Welcome

Special Edition Falls Links Newsletter

This newsletter highlights some of the activities that occurred in NSW Local Health Districts throughout April 2014 as part of April Falls Day®/Month 2014.

We thank all staff and organisations who actively participated in April Falls Day®/Month activities in hospital, community and residential care services in their local health districts.

We also acknowledge the assistance of Ms Natasha Clancy, a Health Promotion Course student intern from the University of Wollongong who compiled this newsletter.

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“Medicate right to stay upright.”

“Falls Prevention is Everyone’s business®”

fallsnetwork.neura.edu.au
Medicate right to stay upright

Falls Prevention Program

Clinical Excellence Commission

The Falls Prevention Program, Clinical Excellence Commission (CEC) would like to congratulate and thank everyone who was involved and promoted Falls Prevention on April Falls Day®/Month this year.

The CEC Falls Prevention Program produced a range of resources for Local Health Districts – information flyers, logos, posters and PowerPoint presentations for Hospital, Community Care and Residential Aged Care staff and for consumers. The CEC would like to thank the combined work of Port Macquarie Hastings Council, Mid North Coast Local Health District and Port Macquarie Base Hospital for their permission to again share their witty Falls Prevention posters, they definitely get people’s attention!

Information on Medications and Fall Prevention was also uploaded onto the 41 Hospital TVs of the Community Network TV group across NSW.

The NSW Falls Prevention Program also tweeted throughout April and will continue to tweet throughout the year.

You can follow us on @NSWFallsProgram

Ingrid Hutchinson and Lorraine Lovitt with a display of April Falls Information at the Championing Falls in April Forum.
April Falls Day® and Month 2014 was celebrated across both NSLHD and CCLHD. All public hospitals and some of our private hospitals across the LHDs participated in our annual celebration of April Falls Day® and Month. Many of our community health team service providers working with older clients/patients, and the staff of residential aged care facilities were also involved in spreading the orange themed message of *Medicate right to stay upright*. The Acute/Sub-Acute, and Community Falls Committees worked very hard to make the day and month a success.

Hospital falls champions donned the bright orange T-shirts to man display stalls and roadshows across LHD facilities. As usual orange balloons, pens, post-it-notes, eye-glass cleaners, brochures, booklets and other goodies were very popular. Many of the wards and departments took part in their hospital based falls prevention themed displays which were just wonderful! A number of facilities in both NS&CCLHDs had ward/department based competitions around the theme of *Medicate right to stay upright*.

CCLHD had the ‘Golden Non – Slipper Cup’ prize for the best ward display, and the winning ward keeps the golden shoe for a year on show.

The CEC falls posters were displayed everywhere. Particularly loved were the Cat and Dog falls posters. Some of these posters have found permanent homes with staff – they were thought to be so cute.

**Manly, Mona Vale, Gosford, Wyong, Long Jetty and Woy Woy Hospitals** conducted educational staff seminars around the Medication theme and to showcase new falls prevention initiatives. April Falls Month has come at just the right time for falls accreditation awareness raising.
Northern Sydney and Central Coast Local Health Districts

NSLHD Mental Health and Drug & Alcohol Teams as a whole district were new to April Falls and highlighted April Falls Month with the specific aim to increase awareness of falls in mental health services in patients of all ages; dispel the myth that falls don’t occur in Mental Health Units and highlight services’ obligations under Standard 10 – Falls. This was across both the inpatient and community adult and Specialist Mental Health Services for Older People (SMHSOP) teams. SMHSOP teams in Northern Sydney and the Central Coast gave out resources to community clients.

Macquarie Hospital always makes April Falls Day® a priority for their mental health clients and this year had displays, quizzes, prizes, calcium rich treats and a fun themed time for staff and patients.

Community service providers in NS&CCLHDs, both health and non-health were as usual provided with orange goodies and resources for their staff and clients during the month of April.

Northern Sydney Home Nursing Services and Central Coast Community Nursing displayed and wore the orange t-shirts, had education sessions and distributed lots of information to their patients and staff during the month.

Central Coast Caring Networks consisting of several community based teams were provided with falls prevention ‘goodie’ bags containing information about falls risk factors and prevention.

As always, so much time and effort went into making April Falls Day® such a success!
Mt Wilga Private Hospital

With the view of promoting the importance of falls prevention, Mt Wilga Private Hospital held an April Falls Day® morning tea on 1st April 2014. The morning tea was attended by over 30 patients who reported that the session was very interesting and informative.

