

## Further information

For further information about the course please call 02 9657 0361 or email

[injurycourses@georgeinstitute.org.au](mailto:injurycourses@georgeinstitute.org.au)

Unit code: PUBH5419

OR visit the School of Public Health website: [www.health.usyd.edu.au](http://www.health.usyd.edu.au)

## To enrol in the unit:

Postgraduate public health students at the University of Sydney are to enrol via the university enrolment procedures.

Postgraduate public health students from another university may be able to arrange a cross-institutional enrolment should they wish to undertake the unit. To arrange a cross-institutional enrolment, please liaise with the institution through which you are enrolled.

Students not currently enrolled in postgraduate studies are able to enrol and can also earn course credit. This credit can be accrued towards a possible future enrolment in an approved course of study at the University of Sydney. If you are not currently enrolled in postgraduate studies but would like to enrol in this unit, please contact us via the contact details above.

*Please note: there is a limit of 20 places available so please book early.*



## Requirements for students

Students will need access to a computer (Win 95 / Mac OS 7.5 or above) with ideally Internet broadband. The lecture materials are presented in standard Microsoft Office programs.

For further details on computer specifications see: <http://www.usyd.edu.au/webct/student/getstart/requirements.shtml>

Students will also require Adobe reader which is available as freeware at <http://www.adobe.com/products/acrobat/readstep2.html>

## About The George Institute

The George Institute for Global Health is a not-for-profit organisation that aims to help reduce the global burden of non-communicable diseases and injuries through high quality research, evidence-based policy development and a range of capacity development programs. Research at the George Institute has a major focus on the Asia-Pacific region.

The Institute is made up of several divisions and programs, which oversee numerous large-scale international and regional projects.

The Injury Division conducts high quality research into the causes, prevention and treatment options for various kinds of injury.

For more information on The George Institute and the other courses offered by the Injury Division, please visit [www.georgeinstitute.org.au](http://www.georgeinstitute.org.au)

## The George Institute for Global Health

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THE GEORGE INSTITUTE  
for Global Health  
AUSTRALIA

*Falls prevention for the older person*

**MPH ELECTIVE PUBH5419 (4CP)**

*Lectures commence: Monday 28<sup>th</sup> July  
Semester break: 29<sup>th</sup> Sept till 3<sup>rd</sup> October  
Lectures conclude: Friday 31<sup>st</sup> October*

Affiliated with



[www.georgeinstitute.org](http://www.georgeinstitute.org)

## What the unit will cover

This one semester online unit will teach students about the principles of falls prevention and falls injury prevention in the older person with a focus on the practical application of these principles. The unit will cover the following topics:

- Aetiology of falls
- Burden and economic implications of falls in older people
- Evidence-based falls prevention strategies
- Falls program development, implementation and evaluation

## Additional features

Content materials developed by leaders in the field of falls prevention; Interactive online discussions, moderated by an expert in the field; Practical case studies to promote learning

The website will contain:

- A unit overview and website guide
- Weekly lecture and revision materials
- An e-reference library for interested students

## Unit objectives

- Gain an understanding of risk factors for falls and the impact of falls
- Be familiar with falls prevention interventions and the results of studies testing their effectiveness
- Understand the key considerations in priority setting and policy development
- Have a framework for considering program planning, implementation and evaluation to enhance the likelihood of a program's success and sustainability

## Why study falls prevention?

The prevention of falls and falls injury in the older person is a major public health issue as it is the leading cause of disability, declining quality of life and death amongst this age group.

Developing and implementing effective falls prevention and falls injury prevention programs is crucial to reduce the burden of falls-related injury in the older person. The unit is designed to provide students with an understanding of how this can be achieved.

## Teaching Faculty

The coordinators for this unit are Associate Professor Cathie Sherrington and Dr Anne Tiedeman of The George Institute for Global Health. The unit will be moderated by staff from The George Institute, The University of Sydney and experts in the field.

The materials have been developed by a number of experts in falls prevention including academics, senior government staff and falls prevention practitioners.

## Who should attend?

The unit is designed for postgraduate public health students, public health trainees, health professionals and individuals with an interest in falls prevention in the older person.

Students undertaking postgraduate public health degrees will be awarded four credit points.

### Acknowledgements

The development of this unit was assisted by the Australian Government Department of Health and Ageing's Public Health Education and Research Program.



## Course Feedback:

'The calibre of the lecturers was impressive and the lecture material and readings extremely relevant'

'Enjoyed the course and found it stimulating and entirely relevant to my work'

'I felt that this mode of learning has been great for full time health workers with busy schedules'

## How much will it cost?

The fee per participant is as follows:

- Local award students: AUD \$2125
- External students \$2125
- International students: AUD \$3258

## Recommended Text

Lord SR, Sherrington C, Menz, H, Close J (2007). Falls in Older People: Risk factors and Strategies for Prevention. Cambridge University Press (2nd edition).

## Assessment

The assessment for this unit is based on:

Submission of a written assignment

Participation in moderated online discussions scheduled during the semester

## Pre-requisites for students

Students should be familiar with the use of the Internet and e-mail and have an undergraduate degree.