Falls prevention resources

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www.NeuRA.edu.au
NSW Falls Prevention Network
http://fallsnetwork.neura.edu.au

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Our hospital used to have blue wrist bands to identify patients at risk of falling. This has recently stopped due to hospital policy. We are in the process of looking for/ researching a new way of identifying patients at risk of falling. If anyone can suggest what they are using that would be appreciated. We are thinking of using fluorescent (or different colour) bedside notes, but wondering if anyone has any other ideas or if there is any research in that area.

Katie - Physiotherapist
We use some bright orange laminated signs saying “prevent falls” above the patient’s bed, we use an orange sticker in their notes, and we have it noted on the handover sheet. We also endeavour to put the at-risk patients as close to the staff desk as possible but this isn’t always easy given the layout of the ward. Other areas have a stick that measures the correct height of the bed and chair for each particular patient. We don’t have that on the Rehab ward, however. If anyone falls, we have a post-fall management sticker that has just been approved and will be put to use very shortly. It will be placed in the patients notes and gives guidance on what process to follow, as well as being a highlighter that someone has fallen.

Sarah – CNE Rehab, Albury Wodonga Health

fallsnetwork.neura.edu.au
This sticker is to be completed post fall and placed in the patients clinical notes. **Refer to the CEC Post Fall Guide.**

<table>
<thead>
<tr>
<th>Patient MRN:</th>
<th>Date of fall:</th>
<th>Time found:</th>
<th>Ward:</th>
</tr>
</thead>
<tbody>
<tr>
<td>IIMS Number:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Most recent falls risk score and date completed:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**POST FALL OBSERVATIONS** completed (as per CEC post fall guide) & recorded on observation chart: YES ☐

**NEUROLOGICAL OBSERVATIONS** completed recorded on observation chart: YES ☐

**CHECK FOR SEPSIS** (as per CEC post fall guide):
Does this patient have sepsis risk factors and/or signs & symptoms of infection?

and

Does this patient have observations in the Yellow Zone?

YES ☐ → Follow Sepsis pathway NO ☐

**CHECK FOR DELIRIUM** (as per CEC post fall guide)
Does this patient have fluctuating changes in cognition, changes in behaviour, increasing confusion?

YES ☐ → Alert Medical Officer ☐ Complete CAM ☐ Refer to FRAMP for management strategies ☐
NO ☐

**CHECK FOR HEAD INJURY** (see CEC post fall guide)
Please note that head trauma/intracranial injury can still occur in absence of hitting head or visible trauma.

Monitor observations and cognition and consider: Patient on anticoagulants/anti-platelets: YES ☐ NO ☐

CT brain ordered: YES ☐ NO ☐

<table>
<thead>
<tr>
<th>Initial injuries: YES ☐ NO ☐</th>
<th>Injury Type:</th>
<th>X-ray ordered: YES ☐ NO ☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical officer notified: YES ☐ NO ☐</td>
<td>Time notified:</td>
<td>MO name:</td>
</tr>
<tr>
<td>Person responsible notified: YES ☐ NO ☐</td>
<td>By Whom:</td>
<td>If not, why:</td>
</tr>
<tr>
<td>Falls prevention information provided to patient/carer/family: YES ☐ NO ☐</td>
<td>Falls Risk Assessment and Management Plan (FRAMP) reviewed: YES ☐</td>
<td></td>
</tr>
<tr>
<td>High fall risk status documented in notes: YES ☐</td>
<td>Implemented &amp; documented in patients notes: YES ☐</td>
<td></td>
</tr>
<tr>
<td>Staff name:</td>
<td>Clinical handover updated: YES ☐</td>
<td>Referrals made:</td>
</tr>
<tr>
<td>Designation:</td>
<td></td>
<td>Medication review requested: YES ☐ NO ☐</td>
</tr>
<tr>
<td>Signature:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notified of fall & injuries:
NUM / DEPT HEAD / RN / INCHARGE / MO / AMO / OTHER:

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**POST FALL MANAGEMENT**

Acknowledgment to CCLHD, SESLHD, BLUND and the CEC Falls Prevention

Draft 1

fallofallnetwork.neura.edu.au
Events

Annual forums

Wagga Wagga 2014

Cessnock 2015

Sydney 2015

Rural Forums
Events
Resources – Policies and Best Practice Guidelines

Prevention of Falls and Harm from Falls among Older People
2011–2015

NSW Health

Preventing Falls and Harm From Falls in Older People
Best Practice Guidelines for Australian Community Care