The theme for this year was ‘Medicate right to stay upright’ and Katherine Weiner, NUM, talked to the patients and their carers on this important topic. Other speakers on the expert multidisciplinary panel were Samantha Ling, Dietician, discussing the link between nutrition and falls, Deborah Luckie, Occupational Therapist, with an open forum on the home environment, Matthew Ash, Physiotherapist, educating the patients on the importance of staying active, and Josephine Brumpton, Discharge Planner talking about planning for discharge.

The session was arranged by Sarah Shepherd, Occupational Therapist and the Master of Ceremonies was Sally Pearman, Occupational Therapy Manager.

The take home message for the attendees was that falls risk could be reduced by:

- Knowing your medication;
- Having a balanced diet;
- Reducing the falls risks in and around your home;
- Staying active and;
- Planning ahead.

Mt Wilga also used the event to promote their exciting new Community Living and Lifestyles program which is run through the Day Program. In addition to the morning tea, there were information stands around the hospital including brochures and products related to falls prevention.

Bupa Roseville Residential Aged Care

“April Falls Day®” and Bupa Roseville hosted an information event, so residents, friends, families and the community can learn more about fall prevention.

The Physiotherapist and the Bupa Roseville GP discussed various causes and prevention strategies, including a seated Zumba class and Tai Chi.
South Eastern Sydney Local Health District

St George and Sutherland Hospitals and Health Services launched the use of a Falls Risk Alert sticker to help identify patients at risk of a fall. Sutherland Hospital also used the occasion to thank their volunteers who provide company and supervision to patients at risk of falling and injuring themselves.

The Calvary Health Care Governance team worked together with the Hospital Pharmacists to provide information on medication and fall risk to staff and visitors.

The Royal Hospital for Women provided falls prevention education to maternity staff and new parents and families about risks associated with mother and baby falls.

Garrawarra Centre rolled out a new falls education self-learning package.
South Eastern Sydney Local Health District

Prince of Wales Community Health Service.

People entering the Barker St Foyer from April 1 to 3, were invited to take information from the vast range of *Medicate right to stay upright* falls prevention literature on display and/or participate in the Sit-to-Stand test. Clinicians discussed with people the importance of a medicines list and the type of medications that can increase the risk of falls. Information was given about ways to improve medicine safety including making a longer appointment with the GP for medicines to be reviewed, asking the GP for a Home Medicines Review referral, or having a Meds Check in the community pharmacy with a pharmacist.

Falls prevention literature from the CEC *Medicate right to stay upright* and the NPS MedicineWise medicines promotional material were displayed in several different languages, which created much interest from the general public, allowing clinicians to engage with people who have English as a second language, or with family members who were gathering information for their parents.

Clinicians discussed falls risk factors with people and provided guidance for action that could be taken to reduce those risks. This included a focus on reviewing medicines, improving balance and strength, diet and foot care. In addition, information was provided about A.I.M., WAVES and Stepping On exercise programs.

Clinicians from within the hospital visited the promotion to view current falls prevention resources.

Data was collected during the promotion on how many people had a list of their medicines, as well as from those who participated in the Sit-to-Stand test. It was found on the day that approximately 20% of people carry a medication list. The Sit-to-Stand test showed that for participants over the 3 days, males over the age of 65 have an increased risk of falling compared to females.

Each participant was given an opportunity to enter the draw for a prize, which was generously donated by the Prince of Wales Hospital Foundation. A show bag containing a range of useful information to share with friends, family and their GP was offered at the conclusion of the test.
South Western Sydney Local Health District

The inaugural Championing falls in April Forum was held on the 3rd April at Liverpool Hospital and attended by 66 health professionals from both Sydney and South Western Sydney LHDs. Presentations included CEC overview of statewide falls prevention initiatives and CHOPs as well as showcasing initiatives in both Sydney and South Western Sydney LHD’s.

Falls is one of the top risks in the aged care wards at Liverpool Hospital. In order to highlight this fact and to promote falls prevention these wards decided to dedicate an entire month to falls ‘April Falls Month’. The ward was decorated in all things green and there was a week of fun activities to introduce April Falls Month.

