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## Falls prevention: Gains and challenges in primary care

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Evidence based research in falls prevention is robust in targeting preventive work amongst community dwellers. More than a third of people aged 60 and above living in the community will fall each year, 10% of those falls will result in a serious injury requiring hospitalisation or living in a long term facility - placing an increasing demand on the institution. Across the world, falls prevention strategies including individualise exercise programme for improving strength and balance are effective in preventing falls injuries in the primary care setting but face challenges with limited resources.

This presentation depicts models, with distinct methodology, and implementation of strength and balance programme in a developed and emerging country with unique gains and challenges during the process. The Central London Community Healthcare (CLCH) strength and balance programme based in the Inner Boroughs of London has steadily shown great outcome measures. The service's 2012 review showed the number of falls reported had fallen by 47 percent, with A&E admissions fell by 25 per cent, and GP visits were cut by 28 per cent. On the other hand, Balance Exercises Activities Training (BEAT), a 12-week programme, with the help of a biokinetic wearable sensing device called Simple Wave, has been piloted in the Philippines which showed encouraging results but lacks sample size with ongoing challenges from stakeholders. However, it has tangible potential to tap as a primary prevention pathway as it has been linked with their Department of Health with no existing formal strategies and national programme yet established.

Fundamentally every country in the world is experiencing growth in the number of older persons in their population with increasing demand to Public Health resources. However, evidence showed that falls preventive services and initiatives can be successful in preventing falls and avoiding admission to secondary care.

### Biography

Jonathan Zulueta has an active physiotherapy practice in Central London spanning 17 years with a focus on older patients. He holds the distinction of being the only Advanced Specialist Physiotherapist in Falls, Vestibular and Balance in Greater London at Central London Community Healthcare NHS and a consultant at the Balance Performance Clinic. He is an expert and a key player in the development of Falls Prevention in CLCH. Jonathan's passion lies in extending health span and empowering patients and the health care industry. This is why he remains committed to seeing patients daily while sharing his experience to improve patient care.

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