AUSTRALIAN COMMUNITY HEALTH AND QUALITY CARE
Resources – Falls Statistics

Falls Resources for Care Settings

Falls Resources for Community Care

Policy
NSW Ministry of Health
Prevention of falls and Home from Falls in Older People 2012-2015.
This policy describes the actions that the NSW Ministry of Health collaboration with Clinical Excellence Commission (CEC) will undertake to support the prevention of falls and falls to hospital among older people in 3 years. This document also provides fall prevention and management strategies for community and aged care services. The policy can be accessed at: http://www.health.nsw.gov.au/healthcare/falls-prevention/

Evidence Based Guidelines
Australian Commission on Safety and Quality in Health Care (ACSMC) 2016, Preventing Falls and Home from Falls in Older People: Best Practice Guidelines for Community Care. These guidelines can be accessed at: http://www.achs.org.au/falls-prevention/guidelines/

Community Resources
Staying active one year per week: booklet produced by NSW Health for patients and carers, includes health and mobility checklists, strength & balance exercises to do at home, home safety checklist, and how to get up from a fall. Can be ordered from Action & Mobility website: http://www.actionmobility.org.au/one-year-per-week

Staying active and healthy to prevent falls – home adapted balance and strength exercise DVD. A physiotherapist explains the strength and balance exercises that can be done at home with help from older people. The DVD is a part of the 1st Phase Program developed by the National Partnership Functional Exercise Program showing how these exercises can be incorporated into daily life. The video can be accessed at: http://www.actionmobility.org.au/one-year-per-week

CCTF Falls Prevention – age page 587 – for patients, carers, and families and addressing the risk falls: fall factors, some are also available in some community languages: Arabic, Simplified Chinese, Traditional Chinese, Vietnamese, Greek, Italian, Russian, Spanish, Croatian, Macedonian, and Portuguese. Can be ordered from: http://www.achs.org.au/falls-prevention/guidelines/

Exercise Resources
- Active and Healthy website: http://www.actionmobility.org.au: this website contains a database of exercise programs in NSW that include sufficient strength and balance components for falls prevention. The programs can be accessed via our website and provide information on location, time and cost of classes and contact information and other relevant details.
- Best Practice recommendations for Physical Activity to Prevent Falls in Older Persons: this report provides evidence-based recommendations from the Ministry of Health to support and encourage people of all ages to participate in physical activity that can improve their health. The report can be accessed at: http://www.health.nsw.gov.au/pcav/about/PAE/PAE00006-2011.pdf

Other Resources
- NPS Health – http://www.nps.gov.au: This website provides information and resources on the Keeping Up programme.
- LIFT (Light Functional Exercise Program) – this evidence based program incorporates balance and strength training into everyday activities. For further information and a copy of a training manual and participants manual go to: http://www.nps.gov.au/programs/education-and-training/health-program-lift.html

Resources for Community Care (Updated March 2011)

http://fallsnetwork.neura.edu.au/resources/information-resources/
News – Falls Links newsletter

News – Falls Links newsletter

Active and Healthy website

www.activeandhealthy.nsw.gov.au
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Staying active and on your feet

Your health

A number of health conditions can affect your ability to move around or make you feel unsteady on your feet. These conditions include arthritis, osteoporosis, diabetes, heart problems, breathing problems, depression, Parkinson's disease and dementia.

These conditions may increase the risk of losing your balance, tripping and falling. Even short-term illnesses (such as the flu or other infections) can affect your stability.

Have regular check-ups and talk to your health professional for advice on how these conditions might affect you. You can also get advice on activities you can safely do to regain balance, strength and confidence.

Mobility and walking aids

A walking aid may help improve your safety and mobility.

If you think that this would benefit you, talk to a health professional such as a physiotherapist or occupational therapist. They will be able to suggest the most suitable aid for you and show you how to use the aid safely and confidently.

If you do use a walking aid at home, you might need to rearrange your furniture so that you can move around easily.
Falls Prevention Videos

Staying active and healthy to prevent falls

http://www.activeandhealthy.nsw.gov.au
CEC Falls Prevention Program Website

Confusion is not a normal part of ageing
A cause of any confusion needs to be established

NSW Falls Prevention Network

Upcoming Events
Northern NSW LHD Rural Falls Forum
Thursday 8th October 2015, 9.30 am – 3.00 pm
Southern Cross University, Lismore (Block H Room 101)
Videoconference at:
SCU Coffs Harbour (Rm A109) and
SCU Gold Coast (Rm B329)
Forum Flyer (includes registration link)
SCU Lismore campus map
Forum Program

Fall Prevention is everyone’s business

From the Blog
April Falls Links now available
April Falls Links 2015 This newsletter highlights some of the activities that occurred in NSW Local Health Districts throughout.


Falls Links issue 3 2015 now available
Falls Links Volume 10 issue 3 2015 This issue features: Falls Prevention to improve older people’s health Falls Network.

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