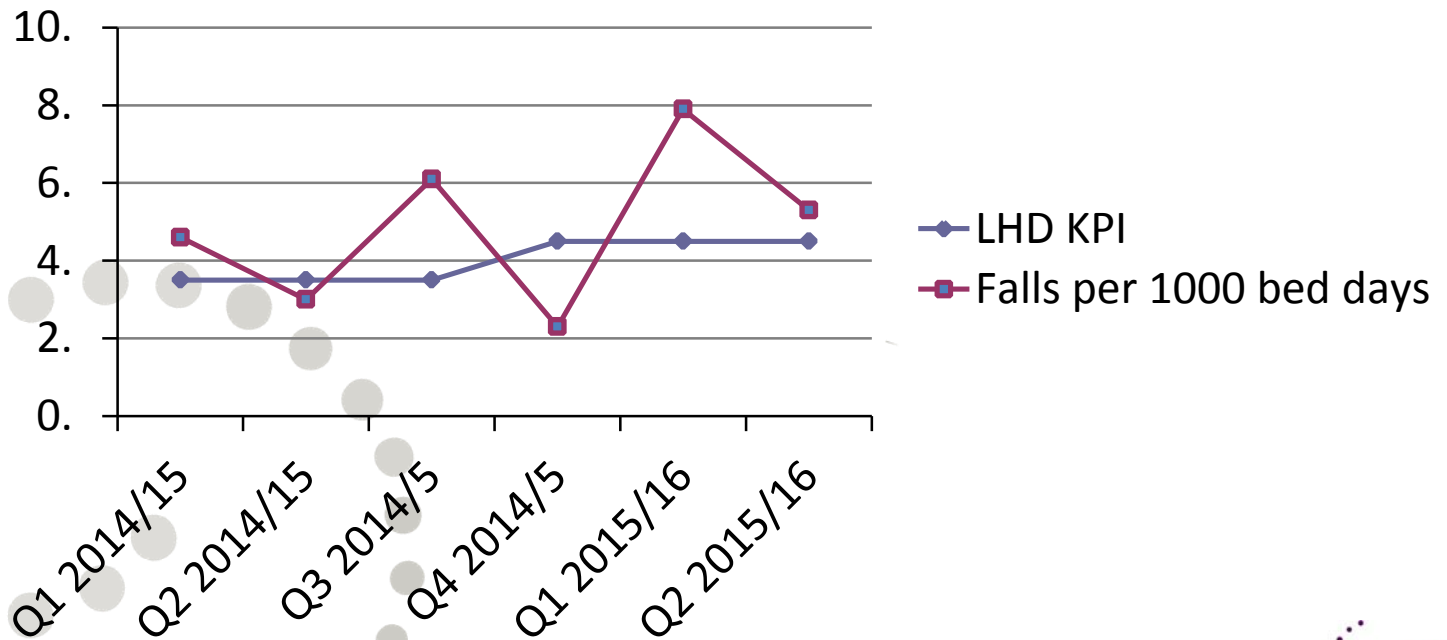


Living Well in Residential Aged Care

Reducing Falls and Harm from Falls
Nyngan Health Service

Nyngan

- 42 bed MPS
- 36 residential aged care beds



What does a fall cost?



- Loss of independence
- Increased pain
- Inability to perform day to day tasks
- Loss of social connections
- Fear and anxiety
- Loss of mobility

Impact

- Av RAC cost = \$1,979 (2006/07)
- So for Jan to June this year the cost for us would have been \$73,223
- The average time it takes to complete all the required post falls processes for a non injury fall is 4 hours!



Nurse led Interventions

- Bed sensors
- Floor mats
- Pool noddles
- Walking belts
- Falls risks screening tools and management plans

? missing



Resident centred approach

- Residents shocked by number of falls in facility
- Created workbook that included site specific information
- Created DVD that the residents and staff featured in.
- Small group sessions for residents

