

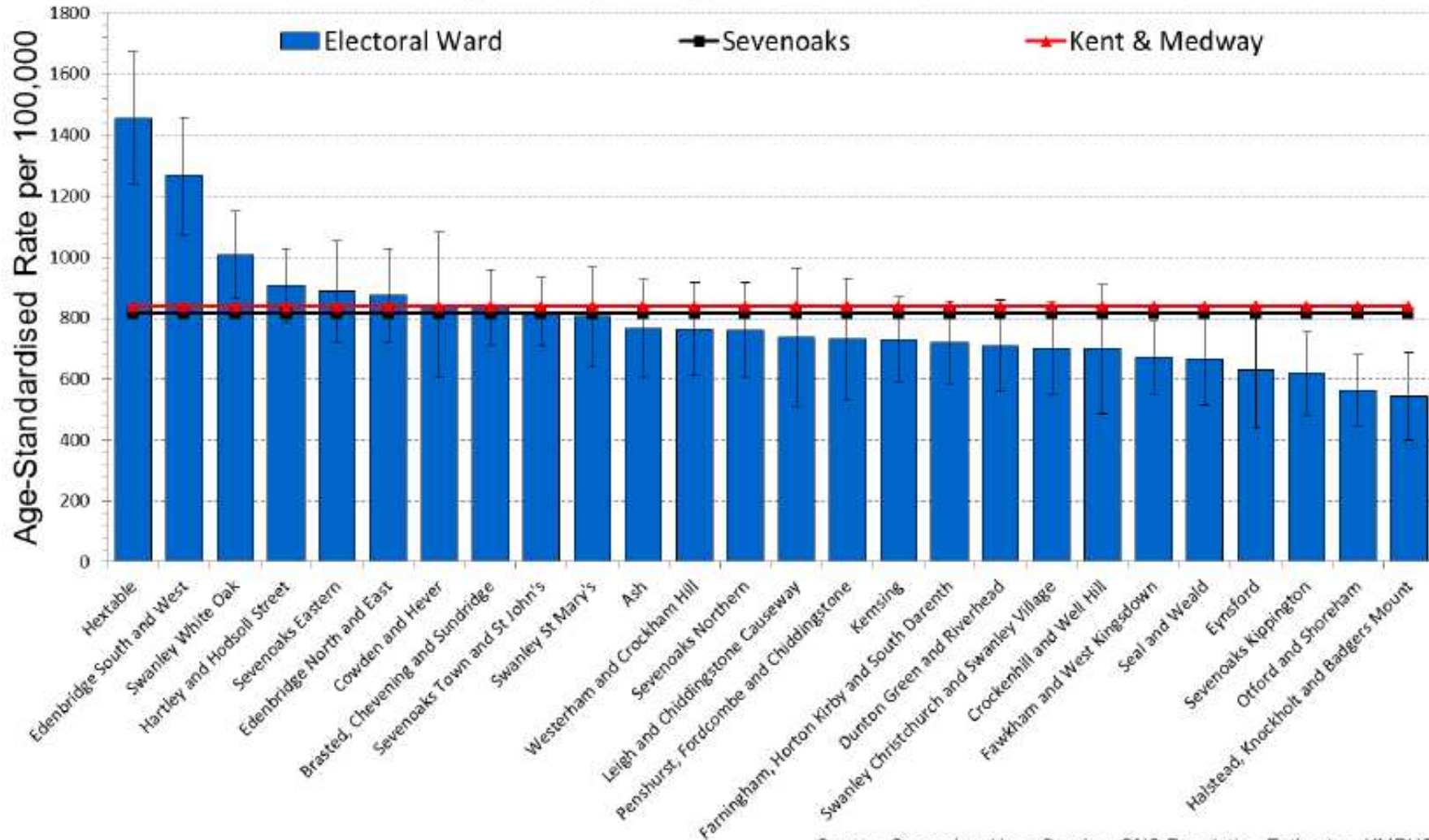
Falls Prevention Pathway



Health Liaison Board
1st October 2014

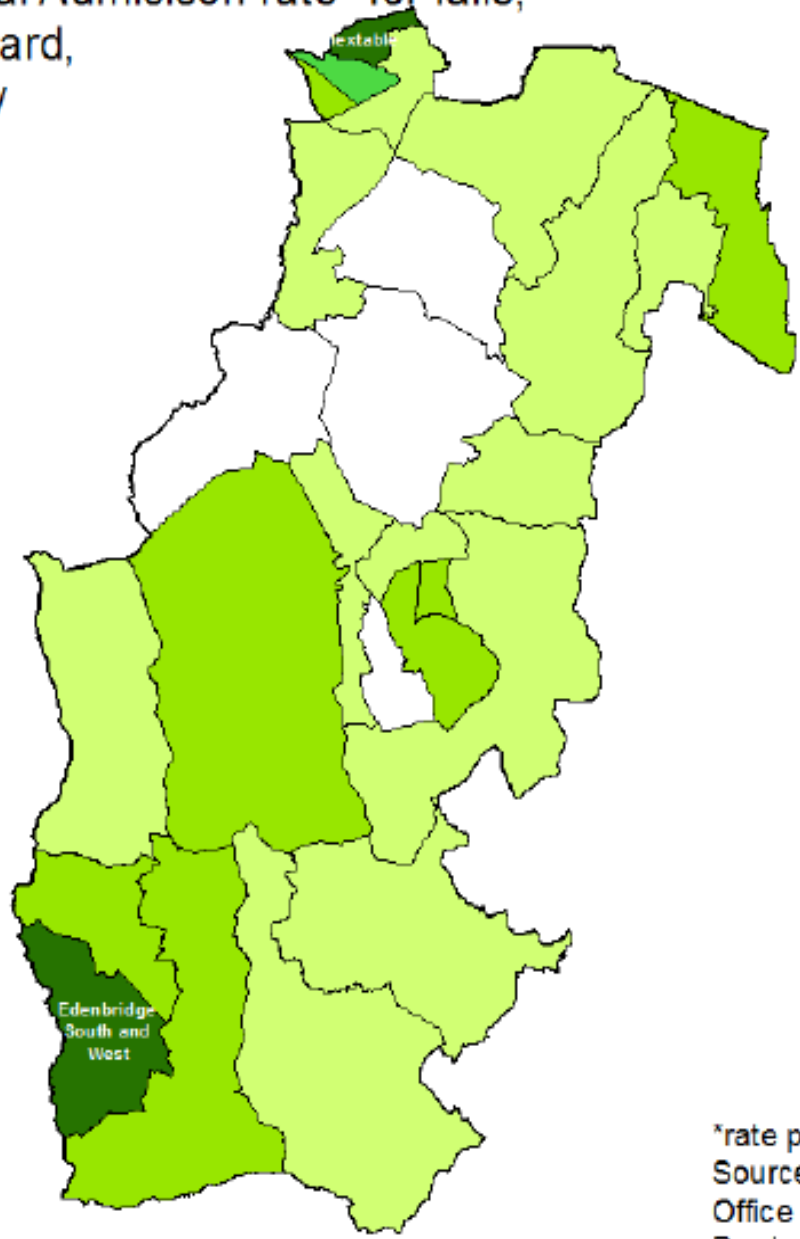
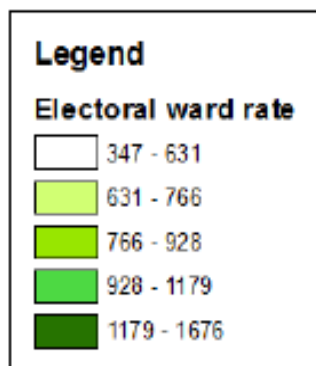
Falls Prevention – Local Need

Admission rates in Sevenoaks for falls, 2011/12 - 2013/14
(pooled), all ages, Both Sexes