Bowral Hospital raised awareness for April falls Day® with staff members showing support by wearing green. Issues surrounding the importance of wearing sensible shoes and safety of patients with attention drawn to the campaign ’Don’t Fall for Your Nurse’ was the focus of the day.
Western Sydney Local Health District

WSLHD participated in the April Falls Day®/Month, gazetted in the NSW Health Calendar since 2008. This was for the purpose of highlighting the issue of fall injury among older people and promoting best practice in falls prevention.

Staff, patients and community members had the opportunity to attend various falls prevention activities in Auburn, Blacktown, Mt Druitt, Westmead Hospitals, Community Health Centres and in the local community. At the Local Health District level, April Falls Splash Screen Messaging ran across the district from the 30th March to 1st April. Balance and strength exercises for seniors fridge magnets and other resources were sent out to various facilities.

**Local Community Activities**

Approximately 25 Non-Government Organisations (NGOs) and other organisations in WSLHD are working together to improve the fitness, strength, balance, health and well-being of older people living in the WSLHD. This partnership orchestrated three Healthy and Active Information and Demonstration Sessions which were conducted with 60 staff of four NGOs and Government organisations and 40 community members. These sessions aimed to improve staff knowledge and awareness regarding the value of balance and strength exercises for older people’s health and well-being. These information sessions lead on to the provision of other falls prevention programs including Stepping On for the participants.

**Blacktown and Mt Druitt Hospitals Activities**

April Falls Day® was celebrated in style on 1st April 2014 at both Blacktown and Mt Druitt Hospitals. The foyers at Blacktown and Mt Druitt were decorated with balloons and information sheets/exercise fridge magnets and pens were available for staff, patients and visitors. Lunchtime foyer demonstrations at Blacktown were given on Tai Chi and strength and balance exercises by members of the RACS and main physiotherapy departments. Representatives from the Pharmacy Department were also available following the demonstrations to answer questions from visitors on medications and their relationship with falls.

Across both sites, the wards were decorated with falls facts posters and patients were given falls find a words. The highlight of the day was the inaugural Falls Olympics, held at both sites, where teams of staff competed in various tasks, testing their strength and balance skills, as well as their knowledge of falls facts. Teams were represented by medical, nursing, administration and allied health staff. The Blacktown Facility winners were from Occupational Therapy (RACS/main department) and the Mt Druitt Facility winners from were from the Physiotherapy Department. All participants had a great time.
Westmead Hospital Activities

The wards were decorated with falls facts posters. The day started off with a “Falls” morning tea which was held in the Allied Health Department. Then the Falls Prevention Committee members delivered a travelling educational road show to each ward at the Hospital in order to raise visibility of the harm caused to patients when they fall.

The staff on the wards were provided with information folders which featured material on falls screening, assessment, risk factors, management plan, post falls strategies and patient resources from the CEC. Staff were also given practical demonstrations on where they could locate Falls Information on the Hospital Intranet. This succeeded in raising good awareness around falls with staff, but also allowed us to show the wider audience how seriously we take this issue. “We would like to do this again next year to build on the awareness levels and to report back on what new initiatives we’ve put in place”, Westmead Falls Committee members said.

Auburn and Westmead Hospital Activities

At Auburn and Westmead, the April Falls Day®/month was utilised to provide education to staff regarding the new falls prevention and management procedure through staff education sessions and displays with the focus on the use of the Falls Risk Assessment and Managment Plan (FRAMP).

Community Health Activities

Community Health Centres displayed posters in foyers and provided handouts from the CEC to clients. A Falls Olympics was held across three Centres during Staff Meetings. In addition, a brief presentation was given outlining the benefits of strength and balance exercises and drawing staff attention to the CEC website and resources. This information was given to all Community Health Staff including: Administration, Chronic and Complex Care, Child and Family Health and Mental Health.
At Anglican Retirement Villages (ARV) we have been involved in April Falls month for the past 6 years. All of the facilities put on events throughout the month and encouraged the residents to go outside and get some Vitamin D. At many of the facilities there was a ‘Sin Bin’ for those old shoes and worn out ferules (stoppers on the walking sticks). The morning teas were usually orange juice, fruit and orange cakes.

We also try to focus on preventing falls among our staff by making them more aware of possible trip hazards. ARV produced some fabulous posters and they were distributed throughout the organisation.

