Halving fractured hips in New Zealand public hospitals

September 2017

Sandy Blake

National Clinical Lead, Reducing Harm from Falls Programme

Health regions

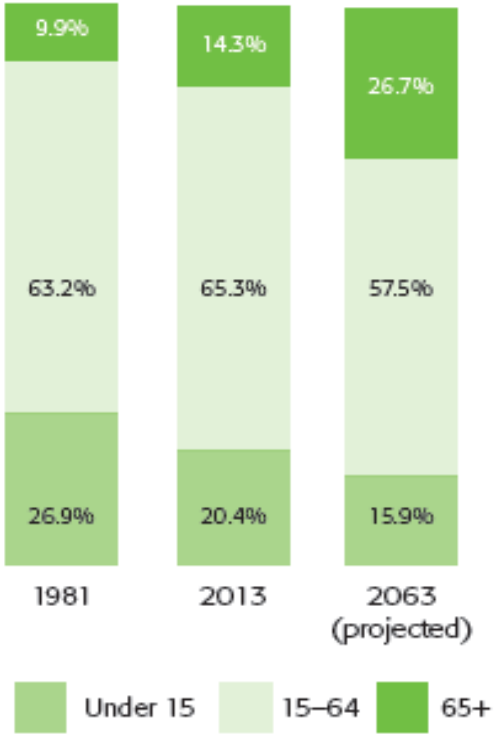
Health Quality & Safety Commission New Zealand

open for better care

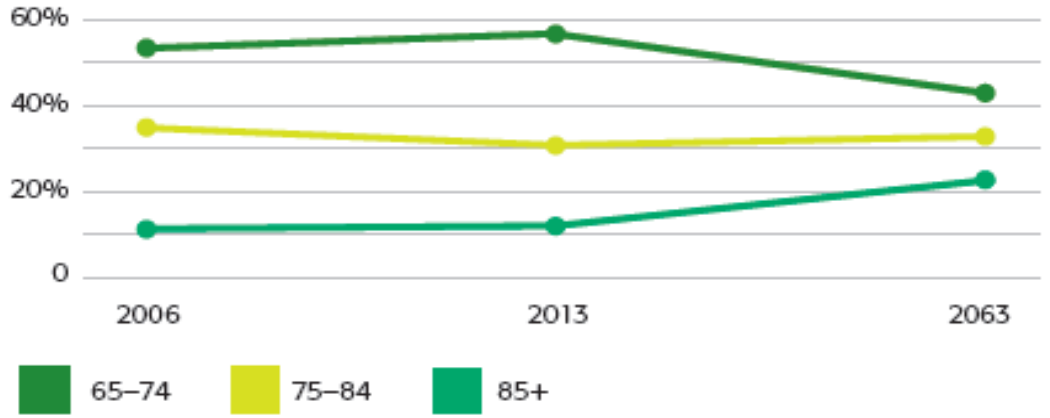
Population overview

In 2013 there were **607,032** usual residents aged 65 and over in New Zealand.

Population change



Proportion of 85s and over projected to nearly double by 2063



65+ age group nearly doubled in number since 1981

Health Quality & Safety Commission New Zealand

open for better care

The approach is … individualised care

Every older person is different. Don't try to answer the question 'What will stop older people falling' and just repeatedly ask 'What might stop *this* person falling?'.

Frances Healey RN PhD

The goal is to understand the older person's risks and plan with them, their families and whanau to prevent falls in hospital, residential care and in the community.

Health Quality & Safety Commission New Zealand

open for better care

The initial call to action - the burning platform

Health Quality & Safety Commission New Zealand

Enquiry

- Mapped existing falls prevention processes and practices in district health board hospitals
- Sought to understand the bigger picture of the impact and burden of falls

The case for investment

Return on investment estimates for effective, carefully targeted falls prevention strategies range from 1.0 to 7.0 x

For every $100,000 invested by a DHB, the investment will be cost neutral or there could be up to $700,000 available within one year

The corresponding reduction in fall-related hospital admissions for community dwelling older people ranges from 0.5 to 10.0 percent

UNIVERSITY of OTAGO

SAPERE AUDE

Te Whare Wānanga o Otāgo

NEW ZEALAND

Health Quality & Safety Commission New Zealand

open FOR BETTER CARE

Spread – national campaign

- Falls a focus for two patient safety ‘open for better care’ campaigns
- Placed a spotlight on the problem of falls
- Promoted strategies to address the problem

open
FOR BETTER CARE
Hāpai ake te toiora

Health Quality & Safety Commission New Zealand

Increasing awareness

Focused and refocused on the problem of falls by:

