







Falls Prevention in Older People: Policy and Practice



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Sydney, Australia

Falls prevention - What works?

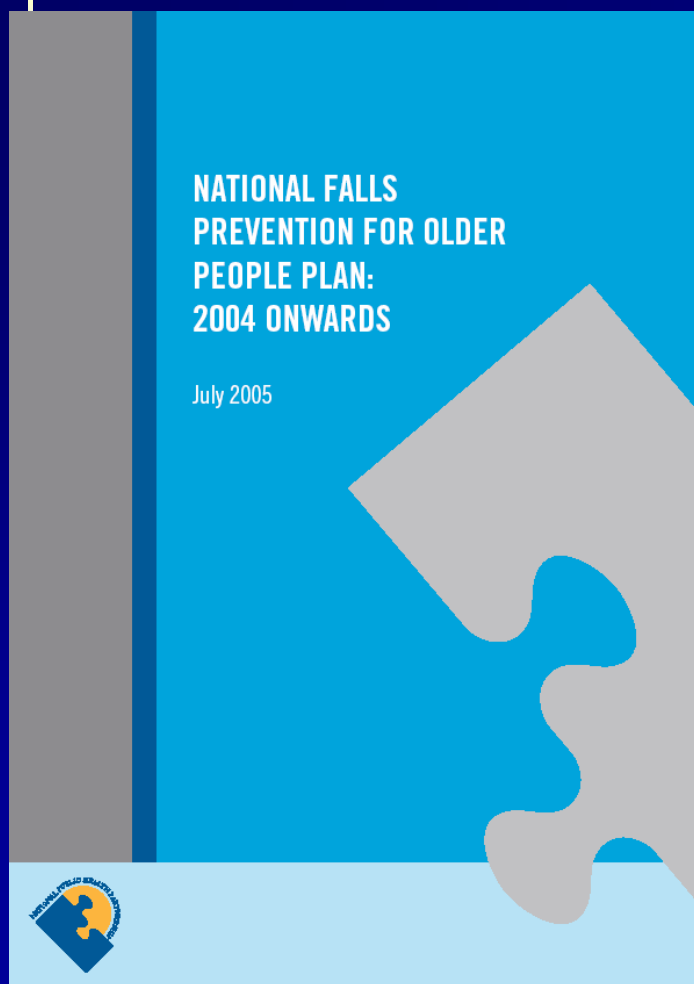
Balance and strength training in high risk populations *	
Group exercises with functional balance exercises and Tai Chi *	
Occupational therapy interventions in high risk populations *	
Expedited cataract surgery *	
Withdrawal of psychoactive medications *	
Cardiovascular assessment and intervention in unexplained fallers *	
Multidisciplinary assessment of high risk populations *	
Comprehensive geriatric assessment in nursing homes	
Targeted interventions in hospitals	

* Community populations

Policy development in Australia

- In 1993, falls injury prevention was identified officially as an Australian health priority
- This initiative resulted in:
 - significant advances for research via priority funding of grants
 - policy development at both the Commonwealth and State levels
- Importantly, policy makers could draw upon the large and growing research evidence base

National Falls Prevention for Older People Initiative, 1999



- In 1999, the Australian Government announced its National Falls Prevention for Older People Initiative.
- Since then over \$18 million has been allocated to programs aimed at identifying best practice in falls prevention

National Falls Prevention for Older People Initiative - aims

- **extending the evidence base through research**
- **facilitating evidence-based best practice in falls prevention in the community, residential aged care and acute care settings**
- **increasing awareness of falls and interventions among stakeholders**
- **enhancing access to fall prevention information, strategies and activities for stakeholders**

National Falls Prevention for Older People Initiative - aims

- **building falls prevention capacity through workforce development**
- **building partnerships among stakeholders interested in falls prevention in older people**
- **incorporating falls prevention messages into a broad range of health policies**

