

CPD STUDY DAY

OSTEOPOROSIS

Developed for health and fitness professionals specialising in the prevention and management of Osteoporosis and Falls & Fractures



TUTORS:

Dawn Skelton

Chair of the recent National Osteoporosis Statement on Exercise and Osteoporosis

DATE:

24th March 2019

VENUE:

The Studio Leeds
Whitehall Road
Leeds
LS1 4AW

COST:

LLT Members

£99 + VAT

Non-members

£110 + VAT

OSTEOPOROSIS CPD DAY OVERVIEW

This day will update PSIs and physiotherapists on the new evidence on exercise and bone health and falls prevention. It will cover both theory and practice, including the exercises, specialist teaching skills and therapy led guidelines for tailoring the FaME programme for those with diagnosed Osteoporosis and Osteopenia. Developed in partnership with the NOS

LEARNING OUTCOMES FROM THE DAY

- ✓ Identify the benefits, types and prescriptions of exercise for maintaining or improving bone health
- ✓ Identify any safety issues for those with osteoporosis and/or spinal fractures
- ✓ Review the role of physical activity and exercise to help with the pain and symptoms of vertebral fracture
- ✓ Review key research around sedentary behaviour and strategies to encourage people with osteoporosis to move more
- ✓ Evaluate their practice with respect to bone health and participants in their sessions

PRE-REQUISITES, WHO IS THE DAY SUITABLE FOR?

Developed for health and fitness professionals specialising in the prevention and management of Osteoporosis and Falls & Fractures. Also appropriate for;

- ✓ All Physiotherapists
- ✓ Occupational Therapists
- ✓ Physiotherapy Assistants, including Rehabilitation Assistants (supervised by Physiotherapists and Occupational Therapists)
- ✓ Pilates Instructors & all level 2 & 3 Exercise Instructors

WHAT TO BRING/BE PREPARED

- Bring an exercise mat.
- Wear loose fitting clothing/layers (air con studios can be cool!)
- Lunch and refreshments are provided.
- Leeds train station is less than 10 minutes walk away.
- There is no on-site parking. However, Citipark at 7 Whitehall Road (postcode LS1 4AW) is approximately a minute walk from the building.

WHAT TO EXPECT

- Discussion, practical problem solving sessions throughout the day.
- Summary of evidence background, insight/ review of the prevalence of osteoporosis and vertebral fractures and exercise safety and effectiveness.
- The day will meet the needs of already qualified L4 PSI's (falls prevention) and also account for the scope of practice of exercise instructors who do not hold the L4 PSI qualification.
- The day will be largely practical with some use of power-point presentations
- Workshops will cover considerations for all older person groups and will be organised accordingly on the day to ensure instructors are working within their scope of practice.

CONTINUAL PROFESSIONAL DEVELOPMENT



NB: To qualify for allocated REPs CPD points you should be a member of REPs and hold their required pre-requisites (i.e. older adult qualification)