- clinical lead visits and availability
- seminars with experts
- webinars with international experts
- partnerships with local clinical leads
- resources to use in clinical areas
- promotion of the evidence
- April Falls

April Falls – engagement – energy – sharing

Health Quality & Safety Commission New Zealand

open for better care

April Falls

Health Quality & Safety Commission New Zealand

open for better care

April Falls

Health Quality & Safety Commission New Zealand

open
FOR BETTER CARE

Building a community of practice

- **Leadership** from an expert advisory group
- **Reinforced** by clinical leader visits/availability
- **Endorsed** by local/international experts
- **Owned** by professional groups such as DoNs
- **Implemented** by local clinical leaders
- **Adapted** by those caring for older persons

Health Quality & Safety Commission New Zealand

open for better care

Resources to assist implementing evidenced-based strategies

Resources to assist implementing evidenced-based strategies

- Turned to the evidence - developed the Falls 10 Topics as part of a suite of evidence-based and interactive resources to build capability
- Provided practical guidance on implementation

Health Quality & Safety Commission New Zealand

open for better care

Ten Topics updated in 2017

Health Quality & Safety Commission New Zealand

open for better care

2017 evidence base

Go to https://www.hqsc.govt.nz/our-programmes/reducing-harm-from-falls/recommended-resources/

Health Quality & Safety Commission New Zealand

2017 Evidence base

Recommended evidence-based resources: Systematic reviews, clinical guidelines and toolkits

Contents

Programme aims/clear and shared

Hospital settings

Outcome measures:

- Nationally a reduction in fall-related hip fractures (10-30%) in hospital settings by 30 June 2015
- Reduced fall-related additional occupied bed days and associated costs

Process measures:

- 90% of older in-patients receive a risk assessment and individualised care plan addressing identified risks

Prevent falls and reduce harm from falls in hospital acute care settings

Reduce harm from falls and promote safe mobilising in aged residential care settings

Promote falls prevention strategies in home based care settings and in the community (includes population health approach)

Promote evidence-based best practice to build capacity & capability for Improvement and system change

Health Quality & Safety Commission New Zealand

open for better care

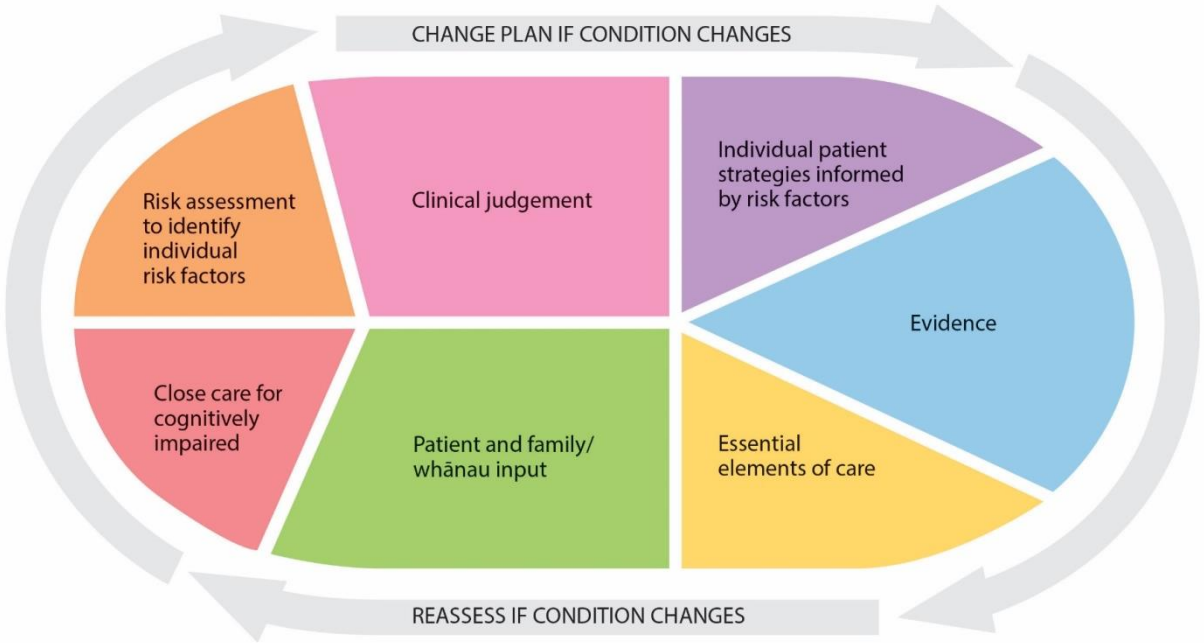
Aligned with the NZ Triple Aim

- For an individual older person
- For a hospital
- For the whole of community
- Across the system

Health Quality & Safety Commission New Zealand

open FOR BETTER CARE

What we focused on in hospitals



Health Quality & Safety Commission New Zealand

open for better care

Enabled by: Capability and leadership, measurement for improvement, partners in care

- Move away from predictive risk assessments
- Explain that the level of risk is not important, but the actual individual's risk is
- Reinforce by quarterly reporting to the Commission of older persons receiving falls risk assessment – keeps to front of mind.