Falls policy initiatives

**Management Policy to Reduce
Fall Injury Among Older People**

Policy in Brief 2003-2007

NSW HEALTH
Working as a Team



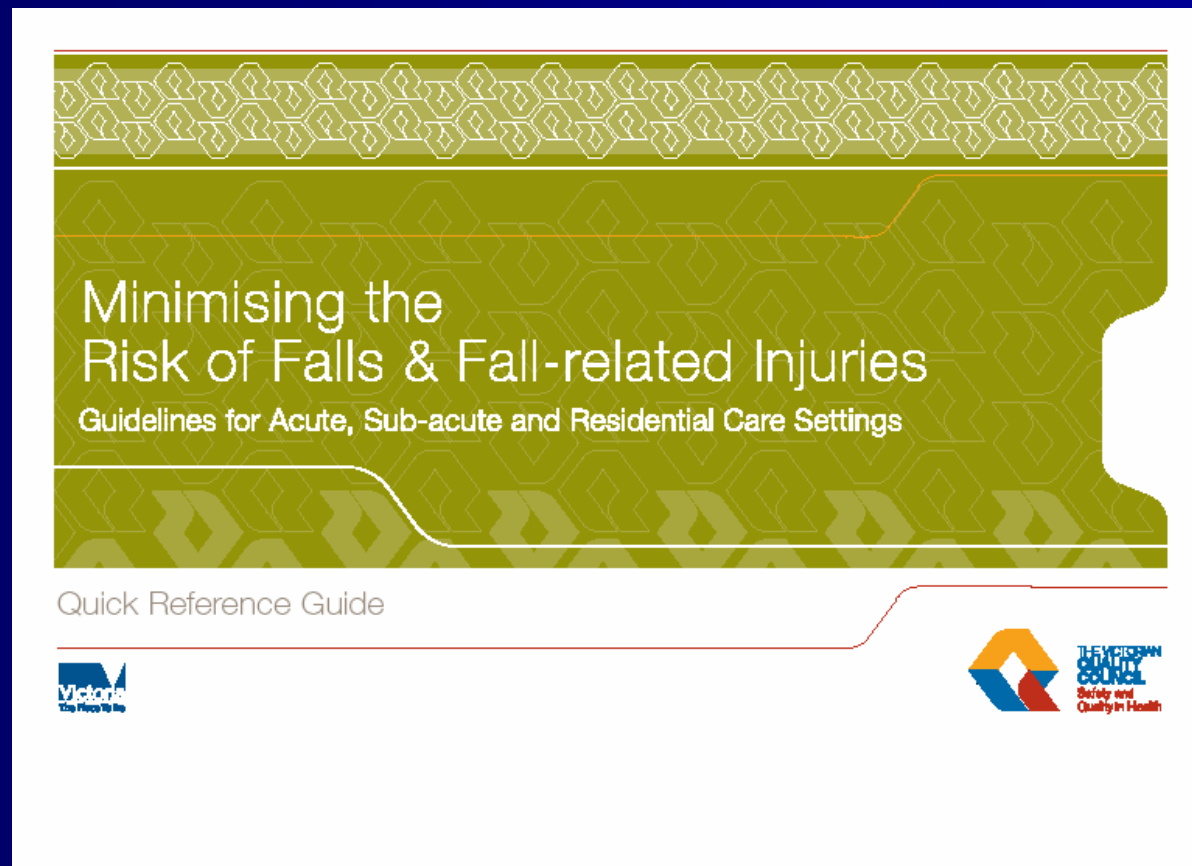
The
Falls Policy
FOR OLDER WESTERN AUSTRALIANS | January 2004