Source: Secondary Uses Service, ONS Population Estimates, KMPHO

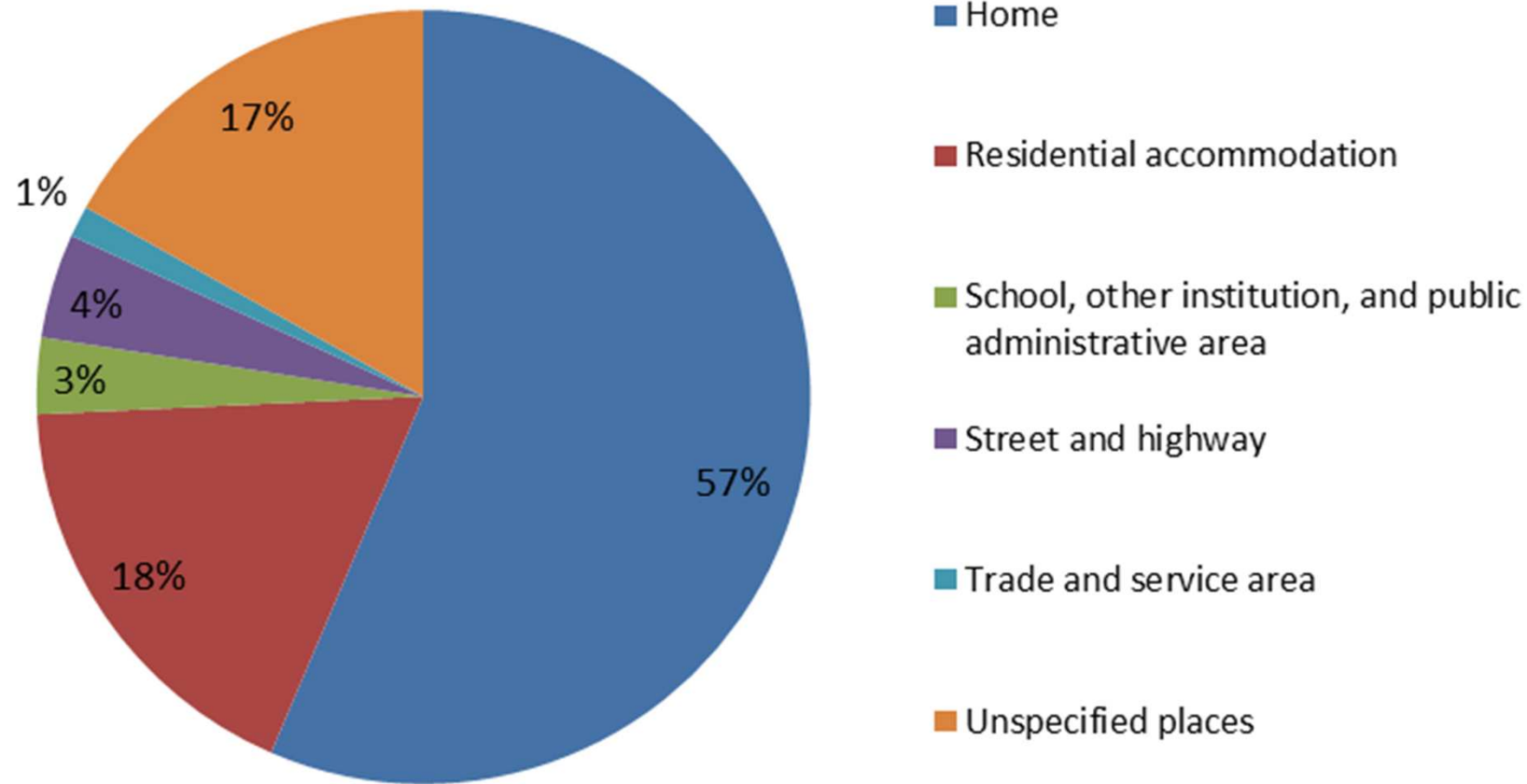
Age Standardised Hospital Admision rate* for falls,
2011/12 to 2013/14, by ward,
Sevenoaks local authority