Health Quality & Safety Commission New Zealand

open for better care

- Think about how to mitigate the risk you have identified
- Have access to the evidence; your system can prompt
- Document individualised strategies
- Note when a patient's condition changes and reassess/rethink

Essential elements of care

- Strategies are essential for all regardless of risk
- Listed to save repetitive documentation

But

- Must be audited to check they are implemented/ complied with

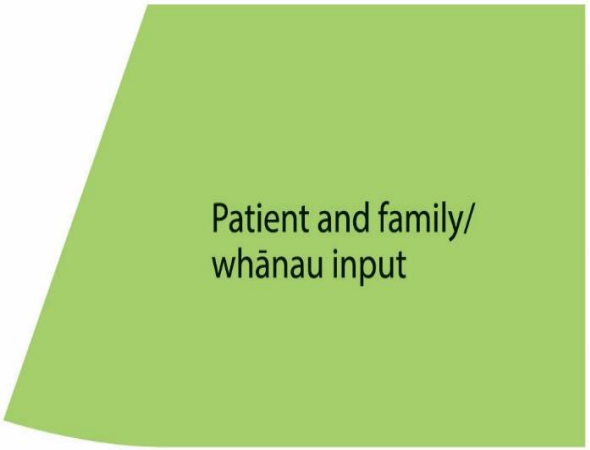
Health Quality & Safety Commission New Zealand

open for better care

- Individualised care must be linked to identified individualised risk factor
- Power in writing individual strategies, not ticking a box
- If patient condition changes, reassess and then re-plan
- Quarterly reporting to the Commission of older person deemed at risk and who has a care plan

Health Quality & Safety Commission New Zealand

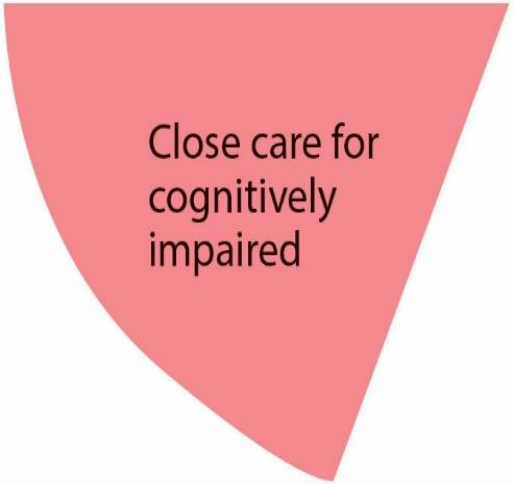
open for better care



- Acknowledge that the patient and family/whānau will most likely know more about the problem of falling, therefore ask and listen
- Partner in care planning
- Partner in discharge planning and further community options such as strength and balance

Health Quality & Safety Commission New Zealand

open for better care



- Check with family/whānau about what works to keep their loved ones safe
- Close care is not ‘watching’, it is caring, understanding and partnering with families/whānau
- Care for cognitively impaired should be the norm, not the exception
- Care most ideally needs to be provided by staff who know the patient

Health Quality & Safety Commission New Zealand

open for better care

Falls 10 topics

Having the discussion:

- expert visits
- webinars
- clinical lead visits

Showcasing:

