Falls Resources for Hospital Care

Policy
NSW Ministry of Health: *Prevention of Falls and Harm from Falls in Older People 2011-2015.*

Evidence Based Guideline
- Australian Commission on Safety and Quality in Health Care (ACSQHC), 2009: *Preventing Falls and harm from Falls in Older People: Best Practice Guidelines for Australian Hospitals*

Hospital Package
- **Recorded presentations** to support the Hospital package by Dr Julia Poole include:
  - Case Studies on how to complete a falls risk screening and FRAMP
  - Post Fall Guide
  - Audits and resources
These presentations can viewed on line at [http://fallsnetwork.neura.edu.au](http://fallsnetwork.neura.edu.au) or CD/DVD format can be ordered from Ingrid Hutchinson, Project Officer, NSW Falls Prevention program, Ingrid.hutchinson@health.nsw.gov.au

Patient/Family/Carer Resources

Presentations on CD ROM
- **Key Presentations on the ASQHC Falls Prevention Guidelines** - this CD includes presentations from falls prevention experts and falls champions on implementing the ACSQHC best practice falls prevention guidelines.
- **NSW Falls Prevention Network Forum 2015**- the plenary presentations at this forum held in May 2015 were filmed and are available on this CD.
These CDs can be ordered (there is no charge) by emailing Esther Vance, Project Officer NSW Falls Prevention Network: email: e.vance@neura.edu.au

Patient/Family/Carer information
*Staying active and on your feet* booklet produced by NSW Health for patients and carers, includes health and lifestyle checklist, strength & balance exercises to do at home, home safety checklist, and how to get up from a fall. Copies can be ordered from: Active & Healthy Website: [http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide/#/form](http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide/#/form)

Resources for Hospital Care (Updated December 2015)
Websites


This network aims to improve the health of older people in NSW by researching, developing and supporting the implementation of models of care for an ageing population.


In partnership with Alzheimer’s NSW an intervention using trained volunteers to provide emotional support and practical assistance to patients with cognitive impairment was established and implemented at Bega Hospital. Outcomes were measured for patients, staff and volunteers.


This website has a range of resources for identifying and managing confusion in the older person. Resources include:

- tools for risk assessment of confusion
- strategies for management of delirium
- series of educational videos on delirium for health professionals including carer’s experiences with delirium


Safe and high quality care for patients with cognitive impairment (dementia and delirium) in hospital, resources for clinicians, health managers and consumers including pathway for patients with cognitive impairment and dementia and delirium in hospital, consolidated evidence-based actions from research a range of existing guidelines and current good practice.


This website enables you to find Falls Prevention Exercise Programs in your local area, includes simple and essential home based exercises, health and lifestyle checklist and tips and home safety checklist.


This website contains a summary of the NSW Falls Prevention Program with information and resources to assist Local Health District staff to prevent falls and harm from falls in their setting. These resources include:

- Resources to help LHDs meet the NSQHS Standard 10
- Patient/family/carer flyers: Falls Prevention information.
- April Falls Day information and resources

NSW Falls Prevention Network- [https://fallsnetwork.neura.edu.au](https://fallsnetwork.neura.edu.au)

This website provides useful resources and information on falls prevention including policy, guidelines, reviews, newsletters, resources and meeting presentations.

NSW Multicultural Health Information Service – This website has a range of resources around falls prevention in a range of CALD languages these include one page summaries on staying active, improving balance, making the most of your eyesight, prevent falls in public places, stay on your feet with safer shoes, home safety for falls prevention, these can be accessed at: [http://www.mhcs.health.nsw.gov.au/publicationsandresources#b_start=0&c1=Falls&c1=Injury+prevention](http://www.mhcs.health.nsw.gov.au/publicationsandresources#b_start=0&c1=Falls&c1=Injury+prevention)

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