In Independent living the focus was on medications and falls and involved a pharmacist or registered nurse to give the talk. People were given a falls prevention Book Mark, a Don’t fall for it (at home) booklet and brochures on non-slip socks and choosing the correct shoes. Once again a very successful April Falls Campaign.
Hunter New England Local Health District

Rankin Park Rehabilitation Centre has been running April Falls Day®/Month activities for a number of years. This is a great way to involve staff, patients, family’s, carers and the community in raising awareness about falls prevention.

The theme for April Falls Day® 2014 was Medicate right to stay upright: Medications and Falls Prevention.

At Rankin Park we celebrated in the following way:

1. A display in the front foyer that showcased some REAL post fall injuries as well as tips to Fall proof yourself. (Photo 1)

2. A falls quiz for staff, designed by our Pharmacist Anne Fullerton. Free pens and ADR sticky pads were given if you completed the quiz and chocolates were awarded to the lucky winner. Congratulations Kylie Fairhurst. (photo 2)

3. A demonstration was given to both patients and staff on how to get up from the floor after a fall. This was given by the Nursing Unit Manager and one of our Rehab Co-ordinators with great results. The patients were asked to educate our poor staff member who had fallen over on how to get back up safely into a chair. This allowed staff to evaluate the education given to our patients on how to get up from a fall that they had been given whilst at RPC. There was an excellent turn out with engagement from the patients and staff and very positive feedback from all who attended. (photos 3 -5)

4. A power point presentation by our Pharmacist Anne Fullerton titled Medications – Less is More to prevent a Fall was also in the process of being rolled out to staff in April.
Hunter New England Health held two forums as part of April Falls Month: one in Tamworth on 2nd April with over 100 participants; and the second with over 130 people in Maitland on 7th May.

This year’s theme was the Impact of Altered Cognition on Falls Risk. This focused on a range of initiatives to better identify older people with either temporary (delirium) or longer term (dementia) memory changes, both of which increase the risk of a fall. The impacts of medications were included in line with the 2014 April Falls Month theme: Medicate right to stay upright.

“We also know that falls are even more common among residents of aged care facilities and fall incidents in hospital are high. The forum was attended by staff working in hospitals, in residential aged care, community health and community care services to better recognise when a patient, client or resident may have changes in their ability to understand, which requires more specialised care,” advised Patsy Bourke HNE Health Falls Injury Prevention Coordinator.

A range of Speakers included:

- The key note presentations discussed the impact of dementia on falls risk. In Tamworth this was delivered by Dr Jacqueline Close, Orthogeriatrician from Prince of Wales Hospital and Professor, Neuroscience Research Australia, and in Maitland by Dr Penny Webster a Geriatrician with the Newcastle CAPAC team.
- Lorraine Lovitt, NSW Leader of the Falls Program, from the Clinical Excellence Commission, provided an overview of strategies at State level.

The importance of understanding staying physically active is the single most important thing we can do to stay fit and independent was highlighted by participants being led through ‘practice what we preach’ sessions led by Get Active New England (G.A.N.E.) coordinator Judy Coates. This demonstrated well the importance of including balance and strength activities for all of us in our daily lives.
Jacqueline Close and Lorraine Lovitt at the Tamworth forum

Judy Coates at Maitland getting participants to `practice what we preach'

Karen Gillham, Chair HNELHD Falls Injury Prevention Advisory Committee; Kim Nguyen, HNEH Falls Injury Prevention Executive Sponsor; Jacqueline Greenham, Deputy Chair of the HNE Health Community Falls Injury Prevention Working Party; Aunty Marge Anderson, Wonnarua Elder who performed the Welcome to Country at Maitland; Lorraine Lovitt, NSW Falls Program Leader; Patsy Bourke, HNEH Falls Injury Prevention Coordinator; and Michael DiRienzo, HNEH Chief Executive
Staff members from Dareton Primary Health took to the streets on Tuesday April 1 to promote April Falls Day® – preventing falls and harm from falls in older people. The theme this year was *Medicate right to stay upright: Medication & Falls prevention*. Older people are more susceptible to side effects from medications. These can include drowsiness, dizziness, poor balance and changes to eyesight can result in a fall. Taking multiple medications regardless of what they are increases a person’s falls risk. Staff were able to provide information to the community on health promotion programs run by Dareton Primary Health, all of which assist in falls prevention. These include: Fit & Strong – a strength training program; Tai Chi for Arthritis; and the 7-week Stepping On program which provides community members with information on how to reduce falls risks and maintain independence at home.
Western NSW and Far West Local Health Districts

April Falls Day® 2014 was celebrated throughout WNSWLHD and FWLHD with a range of activities and events held across the month of April.

