

**MERCER'S INSTITUTE FOR SUCCESSFUL AGEING – 1<sup>ST</sup> FEBRUARY 2019  
FALLS, FRAILITY, POLYPHARMACY & SARCOPENIA CONFERENCE PROGRAMME**

<b>TIME</b>	<b>EVENT</b>
<b>09.00-09.30</b>	<b>Registration</b>
	<b>Session 1: Frailty</b>
<b>Chair</b>	<b>Professor Conal Cunningham</b> , Consultant in Geriatric Medicine , St James's Hospital, Dublin <b>Dr Tadhg Stapleton</b> , Assistant Professor & Head Occupational Therapy, Trinity College Dublin
<b>09.30 – 10.00</b>	<b>Frailty overview</b> <b>Dr Roman Romero-Ortuno</b> <i>Associate Professor in Medical Gerontology at Trinity College Dublin and Consultant Physician in St. James's Hospital, Dublin</i>
<b>10.00 – 10.15</b>	<b>Frailty in the TILDA dataset</b> <b>Ms Mary O'Shea</b> <i>Research Nurse, The Irish Longitudinal Study on Ageing (TILDA), Trinity College Dublin</i>
<b>10.15 – 11.15</b>	<b>Frailty in the Emergency department including assessment of frailty</b> <b>Home FIRsT</b> <i>Emergency Department, St James's Hospital, Dublin</i>
<b>11.15 –11.45</b>	<b>Tea/Coffee</b>
	<b>Session 2: Sarcopenia &amp; Polypharmacy</b>
<b>Chair</b>	<b>Professor Martin Henman</b> , Associate Professor of the Practice of Pharmacy, Trinity College Dublin <b>Dr Suzanne Doyle</b> , Adjunct Assistant Professor in Nutrition & Dietetics, School of Medicine, Trinity College Dublin
<b>11.45 – 12.15</b>	<b>Sarcopenia – identification / diagnosis</b> <b>Professor Alfonso Cruz Jentoft</b> , <i>Physician. Specialist in Geriatric Medicine and Gerontology. Director of the Geriatric Department of the Hospital Universitario Ramón y Cajal, Madrid, Spain</i>
<b>12.15 – 12.45</b>	<b>Sarcopenia – treatment</b> <b>Dr Caoileann Murphy</b> <i>Postdoctoral Research Dietitian, Conway Institute of Biomolecular and Biomedical Research, University College Dublin</i>
<b>12.45 – 13.15</b>	<b>Achieving appropriate Polypharmacy in older persons (Stop / start)</b> <b>Professor Cristín Ryan</b> , <i>Professor in Pharmacy Practice in the School of Pharmacy and Pharmaceutical Science, Trinity College Dublin</i>
<b>13.15-14.15</b>	<b>Lunch</b>
	<b>Session 3: Falls</b>
<b>Chair</b>	<b>Professor Frances Horgan</b> , School of Physiotherapy, Royal College of Surgeons in Ireland, Dublin
<b>14.15 – 14.45</b>	<b>Falls – overview of explained and unexplained</b> <b>Professor Rose Anne Kenny</b> <i>Department of Medical Gerontology, Trinity College Dublin and Director of Mercer's Institute for Successful Ageing</i>
<b>14.45 – 15.15</b>	<b>Clinical Gait assessment</b> <b>Professor Tahir Masud</b> <i>Consultant Physician, Clinical Gerontology Research Unit at Nottingham University Hospitals NHS Trust</i>
<b>15.15 – 15.45</b>	<b>Lab Gait assessment</b> <b>Dr Tim Foran</b> <i>Medical Physics &amp; Bioengineering Department, St James's Hospital, Dublin</i>
<b>15.45 – 16.15</b>	<b>Falls prevention in hospital</b> <b>Dr Rob Morris</b> <i>Consultant in Geriatric Medicine, Nottingham University Hospitals NHS Trust</i>
<b>16.15</b>	<b>Close</b>