Statewide Action Plan

**Falls Prevention in
Older People
2002 - 2006**

 **Queensland Government**
Queensland Health

Best Practice Guidelines - Victorian Quality Safety Council

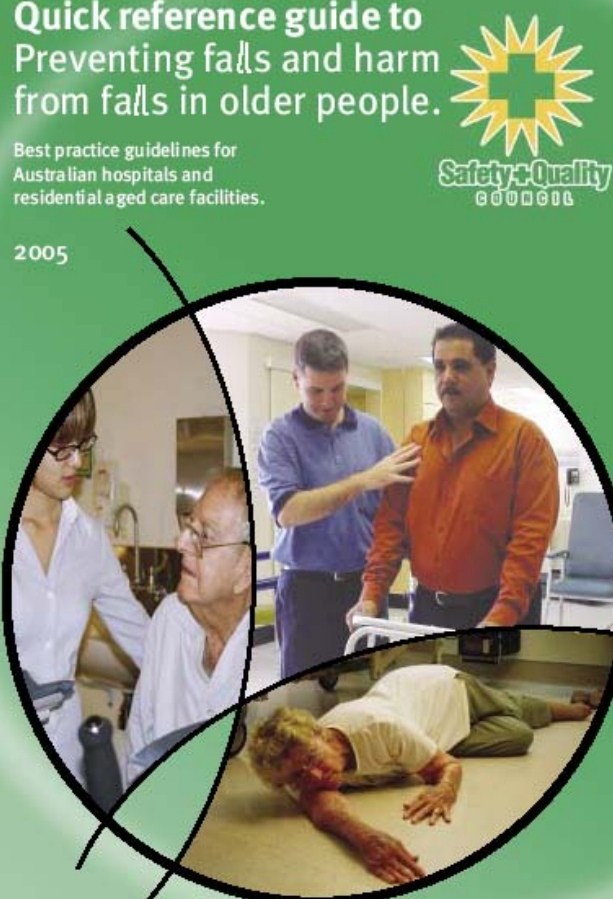


Best practice guidelines for Australian hospitals and residential aged care facilities, 2005

Quick reference guide to Preventing falls and harm from falls in older people.

Best practice guidelines for Australian hospitals and residential aged care facilities.

2005



Safety + Quality
0000000

Implementation guide for Preventing falls and harm from falls in older people.

Best practice guidelines for Australian hospitals and residential aged care facilities.

2005



Safety + Quality
0000000

www.powmri.edu.au/fallsnetwork

Australian Council on Health Care Standards (ACHS)

- Established in 1974
- A not-for-profit organization funded by membership fees
- Covers 67% hospitals, 87% hospital beds, some residential aged care facilities
- 4 year accreditation process with independent surveyors

Evaluation and Quality Improvement Program (EQuIP): ACHS standards

- LA – Little Achievement
- SA – Some Achievement
- MA – Moderate Achievement
- EA – Extensive Achievement
- OA – Outstanding Achievement

Criterion	LA	SA	MA	EA	OA
<p>7.4 The incidence of falls and all injury is minimised through a falls management program.</p>	<p>(a) A policy and guideline exist for preventing falls and falls injury.</p> <p>(b) Consumers / patients are assessed for risk of falls:</p> <p>(a) on admission and</p> <p>(b) on a change of health status</p> <p>(c) after a fall.</p> <p>(c) Falls prevention information is provided to staff consumers/ patients</p>	<p>(a) The falls policy is implemented across the organisation.</p> <p>(b) The organisation uses a validated risk assessment tool to identify consumers / patients at risk of falls.</p> <p>(c) An individual falls management plan addresses the falls risk factors identified in the assessment</p> <p>(d) Falls and fall injury prevention equipment is accessible for consumers / patients.</p> <p>(e) Falls risk is considered as part of discharge planning for high risk patients.</p> <p>(a) Staff are education on falls and falls injury risk assessment, prevention and management.</p> <p>(b) Consumers / patients are involved in the management of falls risk.</p>	<p>(a) Falls and fall injury process and outcome data are analysed and improvements made to ensure better practice</p> <p>(b) The falls and falls injury prevention and management education program is evaluated and improvements made.</p>	<p>(a) Falls data management programs are compared internally and externally and improvements are made to achieve better practice.</p> <p>(b) Falls management improvement program is communicated to other health care communities.</p> <p>(c) The organisation undertakes research into falls prevention and falls injury prevention.</p> <p>(d) There is demonstration of program effectiveness through outcomes and sustainability of those outcomes.</p>	<p>(a) The organisation is recognised a leader in the areas of falls prevention and management.</p>