- what works
- seminars

Releasing time to care module adapted for New Zealand

Health Quality & Safety Commission New Zealand

open for better care

The measures

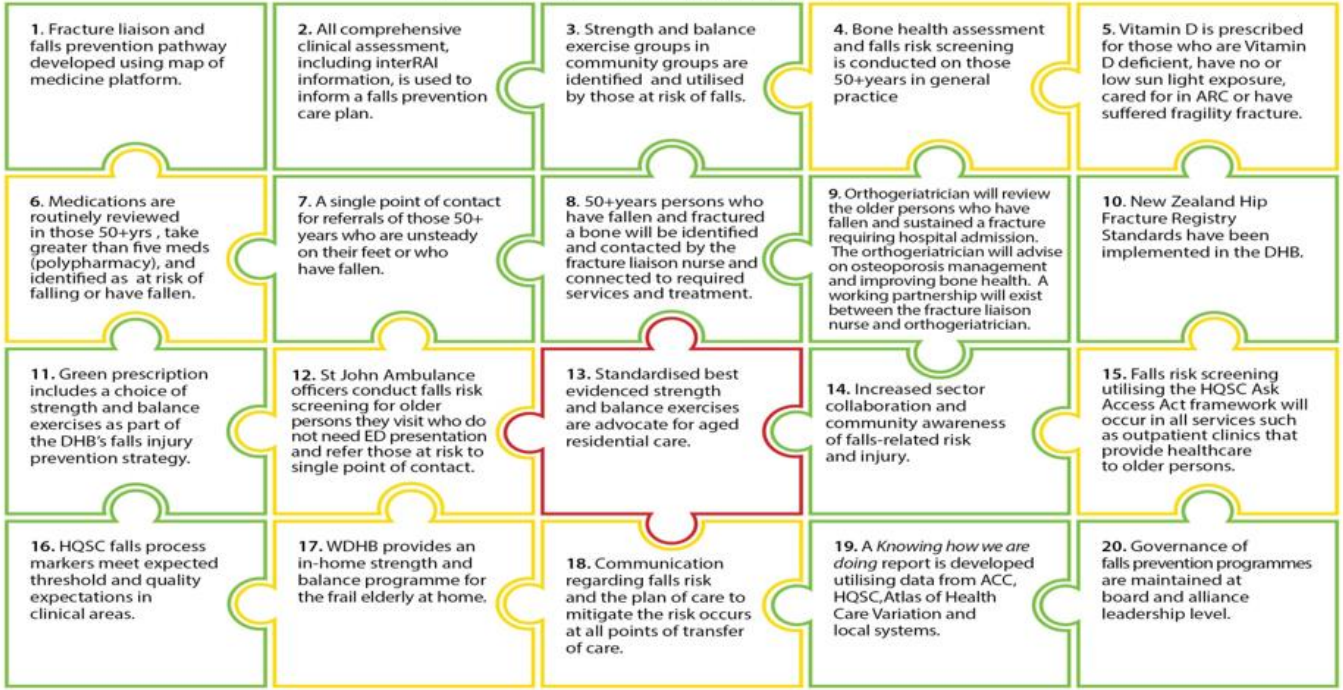
- Quality and safety markers
  - process – risk assessment
  - process – individualised care plan
  - outcome – fractured hips in hospital
- Atlas of Healthcare Variation
- Whole of system

Health Quality & Safety Commission New Zealand

open for better care

Whanganui Falls Prevention Workplan 2016-17

20 POINT WORKPLAN



HEALTH QUALITY & SAFETY COMMISSION NEW ZEALAND

open FOR BETTER CARE

We *have* made a difference

Falls

Falls are the most common cause of serious injury, and occasionally death, in our public hospitals.

The Commission's **reducing harm from falls** programme has introduced a number of simple interventions to help address falls-related harm. This programme works alongside and supports existing programmes in the sector.

Every week in 2010–12, on average, **2 patients fell** and broke their hips in New Zealand hospitals. This rate has now almost halved.