*rate per 100,000 population
Source: Secondary Users Service,
Office for National Statistics
Produced by: KMPHO (ES, 02/07/2014)

Where Do Falls Occur (65+)

Dartford, Gravesham and Swanley



The Facts

1 in 2 people
aged 80+ will
fall each year

Fractures are
significant public
health issues

Ambulance
callouts at £115
per call-out

Falls account for
upto 25% of
ambulance call outs

Hip fractures cost
the NHS £2.3
billion per year

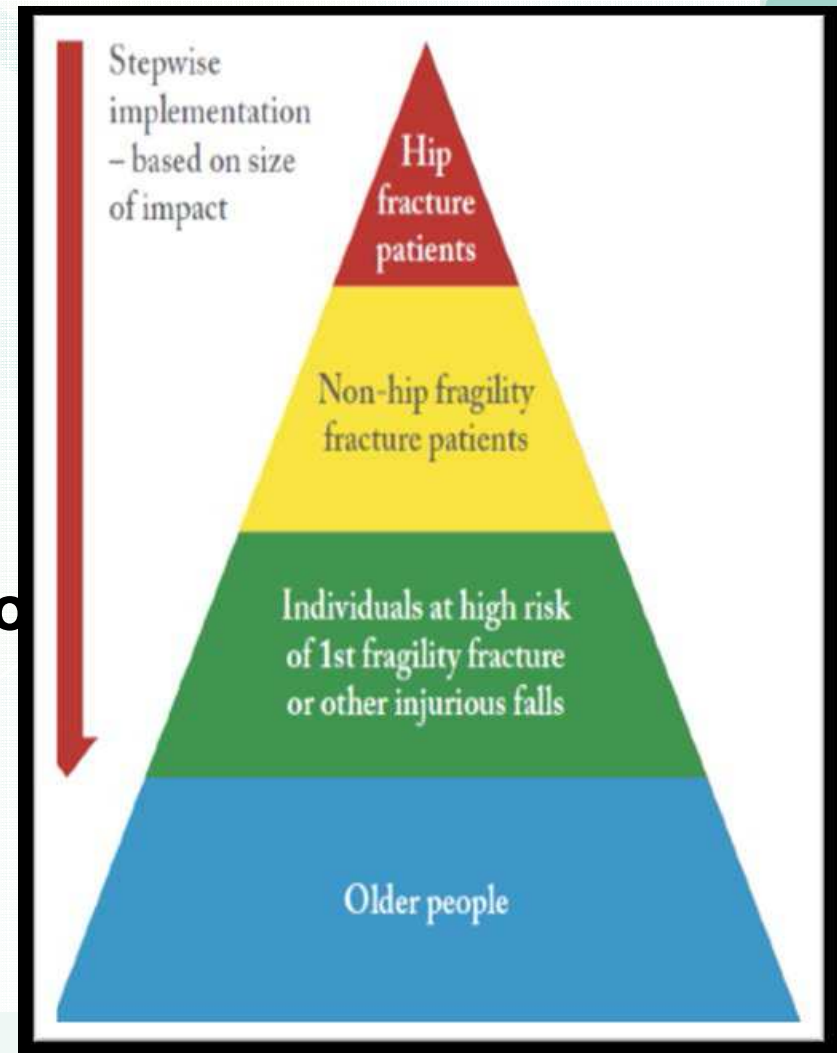
1 in 3 people
aged 65+ will fall
each year

The Need for a New Pathway

- Aging population –
 - >65yrs is expected to rise by at least 15% over the next five years (more than 20% for >85 years)
- Health and social care organisations - unprecedented challenges
- Focus on preventative and early measures
- Joint working infrastructure

Four Objectives for Integrated Service

- **Objective 1:** Improve patient outcomes, efficiency of care after hip fractures
- **Objective 2:** Respond to a first fracture and prevent the second
- **Objective 3:** Early intervention to restore independence – linking acute, urgent care services to secondary prevention
- **Objective 4:** Promote bone health to reduce accidents (encouraging physical activity, healthy lifestyle, and reducing unnecessary environmental hazards)



Proactive Care

Reactive Response

Screening

Contact through Telephone call in, face to face. Multidisciplinary Teams (MDT), Risk Stratification

Rapid Response, SECAMB, A&E, Enablement/Domiciliary care (24hrs) Residential/Nursing Care

Falls Service undertakes Multifactorial Assessments (e.g.)