Falls Injury Prevention Networks

Volume 1 Issue 1 2006

NSW Falls Injury Prevention Network

FALLS LINKS

Volume 1 Issue 1
January/February
2006

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SPECIAL POINTS OF INTEREST:

- WELCOME
- NEW WEBSITE
- MEET THE TEAM
- NEW BOOKS
- CONFERENCES
- NETWORK INFO
- JOIN THE NETWORK

WELCOME

Welcome to the first edition of the newsletter of our network to be published every 2 months. There will be a feature topic in each issue, including a review of the literature and references. In addition a list of recent helpful publications will also be included as well as information on upcoming meetings and conferences.

The Network is entering a new phase with the NSW Falls Program being led by Lorraine Lovitt and the appointment of NSW Area Health Service Falls Co- coordinators. The network is currently hosted at the Prince of Wales Medical Research Institute (POWPMRI) with the oversight of Associate Professor Stephen Lord and Dr Jacqui Close, both highly experienced researchers/clinicians in the field of falls prevention. Esther Vance is the recently appointed Project Officer for the network.



Lorraine Lovitt

A Memorandum of Understanding (MOU), which provides details of the agreement and funding allocation to AHSs, between the Injury Prevention Policy Branch and the CEC is being completed with Area Chief Executives.

Each AHS has received \$120,000 recurrent funding to appoint an Area Falls Coordinator. This role will be to co-ordinate the implementation of the falls policy across the acute, community and residential care sectors and will be supported by an Area Falls Management Committee.

Lorraine may be contacted by phone: 9382 7661 or 0422 002 091 or by email at lorraine.lovitt@cec.health.nsw.gov.au

NEW WEBSITE COMING

The current NSW Falls Injury Prevention Network website at NSW Health will be updated and hosted at POWPMRI. This newsletter will also be accessible on the new website. Until this new website is launched the current website can be accessed at http://www.health.nsw.gov.au/public-health/falls_prevention/index.html

Australian Falls Prevention Conferences 2004, 2006, 2008



Australian Falls Prevention
Inaugural Conference

"From Research to Practice"
21-23 November 2004 Manly, Sydney, Australia

It is my pleasure to invite you to attend the Inaugural Australian Falls Prevention Conference, to be held at the beachside Manly Pacific Hotel, Sydney, Australia.

The conference will address the important issue of falls in older people and have a major emphasis on translating research findings into practice. It includes six keynote speakers from Australia and abroad, free papers, poster sessions, workshops, roundtable discussions and trade exhibitions.

The Organising Committee looks forward to welcoming you to Manly.

Associate Professor Stephen Lord,
Conference Host.

Session Themes

- ▲ Understanding balance and mechanisms of falls
- ▲ Falls epidemiology
- ▲ Falls risk assessment
- ▲ Risk factors for falls
- ▲ Falls in clinical groups
- ▲ Preventing falls
- ▲ Exercise programs
- ▲ Assistive devices
- ▲ Compliance issues
- ▲ Fracture prevention
- ▲ Falls prevention initiatives
- ▲ Falls policy development

Important Dates

Call for Abstracts..... 2 February 2004
Registration Open..... 1 March 2004
Abstract Deadline..... 2 July 2004
Notification of Acceptance 3 September 2004
Early Registration Deadline..... 17 September 2004

