Warren
Multi Purpose Health Service
Approach To Reducing Falls
What is a MPS?

• MPS allow smaller rural communities to consolidate services and better match services to community needs.
• A Multi Purpose Service (MPS) is funded by both State Govt for acute care, ED & community based services and Commonwealth funded for Residential Aged Care services.
• The objectives of the MPS delivery model are:
  • Improve access to health and aged care services available in the local community.
  • Increased service co-ordination through integration, innovation and flexibility in the delivery of health and ageing care services.
  • Improved economic viability and cost effectiveness of service delivery.
  • Improved community participation in the planning of local health and aged care services.
• At Warren MPS we have 29 RAC beds, 1 respite bed, 12 acute beds, 2 emergency beds, 2 dialysis chairs, Primary & Community Health and visiting allied health services. We currently have 1 GP servicing a Local Government Area of 2700 people.
• Complementary rather than competing services.
Western LHD Falls KPI

Warren MPHS Falls KPI

- 2014/15 Warren MPHS Falls Rate / 1000 bed days
- Western LHD KPI Target
- 2013/14 Warren MPHS Falls Rate / 1000 bed days
Falls at Warren MPS

- A current snapshot, the majority of falls in Warren happen in the independent living hostel, Calara House. These residents are actively mobile and range in age from 62 – 96 years of age. 4 out of 10 high care nursing home residents are mobile and attend activities and functions daily at Calara House, the eldest of these is 101.

- Despite our largest clientele base being RAC, we are still required to meet the Western LHD KPI for falls and here lies our challenge (3.2 per 1000 bed days)
### Hospital Falls Rate Northern Sector Including RAC sites per 1000 bed days July – April 15

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*NSW Government Health Western NSW Local Health District*
How are we preventing falls in Warren?

• Introduction of CEC falls prevention material
• Development of local change in condition flowchart
• Introduction of Western LHD falls screening documentation
• Manual handling individual assessment on resident bathroom walls
• Falls prevention education for staff
• Preventing falls and harm from falls information folder relevant to each department

RAC/Acute/Community Health
Falls Resource Folders

- Copies of CEC flyers
- Tool box talk falls education packages
- Acute/RAC
- Community health
- Calara House resource folders
Exercise

• A3 Falls prevention exercise stations in public areas
• A3 Falls prevention exercise stations in all ambulant RAC resident rooms
• Twice weekly iki exercise classes for RAC, strength and balance exercises to increase bone mineral density. Low impact and advanced classes
• Why iki and not Tai Chai?
• Encourage independence in all resident’s ADL’s.
• flotex carpet
Medical intervention

• Calcium and Vit D screening on admission
• Prevent poly pharmacy
• Alternative pain relief
• Vision screening
• Physiotherapy assessments on admission and as required
• Nutritional assessment of menu to ensure daily calcium requirements are met
• Staff education and empowerment
• RN on the floor coordinating aged care services, teaching and training the personal care staff, working together to improve every residents quality of life
• Most importantly know your residents like you know your family, then you will know, when something is wrong.
Environment

- Repairs and maintenance
- De clutter
- Improve lighting
- Limit furniture changes
- Encourage residents to use the nurse call system
- Non slip mats on wheelchairs
- Availability of appropriate footwear locally
Community

- Quick Screen
- Aqua Aerobics
- External exercise classes with local sports physiologist
- Zumba
- Yoga
- Osteoarthritis class
- Whole community walking program 2014
- April Falls Day promotion
April Falls Day Promotion
April Falls Day 2015
Flash Mob
Warren
video