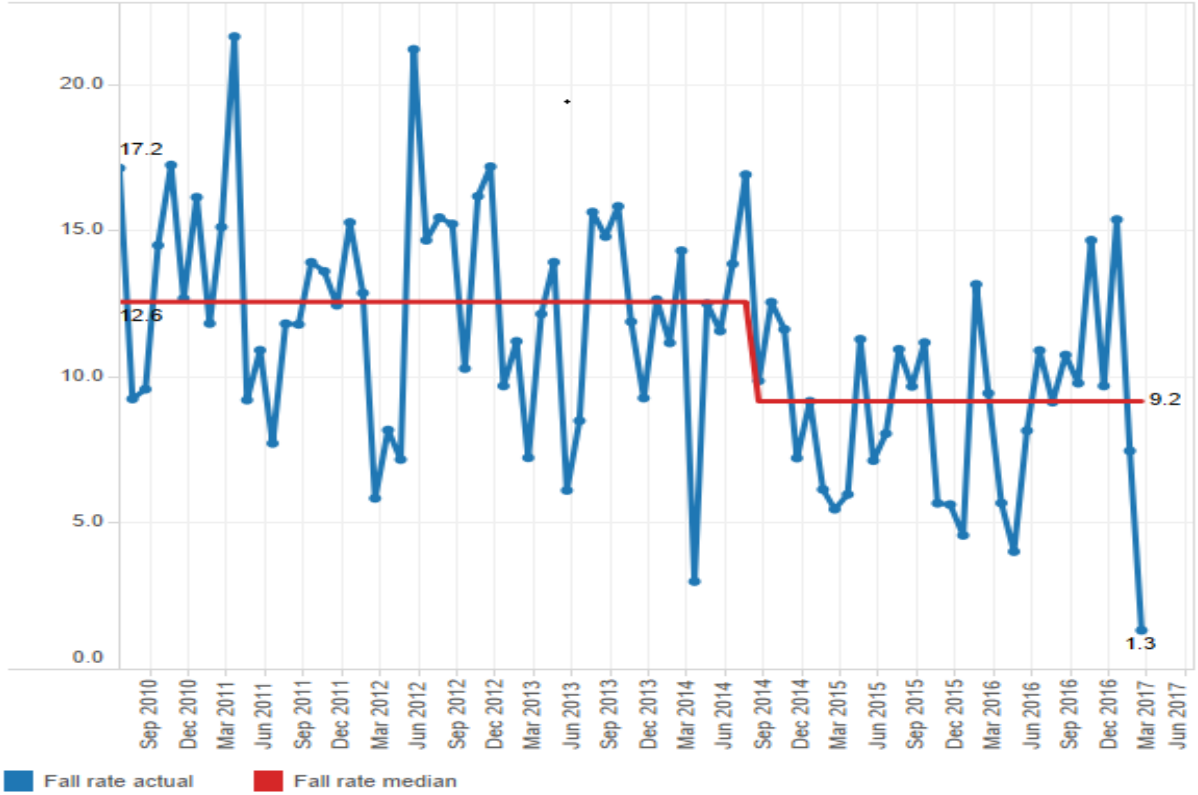
Having a fall can add a month to someone's hospital stay, and is very costly.

Health Quality & Safety Commission New Zealand

open for better care

Outcome results to March 2017

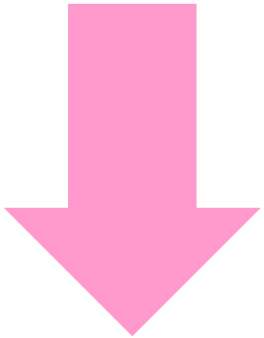
Outcome marker = in-hospital falls with fractured neck of femur per 100,000 admissions by month



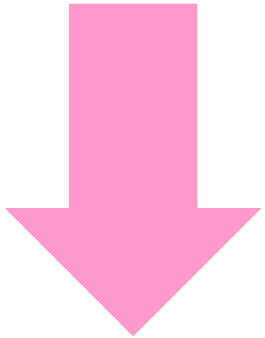
Health Quality & Safety Commission New Zealand

open for better care

Harm reduced/cost savings
July 2013 to March 2017



85 # NOF



NZ$4 million

Health Quality & Safety Commission New Zealand

open for better care

Every one of these numbers is a loved one!

Health Quality & Safety Commission New Zealand

open for better care

But it’s even bigger than that

On average an avoided broken hip gives an extra 1.6 years of healthy life

This adds up to an additional 140 years of healthy life, worth NZ$25 million

Health Quality & Safety Commission New Zealand

open for better care

The Commission's ongoing focus

- Leadership and guidance (***Lead***)
- Clinical leadership network (***Sustain – key hospital focus***)
- Ongoing measurement for improvement (***Measure***)
- Update evidence and resources 10 Topics (***Learn and educate***)
- Focus every April: April Falls ***(Engage)***
- Cross-agency collaboration: Commission, ACC, Ministry of Health **(Whole of system *partnership*)**

Health Quality & Safety Commission New Zealand

open for better care

Atlas of Healthcare Variation – informs a broader focus

Updated in April 2017 with 2015 data:

- 217,000 people aged 50 and over had an ACC claim for a fall-related injury
- 25,800 people were admitted to hospital with a fall; older people and women had higher admission rates
- On average people admitted due to a fall stayed in hospital for 10.3 bed-days – older people stayed longer than younger
- 3600 people (aged 50+) were admitted with a hip fracture due to a fall in 2015 (at an average rate of 2.3 per 1000)
- Half of hip fractures occurred in those 85 years and over

Word of caution

- We must not take our focus away / eye off the problem
- We must take a whole of system approach
- Sadly, the problem/risk will never go away

Let's not take our eyes off the falls

Thank You

Health Quality & Safety Commission New Zealand

open for better care