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*
- **Preventing Falls and Harm from Falls in hospital: CEC Power Point Presentation**

**ACSQHC National Safety and Quality in Health Care Service Standards (NSQHSS): Standard 10**
- **CEC Hospital Package** – this includes the falls risk screening tool –Ontario Modified Stratify (Sydney Scoring) and the falls assessment tool – Falls Risk Assessment and Management Plan (FRAMP) as well as supporting documents and presentations to help hospitals meet the NSQHSS Standard 10.

**Patient /Family /Carer Resources**
- **CEC Falls Prevention – one page flyers** for patients in hospital, provide information on falls risk factors and complement the *Staying active and on your feet* booklet. Some of these flyers are also available in a number of community languages (Arabic, Simplified Chinese, Traditional Chinese, Vietnamese, Greek and Italian).

**Staff Education**
**CEC Falls Prevention Education Resource:** The aim of this resource is to facilitate staff to discuss common fall events on their wards and take action to prevent them. There are 4 fall case studies of varying severity that are highlighted in this package; they are examples of actual fall events that have occurred in hospital. Following the fall event is the post fall procedures and an alternative approach to prevent the fall. This can viewed at:
or DVD copies can be ordered by contacting Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, ph 02 9269 5516 or ingrid.hutchinson@cec.health.nsw.gov.au

**Presentations on CD ROM**
- **Key Presentations on the ASQHC 2009 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 2013** - the plenary presentations at this forum held in May 2013 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

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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

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.

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

Active and Healthy - www.activeandhealthy.nsw.gov.au
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:
- Link to ACSQHC 2009 Falls evidence-based guidelines
- Resources to help LHDs meet the NSQHS Standard 10
- Patient/family/carer flyers: Falls Prevention information.
- CEC Education CD/DVD: Preventing Falls in NSW Hospitals
- April Falls Day information and resources
- Contact details for Falls Prevention Coordinators in NSW

NSW Falls Prevention Network- 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

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