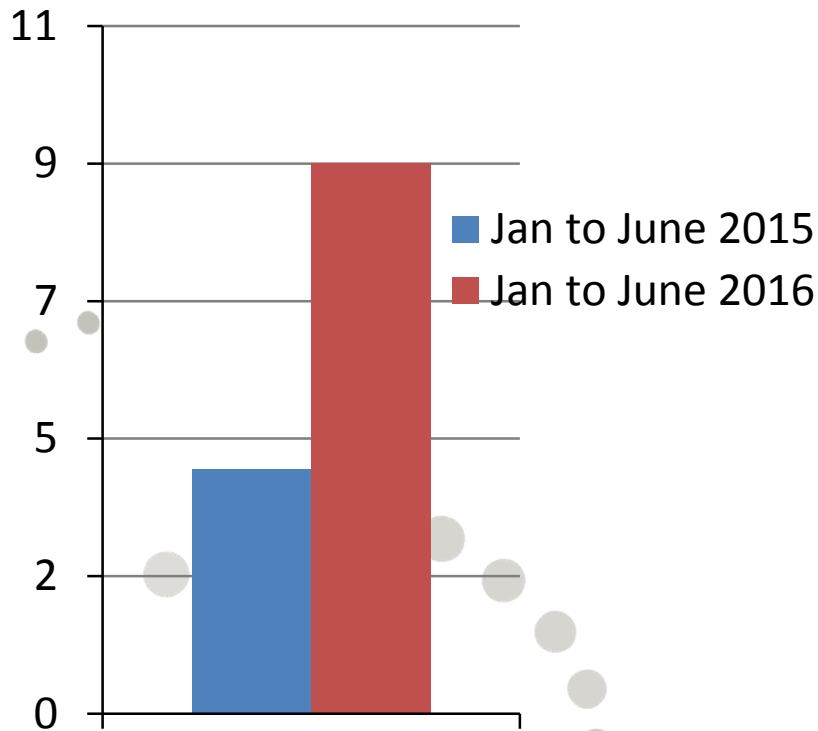


Pansy

- Loves her ugg boots
- Hates being cold
- Enjoys brekkie in bed
- Identified risk of falling
- Completed Living Well in RAC program
- Increased awareness of risk post program
- Unfortunately fell post program – got tangled up in the blankets at night
- Now calls staff before she gets out of bed



Residents that fall often



- In 2015 (Jan to June) 75% of the RAC falls were residents that fell more than once
- In 2016 (Jan to June) 72% of the RAC falls were residents that fell more than once.
- In 2016 we are seeing more residents have multiple falls.



Post fall Huddles

- Group think tank
- Involves Resident and family (if present)
- Involves representation from all staff areas in available.
- Short 5 minute discussion to reduce that risk of the resident having another fall with the same cause.



What it might our huddle look like?

6 pack W's

- **Welcome**
- **What** happened –resident/patients and staff?
- **What** may have contributed to the fall?
- **Was** the resident already as a falls risk?
- **What** do we need to do? Action List
- **What** lessons have we learnt from this fall?

Resident Centred Approach


Nyngan Health Service July 2016

LIVING WELL TOGETHER IN RESIDENTIAL AGED CARE

CENSUS NIGHT
9th August 2016

On the night of the 9th August 2016 everyone in Australia must complete a census form. Census provides a snapshot of Australian people and their housing. It helps estimate Australia's population which is used to distribute government funds and plan for services for your community. The information provided is confidential.

Your forms will be handed out during the day of the 9th August. Your family members are encouraged to help you complete the form if you require assistance. Should someone not have anyone to assist please let Jacqui know and we will have someone who may be able to assist.



Exercise Helps with Balance and Strength

Exercise classes are held every week
at Nyngan Health Service.

Where : Hostel Lounge Room

When : Every Monday , Wednesday and Friday

Time : 09.30 hrs

Nyngan Health Service 1

Nyngan Health Service July 2016

Case Conferences

LIVING WELL TOGETHER IN RESIDENTIAL CARE
INDIVIDUAL RESIDENT CARE REVIEW

To better meet your needs or the needs of your loved one, Nyngan Health Service will conduct a comprehensive review of all aspects of care and wellbeing.

Please make comment any issues or concerns you may have in regards to the list provided below to be reviewed and addressed;

Pain.....

Mobility.....

Food and Nutrition.....

Medication.....

Continence.....

Sleep.....

Home like Environment.....

Leisure and lifestyle.....

Cultural and spiritual issues

Safety – example - Fire and security

Cleaning and laundry.....

Choice and decision making.....

Access to services.....

Your attendance to talk to any of the issues at the review is most welcome; if you are unable to attend we can take your concerns for discussion to the review on your behalf.

Feedback from the review will be provided either verbally or written copy of plan of care.

Nyngan Health Service 3

What's Working Well

- Residents increased awareness of risks
- Residents making choices re interventions
- No falls with significant injury in residents who have completed the program.

Future and Sustainability

- Potential for expansion
- Huddles are an embedded part of patient safety culture
- Continue with our Newsletters to re enforce important falls prevention messages

Thank you

- Living Well Together in Residential Care Program received a Quality Award this year - Partnering with Patients
- Acknowledge - Jenny Griffiths who provided most of these slides as part of our submission for the quality awards
- The fantastic team at Nyngan Heath Service (winners of team of the year 2015)