Housing

Community Programmes

Opticians

Medication (GPs, Pharmacy)

Intermediate/Rehab classes

**Postural Stability
(Community Exercises)
(65%)**

Discharged from service with home exercise programme or referral to self funded mainstream class. Agreed review date/time. **(35%)**

Integrated funding (Public Health, CCGs and Family & Social Care)



Hospital admission was avoided

Proactive care

Cheri felt dizzy and went to see her GP. Falls assessment done using screening tool 1

Reactive response

Cheri had a fall at home, the Ambulance Service (Rapid Response) attended.

Falls Service
Multifactorial Assessments

Cheri was assessed and referred to the following services

Medication and Optician review

Housing – assessed lighting in the home and installed grab rails

Community programme

Postural Stability

Review date/time set for 6 months

Discharged from service and signposted to self funded Tai Chi class for maintenance

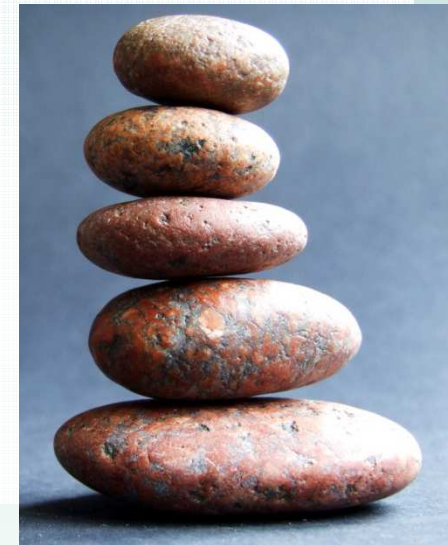
Falls Prevention Classes

- **SDC funded by Kent Public Health to deliver;**
 - Classes ran by trained Later Life Postural Stability Tutors;
 - 1 hour per week in suitable venues (sturdy chairs, disabled access, warm environment);
 - Series of tests to evaluate baseline and to monitor progress quarterly
 - Medical Referral Form - from and to their GP
 - 12 week high risk class then...
 - 36 week follow-on classes then...
 - Ongoing maintenance classes



Aims and Objectives

- Provide community intervention following a fall and support independence and confidence building
- Improve stability during standing, transferring, walking and other functional movement
- Strengthening the muscles around the hip, knee & ankle
- Increase the flexibility of the trunk & lower limbs
- Teach coping strategies, for example how to get up from the floor and if it is safe to do so after a fall
- Relearning skills of everyday living and maintenance of upright posture/balance



Outcomes and Achievements

- Costs: £1,800 per 12 weeks, £10 pp per week
- Monitoring of progress - **27** people (April-Sept 2013):
 - **22** have not fallen since joining the class
 - **4** have fallen, did not require an ambulance or admission to hospital
 - **1** has fallen and admitted to hospital by ambulance
- » 100% their confidence has improved (direct result of class)
- » 99% feel more independent
- » 89% more comfortable increasing activity/mobility levels
- » 88% feel their stability has improved
- » 100% recommend the class to a friend/relative

What the People Say

“Recently fell caused by a heart spasm, used the lessons learnt to get back up”

“Helps keeps my painful shoulder mobile and makes me remember to lift my feet higher when I walk, thus reducing the number of falls I have”

“Great help showing how to get up from the floor and generally increasing mobility.”

“The instructor who gives us confidence is excellent”

“Much more cheerful, nice friendly class”

“Meeting others with the same problems is a help”

