

FALLS PREVENTION PATHWAY

Committee – Health Liaison Board 1 October 2014

Report of Chief Officer Communities & Business

Status: For Consideration

Key Decision: No

Executive Summary: This report sets out the Kent Falls Prevention Pathway and details the work being undertaken by this Council in partnership with Kent County Council as part of the integration of health and social care.

This report supports the Key Aim of reducing health inequalities and improve health and wellbeing for all

Portfolio Holder Cllr. Hogarth

Contact Officer(s) Hayley Brooks Ext. 7272

Recommendation to Health Liaison Board:

Members are asked to note the report

Introduction and Background

- 1 Kent and Sevenoaks District has an ageing population, and over the next five years it is anticipated that the Kent population over 65 years will increase by at least 15% (and by more than 20% for >85 years).
- 2 The risk of falling increases with age, particularly in those age 65 and above. Because falls risk in older people is very high (30+% of people aged 65+ and 50% of people aged 80+ fall each year, and 20% of fallers sustain serious injury) there is a high prevalence of falls related injury amongst older people.
- 3 In 2010/11, falls-related hospital admissions cost GP's in Sevenoaks District over £3.2m, with over 1,080 admissions to hospital during this year.
- 4 Since 2008, this Council has been commissioned by Kent County Council's Public Health Team (formerly NHS West Kent) to deliver postural stability classes for older people who are at a high risk of falling or who have already had a fall and are in the recovery stage.
- 5 This Council works closely with GP's, nurses and the Kent Public Health Team to introduce a referral process for health professionals to refer people from across the District into postural stability classes.

- 6 Members will recall the Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan monitoring on 9 July 2014, the delivery of postural stability classes by this Council form an integral part of this Action Plan.

New Integrated Falls Pathway

- 7 Both health and social care partners are facing unprecedented challenges, and the need to focus on preventative and early measures through joint working has never been greater. A lot of falls especially amongst the older population can be prevented, provided at risk individuals are identified from the first fall, with infrastructure in place to prevent a second fall
- 8 Findings from a scoping exercise in Kent suggest that the current falls prevention pathway across the health and social care system can be better coordinated. The findings also suggest there are currently gaps in the provision of appropriate services which need addressing for effective prevention and management of falls, especially amongst older people.
- 9 Kent County Council health and social care teams in partnership with district council are developing a integrated service for the prevention of falls and factures based on Department of Health recommendations to:
- improve patient outcomes and improve efficiency of care after hip fractures through compliance with core standards
 - respond to a first fracture and prevent the second – through fracture liaison services in acute and primary care settings
 - early intervention to restore independence – through falls care pathways, linking acute and urgent care services to secondary prevention of further falls and injuries
 - prevent frailty, promote bone health and reduce accidents – through encouraging physical activity and healthy lifestyle, and reducing unnecessary environmental hazards

Key Implications

Financial

- 10 In 2014/15, Sevenoaks District Council receives £8,160 for postural stability classes as part of the overall £130,741 from Kent County Council for the delivery of health prevention programmes. This Council also receives £2,300 per 12 week programme aimed at older people at high risk of falling.

Legal Implications and Risk Assessment Statement.

11 There are no legal implications relating to this report

Risk	Mitigation
Funding withdrawn for Health Prevention Programmes in 2015/16 resulting in interventions being significantly reduced or no longer running	Alternative external funding may be sourced to deliver postural stability interventions targeted at those of greatest need, depending upon external funding criteria's and availability

Equality Impacts

Consideration of impacts under the Public Sector Equality Duty:		
Question	Answer	Explanation / Evidence
a. Does the decision being made or recommended through this paper have potential to disadvantage or discriminate against different groups in the community?	No	The Action Plan will have a positive impact in reducing health inequalities across the District.
b. Does the decision being made or recommended through this paper have the potential to promote equality of opportunity?	Yes	
c. What steps can be taken to mitigate, reduce, avoid or minimise the impacts identified above?		N/A

Conclusions

12 Members are asked to note this report.

Background Papers:

Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan – Members Portal

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