

# Falls Resources for Hospital Care

## Policy

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

This is the current reference document and describes the actions that the NSW Ministry of Health in collaboration with the Clinical Excellence Commission (CEC) will undertake to support the prevention of falls and fall related harm among older people in 3 key domains; health promotion, NSW Health Clinical services and NSW Health Residential Aged Care Services. This policy can be accessed at

[http://www1.health.nsw.gov.au/PDS/pages/doc.aspx?dn=PD2011\\_029](http://www1.health.nsw.gov.au/PDS/pages/doc.aspx?dn=PD2011_029)

## Evidence Based Guidelines

- 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***  
This guideline can be accessed at: <http://www.safetyandquality.gov.au/our-work/falls-prevention>

- **Clinical Practice and Principles of Care for People with Dementia 2016** - New clinical practice guidelines and principles of care for people with dementia detail the optimal diagnosis and management in community, residential and hospital settings. The guidelines have been approved by the National Health and Medical Research Council

<http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php>

**ACSQHC National Safety and Quality in Health Care Service Standards (NSQHSS): Standard 10**

<http://www.safetyandquality.gov.au/our-work/accreditation/nsqhss/>

- **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. Access at:

<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/falls-prevention-in-hospitals>

- **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 be viewed online at <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](mailto:Ingrid.hutchinson@health.nsw.gov.au)

**Leading Better Value Care – Falls in Hospital** <http://www.eih.health.nsw.gov.au/lbvc> and

<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/lbvc>

## 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, Croatian, Greek, Italian, Macedonian, Russian, Serbian, Spanish, Portuguese and Vietnamese). Access at: <http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/information-for-patients>

## Presentations on USB

**NSW Falls Prevention Network Forum 2017**- the plenary presentations and the exercise update session at this forum held in May 2017 were filmed and are available on this USB.

These USBs can be ordered (there is no charge) by emailing [fallsnetwork@neura.edu.au](mailto:fallsnetwork@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. Also Available in Arabic, Chinese (Simplified), Chinese (Traditional), Greek, Italian and Vietnamese.

**Copies can be ordered on the 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)



**Safe Mobilisation and use of mobility aids videos** - The following videos have a physiotherapist demonstrating with a client the safe use of mobility aids. This includes how to adjust the aids to the correct patient height, safety check and safe mobilisation techniques.

<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/lbvc/safe-mobilisation>

#### **Balance and strength tests videos**

These videos demonstrate balance and strength tests. It demonstrates the test, outlines the equipment needed, explains the results as well as when a person should be referred to a physiotherapist or exercise physiologist or a Falls Prevention exercise program. Access at <http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention/lbvc/safe-mobilisation>

#### **Websites**

##### **Agency for Clinical Innovation (ACI) Aged Health Network –**

<http://www.aci.health.nsw.gov.au/networks/aged-health>

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.

##### **Supporting dementia and delirium care with volunteers -**

<http://www.aci.health.nsw.gov.au/ie/projects/supporting-dementia-and-delirium-care-with-volunteers>

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.

##### **Care of the Confused Hospitalised Older Persons - <http://www.aci.health.nsw.gov.au/chops>**

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 and a series of educational videos on delirium for health professionals including carer's experiences with delirium

##### **Australian Commission on Safety and Quality in Health Care – A Better way to care**

<http://www.safetyandquality.gov.au/our-work/cognitive-impairment/better-way-to-care/>

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.

##### **Active and Healthy- [www.activeandhealthy.nsw.gov.au](http://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.

##### **Clinical Excellence Commission: NSW Falls Prevention Program**

<http://www.cec.health.nsw.gov.au/patient-safety-programs/adult-patient-safety/falls-prevention>

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.
- April Falls Day information and resources

##### **NSW Falls Prevention Network- <https://fallsnetwork.neura.edu.au>**

This website provides useful resources and information on falls prevention.

