frailty and falls: epidemiological data.
 - Lesson 2: The triad of ageing (frailty, sarcopenia, osteoporosis).
 - Lesson 3: Fall as a multifactorial geriatric and gerontologic condition (environmental factors, individual factors, pharmacological and health factors, etc.).
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 2: Main consequences of falls

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Impact of falls on the quality of life of individuals and their families.
 - Lesson 2: Impact of Falls and Fall-related injuries on Health and Social Care Services
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 3: Synthesis & Self-Evaluation

MODULE 2: Introduction to bodily harm assessment

(IBV)

Length: 10 h

Work Session 1: Methodologies for the assessment of the frailty and risk of falling

- To Begin
- Didactic Units
 - Objectives

- Lesson 1: Methodologies to evaluate frailty that include biopsychosocial holistic vision of frailty.
- Lesson 2: Assessment of the risk of falling.
- Lesson 3: Human balance assessment.
- Key ideas
- Strengthen Activities
- Extension Activities

Session 2: Available tools to screen balance and risk of falls

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Technological tools for the assessment of the risk of falling (current as well as emerging ones).
 - Lesson 2: Technological tools for the assessment of the human balance.
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 3: Synthesis & Self-Evaluation

MODULE 3: Reduction of frailty and fall risk

(UL-INRCA-IBV)

Length: 10 h

Session 1: Guidelines and protocols used in clinical areas

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Guidelines and rehabilitation protocols for professionals in clinical areas to prevent falls and therapeutic actions to reduce the risk of falling.
 - Lesson 2: Protocols used in clinical practice for the detection and prevention of frailty.
 - Lesson 3: Environmental evaluation at homes for falls prevention.
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 2: Techniques to reduce the risk of falling and to prevent the frailty condition

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Solutions that can assist older persons with high risk of falling.

- Lesson 2: Advantages and benefits of the use of new technologies and healthy habits.
- Lesson 3: Training of elders that present a risk of developing a frailty condition.
- Key ideas
- Strengthen Activities
- Extension Activities

Session 3: Synthesis & Self-Evaluation

MODULE 4: Impact of addressing frailty prevention & management interventions on individuals and society

(INRCA)

Length: 10 h

Session 1: Manage interventions after falls

- To Begin
- Didactic Units
 - Objectives
 - Lesson 1: Different scenarios of intervention for falls prevention.
 - Lesson 2: Solutions that can assist elderly people after a fall.
 - Lesson 3: Guidelines in case of fall and loss of independence.
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 2: Frailty and falls prevention and management: a priority in the public health agenda

- To Begin
- Didactic Units
 - Objectives
 - Lesson1: The role and connection of distinct professionals and/or organizations on the assessment of frailty and risk of falls.
 - Lesson 2: Health Technology Assessment key concepts and its application in frailty and falls prevention and management technologies.
 - Key ideas
- Strengthen Activities
- Extension Activities

Session 3: Synthesis & Self-Evaluation

Fall in Age

Consortium:



UNIVERSIDADE
DE LISBOA



INSTITUTO DE
BIOMECÁNICA
DE VALENCIA



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