Keynote Speakers

- ▲ Dr. Bastiaan Bloem (Nijmegen, The Netherlands) "Prevention of falls in Parkinson's disease"
- ▲ Professor John Campbell (Dunedin, New Zealand) "Fall prevention - from risk factors to public programs"
- ▲ Dr. Jacqueline Close (London, UK) "PROFET 5 Years On: Implementation, Implications, Integration and Innovation"
- ▲ Professor Bob Cumming (Sydney, Australia) "Prevention of fractures in older people: an overview of the evidence"
- ▲ Dr. Keith Hill (Melbourne, Australia) "Translating the evidence where there is none - hospital in and out-patient settings"
- ▲ Associate Professor Stephen Lord (Sydney, Australia) "Evidence-based overview of strategies to modify falls risk"

Scientific Committee: A/Prof Stephen Lord, Dr Kaarin Anstey, Prof Robert Cumming, Dr Lesley Day, Dr Keith Hill, Dr Graham Kerr, Dr Hylton Menz, Dr Catherine Sherrington.

Organizing Committee: Ms Pam Albany, Ms Annie Butler, Dr Mark Latt, Ms Annamaree Reisch, Dr Daina Sturmeiks, Ms Margaret Thomas.




website: www.powmri.edu.au/AFP2004 email: a.butler@unsw.edu.au



Australian Falls Prevention
2nd Biennial Conference
5-7 November 2006 - Brisbane, Queensland

It is my pleasure to invite you to attend the second Australian Falls Prevention Conference, to be held at the Sofitel Hotel, Brisbane, Queensland. The conference will address the important issue of falls in older people with a major emphasis on...

"Preventing falls in at-risk groups"

The conference includes 7 keynote speakers from Australia and abroad, free papers, poster sessions, workshops, roundtable discussions and trade exhibitions.

The Organising Committee looks forward to welcoming you to Brisbane.

Graham Kerr,
Conference Host.

session themes

- Vision Impairment
- Cognitive Impairment
- Parkinson's Disease
- Understanding Balance
- Falls risk assessment
- Exercise programs
- Compliance issues
- Fracture prevention
- Falls prevention initiatives
- Falls policy development

important dates

- Call for abstracts..... 10th February 2006
- Registration open..... 27th February 2006
- Abstract deadline..... 30th June 2006
- Notification of acceptance..... 1st September 2006
- Early registration deadline..... 15th September 2006

invited speakers

- Lindy Clemson (Sydney, Australia) 'Occupational interventions for the prevention of falls'.
- Bob Cumming (Sydney, Australia) 'Interventions for preventing falls in hospitals'.
- Stephen Lord (Sydney, Australia) 'Overview of 50 RCTs on exercise for falls prevention'.
- John Wark (Melbourne, Australia) 'An update of fracture prevention strategies'.
- Graham Kerr (Brisbane, Australia) 'Falls prevention strategies for people with Parkinson's disease'.
- Clare Robertson (Dunedin, NZ) 'Falls prevention strategies for people with visual impairment'.
- Jacqui Close (Sydney, Australia) 'Falls prevention strategies for people with cognitive impairments'.

Organising Committee
G Kerr, J Wood, S Morrison, S Brauer, J Nitz, N Peel, M Bourke, P Vardon, R O'Keefe

Scientific Committee
G Kerr, J Wood, S Morrison, S Lord, J Close, R Fitzpatrick, C Sherrington, L Day, J Steele, B Cumming, I Cameron, H Menz, K Hill, L Clemson, C Vogler, D Sturmeiks



website: www.powmri.edu.au/AFP2006

Evidence-based practice?

- Sloppy slippers
- Gentle and seated exercise
- Ad hoc home modifications
- Glow in the dark toilet seats



H.L. Mencken:

For every complex human problem there is a solution – simple, neat and wrong

Conclusions

- There has been significant progress in understanding falls risk factors and determining the efficacy of falls prevention strategies
- Policy makers have appreciated:
 - the value of this evidence, and
 - the need for developing services and preventative programs to deal with anticipated increases in falls injury due to population aging
- This has led to policy and guideline development and facilitation of translating research findings into practice