April Falls posters obtained from the CEC website were laminated and distributed to all facilities across both LHD’s, and were seen at a number of sites visited across April.

At Wilcannia MPS posters were incorporated into a display that drew the attention of at least one hungry sheep, which was seen trying to eat the display through the glass wall.

Wilcannia MPS also hosted a community education session and morning tea with a presentation from a Physiotherapist on fall prevention and how to get up if you do fall. A great article in the Wilcannia News further promoted the April Falls messages.

Forbes Health Service conducted Tai Chi demonstrations throughout the day to help celebrate 10 years of Tai Chi, in combination with providing information on falls prevention in the community and home.

Bathurst Health Service and St Vincent’s Aged Care Team combined forces to ensure the theme of Medicate right to stay upright was promoted, with posters, supply of power-point sessions to all wards, and a display on April Falls Day® in the hospital foyer. Tai Chi and the Stepping On program were promoted and the Allied Health team conducted balance assessments for interested people.

This was further supported by the printing of a patient story in the paper the following week, encouraging people to exercise to reduce falls risk.

Nyngan Health Service conducted a series of falls promotions and displays as well as having a Stepping On program running during the month supported by a media release.

Blayney MPS held a BBQ and Tai Chi demonstration, along with provision of falls prevention information. Staff also supported an information stand at the local IGA, supported by Tai Chi, Pole Walking and Stepping On exercise demonstrations.

Warren MPS hosted an alcohol-free community falls prevention promotion day at the Club House Hotel. Tea, cake & sandwiches welcomed visitors and they were invited to take part in a QuickScreen® falls risk assessment, there was a presentation by the local Pharmacist on falls and medications, and supported by a wonderful display of assistive devices by Aidacare. This was rounded off by a local Exercise Physiologist who conducted gentle exercise classes, while promoting further community resources including an up-coming walking group. A promotional board display highlighted falls prevention, with staff encouraged to view the CEC power-point presentations.
Western NSW and Far West Local Health Districts

**Orange Health Service** hosted a very successful staff information session that covered presentations from Pharmacy on medications, the Falls Coordinator on a case study outlining the possible issues/interventions on a patient journey, and a demonstration of the Hover Jack equipment. Evaluation for the day indicated a positive shift in both understanding/knowledge on falls identification and management strategies, and in confidence to use the various tools and processes.

**Eugowra MPS & Molong Health Service** both held very successful community open days incorporating BBQs, which were highlighted by displays of information, equipment devices and guest pharmacist presentations. The Falls Prevention Coordinator and other health workers were also seen dancing the Macarena in Molong.

Promotion of April Falls Day® occurred across the WNSWLHD through the inclusion of information in the Chief Executives Newsletter (to all staff) as part of the Aged Care Education Reference Network yearly calendar, and through the Western Whistler (Western Medicare Local Newsletter).

**April Falls Roadshow**

In addition to spending time printing, laminating and posting/arranging delivery of the April Falls Day® posters, the Falls Prevention Coordinator and her Manager covered many miles in the FWLHD for a very busy week to promote the topic and provide education and support to health service staff throughout the district. Sites visited included Balranald MPS, Dareton Community HS, Broken Hill Health Service, Menindee HS and Wilcannia MPS. Plans to visit Tibooburra & Ivanhoe had to be postponed due to the arrival of good rain.

Thanks are extended to the very dedicated health workers throughout the two LHD’s who put time and energy into the promotion of this very important health topic – and hopefully they enjoyed the events as much as the participants.

Evidence that even the goats in FWLHD are familiar with falls risks!

Libby Gooden, Cheryl Uptin, Trevor Slattery and Fiona Thurtell preparing for Tai Chi demonstration in the park.
Murrumbidgee Local Health District

Wagga Wagga Health Service (WWHS) spent a week raising awareness of hospital falls with two sessions of education held over the nursing shift change time period for the week commencing March 31 and incorporating April Falls Day®. The education sessions were tailored to give information to all disciplines working in the hospital. The sessions were in 2 X 15 minute parts.

