Falls Resources for Hospital Care

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

NSW Falls Prevention Program CEC Hospital Package— to help hospitals meet the NSQHSS Standard 10
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.

- Recorded presentations to support the Hospital package by Dr Julia Poole includes:
  - Case Studies on how to complete a falls risk screening and FRAMP
  - Post Fall Guide
  - Audits and resources
These presentations can viewed online [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, Ingird.hutchinson@health.nsw.gov.au

- **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).

**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*

- **Summary of falls best –practice: CEC Hospital Falls Prevention Strategies** – a summary of the hospital falls prevention strategies from the 2009 best -practice guidelines are available at:

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

**Staff Education**
HETI Falls Prevention Modules
- **Falls Prevention and Falls Risk Management strategies for Clinical Staff Acute and Sub-acute Clinical Settings** – a series of e-Learning modules supporting the learning on falls prevention and management for clinical staff in acute and sub-acute settings. Falls prevention best practice not only minimises the risk of falls occurring, but can reduce the risk of injury should a fall occur.
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 2014** - the plenary presentations at this forum held in May 2014 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.


**Websites**

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 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

**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.

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