



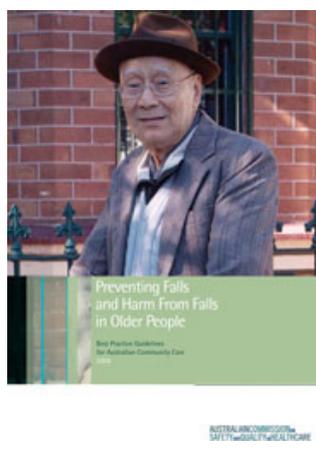
Australian Commission on Safety and Quality in Healthcare 2009 Falls Prevention Best Practice Guidelines

The Australian Commission on Safety and Quality in Health Care (ACSQHC) *Preventing Falls and Harm from Falls in Older People: Best Practice Guidelines for Australian Hospitals, Residential Aged Care Facilities and Community Care 2009* were endorsed by the Australian Health Ministers in November 2009, and are now available. These revised guidelines are evidence based and were developed by a national panel of experts in falls prevention and designed to assist hospital, residential aged care facilities and community care providers to implement best practice in falls prevention. They are extensive and include evidence-based intervention recommendations and cost-effectiveness evidence where available. Research has shown that falls can be prevented. The guidelines are to inform clinical practice in three settings: the hospital, community care and residential aged care.

Residential Aged Care



Community Care



Hospital



About the Guidelines

For each setting there is a Guideline which provides the evidence–base and a Guidebook which is a shorter version of the Guideline designed for front-line staff.

- **A Guideline:** *Preventing Falls and Harm from Falls in Older People: Best Practice Guidelines.*
- **A Guidebook:** *Guidebook for Preventing Falls and Harm from Falls in Older people.*

Also available are:

- **Fact sheets** with core messages for patients, residents, health professionals and support staff for the three settings: hospitals, community care and residential aged care.
- **Implementation guide** for hospital and residential aged care facilities that helps teams to optimise falls prevention practices in their facility. It provides information on data analysis, quality improvement and project management.

The Guidelines and Guidebook include the levels of evidence using the National Health and Medical Research Council's six-point rating system and an explanation is provided.

-  *Evidence-based recommendations* are presented in boxes at the start of each section, accompanied by references.
-  *Good practice points* have been developed for practice where there are no studies and good practice is based on clinical experience or expert consensus.
-  *Points of Interest* are from the Australia-wide consultation process or from the grey literature (conference proceedings).
-  *Case Studies* provide information on likely scenarios.

The ACSQHC 2009 Falls Prevention Best Practice Guidelines can be downloaded from:

<http://www.safetyandquality.gov.au/internet/safety/publishing.nsf/Content/FallsGuidelines>

What is in the Guidelines?

Part A: Introduction includes: Background, Falls and falls injuries in Australia, Involving older people (including families and carers) in falls prevention.

Part B: Standard falls prevention strategies includes: falls prevention interventions, falls risk screening and assessment.

Part C: Management strategies for common falls risk factors includes: Balance and mobility limitations, Cognitive impairment, Continence, Feet and footwear, Syncope, Dizziness and Vertigo, Medications, Vision, Environmental considerations, Individual surveillance and observation, Restraints.

Part D: Minimising injuries from falls includes: Hip protectors, Vitamin D and calcium supplementation, Osteoporosis management.

Part E: Responding to falls includes: Post fall management.

Appendices

Range of resources

Distribution of Guidelines in NSW

The Clinical Excellence Commission is supporting the distribution and implementation of the ACSQHC 2009 Falls Prevention Best Practice Guidelines in NSW. A targeted distribution strategy was developed in consultation with the Area Falls Prevention Co-ordinators.

Hard copies of the Guideline and Guidebook for each of the three settings; hospital, residential aged care and community care are now available. As well, a CD that contains the Guideline, Guidebook, Implementation Guide and Fact Sheets for the three settings: hospital, residential aged care and community care has been produced. They are being disseminated in September 2010.

There is a compelling imperative to reduce the rate of fall-related injury among older people in all settings given the rapidly ageing population. In NSW each year:

- Falls lead to approximately 30,000 hospitalisations and at least 400 deaths in people aged 65 years and over. Falls represent the greatest source of injury related admissions to hospitals.
- Patient falls is the most common adverse event reported in acute care settings affecting between 2% to 10% of annual hospital admissions.

We are seeking your support to ensure that staff are informed of the ACSQHC 2009 Falls Best Practice Guidelines and encouraged to incorporate falls best practice into everyday clinical care.

Ordering Copies of the ACSQHC Falls Prevention Guidelines, Guidebooks and CD

1. NSW Health Staff: If you would like to receive a copy of the guideline, guidebook and CD and you are employed by NSW Health please use the **Order Form** attached to obtain your copies. If you have any queries please do not hesitate to contact Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program (Tues, Thurs and Fri).

Email: ingrid.hutchinson@cec.health.nsw.gov.au or phone: 02 9382 7604

2. All other persons interested in obtaining a copy of the guideline, guidebook and CD (private providers, non-government agencies, community care and residential aged care) you can purchase copies from the Queensland Government Bookshop.

Website: <https://www.bookshop.qld.gov.au/ProductBrowse.aspx?Category=SXXF257501>

Phone: 13 13 04

Email: service@sds.qld.gov.au

The guidelines cost around \$19, the guidebooks \$5 and a CD \$1.25 each.

As with all Commission publications, the Commission encourages reproduction of the guidelines provided that ownership is acknowledged and it is not for profit.

Resources

The Clinical Excellence Commission (CEC) has developed one-page best practice summaries for hospital and community care and will be available by end September at:

<http://www.cec.health.nsw.gov.au/programs/falls-prevention.html> and

NSW Falls Network website: <http://fallsnetwork.neura.edu.au>

Rural Area Health Services Videoconference Falls Forum.

The NSW Falls Prevention Network and CEC Videoconference Falls Forum for NSW Rural Area Health Services is for NSW Rural Area Health staff in the four Rural Area Health Services and will be conducted in the following sites:

- Hunter New England: Newcastle, Tamworth and Taree.
- Greater Southern: Griffith, Wagga and Queanbeyan.
- North Coast: Coffs Harbour, Lismore and Port Macquarie.
- Greater Western: Dubbo, Orange and Broken Hill.

Presentations by experts will include: a review of the evidence, confusion and falls, supporting older people to prevent falls, Vitamin D and Calcium, exercise prescription, medication and falls, implementation of guidelines in hospitals and implementation of the guidelines in residential aged care. These presentations will be recorded and available on CD.

Dates: Monday 8 and 15 November 2010 **Time:** 2-4pm.

Key Falls Best Practice Presentations CD

Filming of key presentations by experts. The topics include:

- ACSQHC Falls Prevention Guidelines
- Screening and Assessment Tools
- Use of falls prevention products such as lo-lo beds, alarms mats, chair and bed alarms.
- Vision and falls

Notification and distribution of the CD will be made through the NSW Falls Prevention Network:

<http://fallsnetwork.neura.edu.au>



<http://fallsnetwork.neura.edu.au/>

NSW FALLS PREVENTION NETWORK BACKGROUND

The NSW Falls Prevention Network has existed since 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 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 Department of Health.

Network Information

Joining the Network

To join the NSW Falls Prevention Network listserv, send an email to: majordomo@lists.ealth.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 the above address and in the body of the message type **unsubscribe nsw-falls-network** on the next line type **end**

If you have any problems, contact Esther 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 of the 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 in the area health services, 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.