The first presentation was given by Gerard Merridith who is an ex-patient that has been through the hospital after a fall injury and finishing with the Stepping On program with the Ambulatory Rehabilitation Service. The second presentation was on falls incidence, cost and the different staff responsibility regarding the new district falls procedure.

Gerard has given his time to the hospital to talk about his falls experience to new Stepping On groups, as an adjunct to falls education sessions given by the Rehab coordinator to senior community groups and now to all clinicians in the hospital. He has also recently presented to staff completing the Stepping On facilitator training. WWHS is very grateful to Gerard for his time and very engaging, entertaining presentations which always helps when providing education.

On April Falls Day® itself the hospital raised awareness with orange decoration and signage on the acute wards and an orange bake off competition. The winning ward staff were rewarded with morning tea from the hospital executive.
Mid North Coast Local Health District

Falls week was celebrated at Kempsey District Hospital (KDH), Wauchope District Memorial Hospital (WDMH), Port Macquarie Base Hospital (PMBH) & the Community Health Campus by having displays at all sites. Staff were encouraged to complete their HETI online falls education and those with certificates of completion went into the draw to win (1 of 4) vouchers at local coffee shops. Patients and the general public were asked for feedback on falls prevention strategies and one lucky winner (an inpatient from WDMH) from our feedback forms received a 'Glasshouse' voucher.

We went out into the community (local shopping centres) and set up falls displays, offered free physio assessments, promoted falls prevention strategies and engaged the general public with a life size ‘Humpty Dumpty’ mascot to create attention around the cause.

April Falls Day® was a day for all MNCLHD to promote falls prevention messages to staff, patients, families and carers, community services and the general community. At Coffs Harbour Health Campus on Tuesday 1 April 2014, there was a a free BBQ, falls prevention information and health professionals were available to demonstrate Tai Chi, exercise, strength & balance and footwear advice among others.
Mid North Coast Local Health District

The pre-prepared BBQ was heated up and MNCLHD BBQ kings Richard Widders & Tim Kutchel got things started with onions, sausages and vegie patties. The guys were joined by Carol Hart and Dorothy Wilson later in the morning and all of them worked very hard to serve hundreds of sausage sandwiches and veggie patties to the multitudes of famished MNCLHD clients and staff.

MNCLHD Podiatrist Jessica Borg set up a stall providing expert footwear advice and joined by Tom Merrick from Stepping-On and Danielle Dixon from MNCLHD Rehab who provided information. Claire Hargraves from Pharmacology also came to share information on medications and falls. Sandy Fraser from MNCLHD ACAT held her Tai Chi class in the main foyer.

At Nambucca Bowling Club on Tuesday April 1st between 9.30am - 2 pm, there were stalls, presentations, free falls risk screening, information and a morning tea. Transport was made available for clients and the community. This event was put on by the Mid North Coast Social Support, Health & Wellbeing Service.

In the Hastings-Macleay Network, April Falls Week was celebrated from 1-4 April. There were displays at local shopping areas to promote falls prevention in the community. There was a Tai Chi display, free physio risk assessments, a representative from Hastings Home Modifications, Guide Dogs NSW/ACT and Port Macquarie Hastings Council were at their community display.
Illawarra Shoalhaven Local Health District

In April 2014, nine hospitals and two community services participated in the CEC April Falls Program - *Medicate right to stay upright.*

This program was designed to increase patients, family and carers, community services and ISLHD staff members awareness: “The taking of multiple medications, regardless of what they are, may increase patients fall risk. We are aware medications may affect many aspects of function relevant to fall risk for example mental health, mobility, toileting and vision.”

The promotion was coordinated by the ISLHD District Falls Committee representatives. This report outlines the activities and the outcomes from this promotion.

Summary of Activities

Staff participation

- Dress up in Falls Colours Green and Orange
- FRAMP Friday Day at Coledale Hospital to raise staff awareness of the completion of FRAMPs
- Staff Balance Challenge
- Ward theme displays competition
- MUFTI Day
- Tai Chi Sessions
- Staff Quiz on Falls Prevention
- Staff Egg and Walker race
- Best Dress Competition

April Falls Foyer or ward displays

- Featuring April Falls resources
- Patient information brochures on falls and medication management
Staff Education Activities

- Pharmacy Education sessions on medications that may contribute to falls
  - Medicate right to stay upright
- HETI training sessions relating to fall management
- Launch of Falls Prevention brochures at sites
- Promoting risk assessment tool and the FRAMP
- Medicate right to stay upright staff quiz
- Risk assessment and strategies implementation

Patient Focus activities

- Medication education session
- Falls prevention activities
- Falls assessment and referrals to the Staying Alive sessions for patients
- Stepping On program assessment and referral

Demonstrating improvements or innovations

- Night lighting of corridors
- Hourly rounding project
- Work in a safer environment
- Dementia call system
- Show and tell sessions
- No Falls Friday Event
- Patient brochure launch
Other Organisations

Ambulance NSW

Messages were posted on the Ambulance NSW Facebook page over the first week of April around the key theme of falls prevention and medications, there are over 30,000 followers on this page.

