Catch it Early

Iain Steel
Physio

HammondCare
An independent Christian charity
Power to the people

- Falls can be prevented by empowering nursing staff with gait error detection skills

- “Catch it Early”
“The Tell”

• Specific gait errors
  – Narrow base of support
  – Body twist
  – Tilting

All easy to recognise when nurses educated on what to watch
No pelicans were harmed

- Pelican (gait belts)
  - Often overused
  - Not a walking aid
  - Used to assist patient to regain balance *whilst* using a learned strategy to prevent the fall
Let me down gently

- Falls and near misses are common during transfers and sitting
- Patients need to be prompted to remain focused
- Plan the turn
- Complete the turn
- Step back
- Use hands
Knowledge is power

- Great response from nursing staff so far
- Telling physios what went wrong
- Detailed documentation
- Reduction in near misses
- Improving confidence by patients and nurses
Devil’s in the detail
Our mission
Our passion is improving quality of life for people in need