Australian Journal of Pharmacy

A short piece on Clinical Tips on falls and the April Falls Day® theme was published in the Health Promotions section of the e-newsletter of this journal and circulated to all members (which include Pharmacists and Pharmacy students) at the end of March 2014.

Happy Walking April Falls Day®/Month Activities

On April Falls Day®, Derek and Lorraine Hanna from Happy Walking Mobile Pedorthic Services spent the morning at Richmond Nursing Home educating residents and family on safe footwear to prevent falls. Later they headed to Wentwest Limited in Blacktown to educate Staff from local care facilities what Pedorthists can offer as part of the Foot Health Team at the “The Healthy Older People Event” held by the SHAPE program.

April Falls Day® was the theme for this month’s NSW State Meeting of the Pedorthic Association of Australia. Megan Swann, co-author and facilitator of the Stepping On Program was the guest speaker at the meeting. Stepping On is an evidence based Falls Prevention Program, for people aged 65 years and over. The program offers older people a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. Megan is an Occupational Therapist currently working at POW Hospital, and also a Health Education Officer at St Vincent’s Hospital Health Service. Lorraine Hanna presented information about foot health, safe footwear, maximising stability and minimising falls.

If you would like more information about the Stepping On Program, go to www.steppingon.com and if you would like a copy of the Power Point Presentation on the Safe Footwear, send an email to Lorraine@happywalking.com.au.

Derek and Lorraine Hanna, owners of Happy Walking Mobile Pedorthic Services

Lorraine with Helen (Physio Aide) and Debbie (Registered Nurse) at Richmond Nursing Home
Joining the Network
To join the NSW Falls Prevention Network listserv, send an email to:

majordomo@lists.health.nsw.gov.au

In the body of the message type

subscribe nsw-falls-network

on the next line type end

Do not put anything in the subject line. You will receive an e-mail to confirm you have been added to the listserv.

To unsubscribe send an e-mail to:

majordomo@lists.health.nsw.gov.au

In the body of the message type

unsubscribe nsw-falls-network

on the next line type end

If you have any problems, contact Esther Vance at e.vance@neura.edu.au.

Share your news and information/ideas
Do you have any news on Falls Prevention you want to share with others on the network, or do you want to report on a project that is happening in your area.

Please email Esther with your information. We also welcome suggestions for articles and information you would like to see in this newsletter.

Send your information to:

e.vance@neura.edu.au

The Network Listserv
It is great to see the increased activity on the listserv and we want to continue to promote this. To send an item to the listserv where all members of the network can see it, send an email to:

nsw-falls-network@lists.health.nsw.gov.au

You need to be a subscriber to the listserv to send an email that will be distributed to all members on the listserv. Remember to put a short description in the subject line.

Recently some posts to the listserv have bounced due to email address changes, you need to re-subscribe with your new e-mail address and unsubscribe from your old address following the Join the Network instructions as shown on this page.

NSW Falls Prevention Network Background
The NSW Falls Prevention Network was established in 1993. The role of this network has grown since its inception and now includes:

- Meetings for discussion of falls related issues;
- Dissemination of research findings both local and international;
- Sharing resources developed and exploration of opportunities to combine resources in joint initiatives;
- Encouragement of collaborative projects and research;
- To act as a group to influence policy;
- To liaise with NSW Ministry of Health to provide information on current State/Commonwealth issues in relation to falls and
- Maintenance of resources pertinent to the field.

The main purpose of the network is to share knowledge, expertise and resources on falls prevention for older people.

The NSW Falls Prevention Network activities are part of the implementation of the NSW Falls Prevention Policy funded by the NSW Ministry of Health.

“Falls Prevention is Everyone’s Business®”
For more information
scan with your smartphone