

Capturing Falls In Community Dwellings: Middle-Aged And Older Adults with Severe and Enduring Mental Health Challenges.

Ryde Community Mental Health Service
Falls Clinical Practice Improvement Project
September, 2016 - Current

Background: Mental Health & Falls

Evidence is emerging to suggest people with mental illness are susceptible to falls.

However, the prevalence and nature of falls in community dwelling consumers with severe and enduring mental illness remains unexplored and unclear.

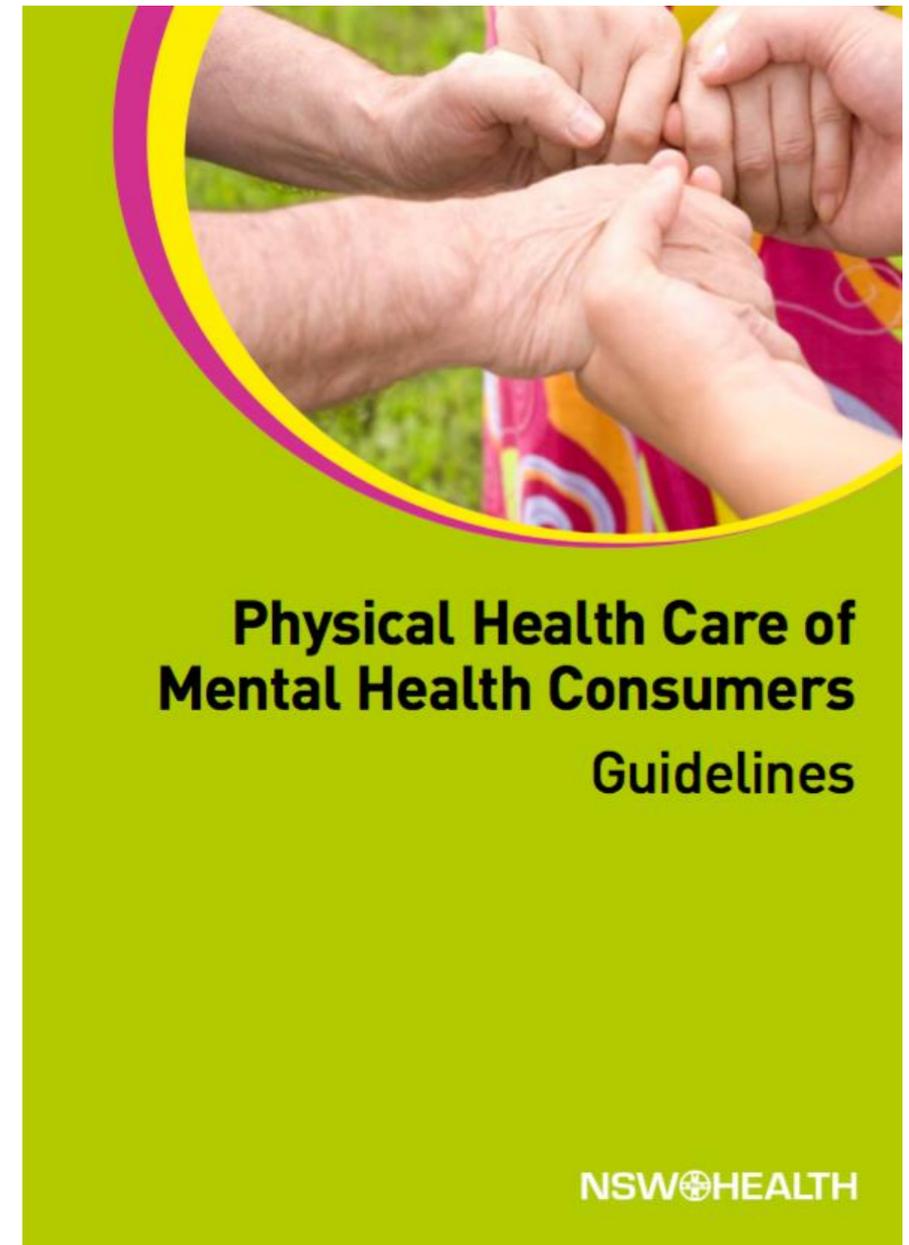
NSW Health: Physical Health Care of Mental Health Consumers – Guidelines (2009_007)

Falls and Mental Health

6.3 Consumers who are **older persons**

It should be remembered that older persons are at risk of problems related to:

- a) Falls
- b) Multiple medication use
- c) Malnutrition
- d) Pressure areas (if they have reduced mobility)
- e) Musculo-skeletal limitations and pain
- f) Constipation



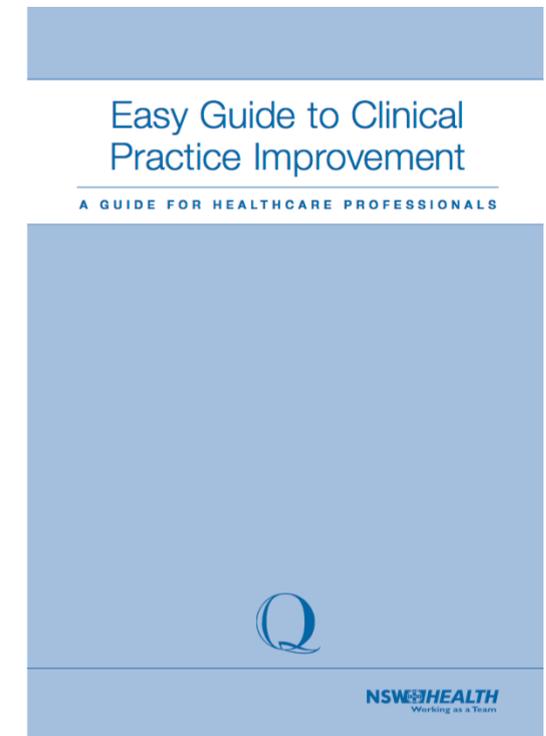
Prevalence in Inpatient Mental Health Units.

- In general hospital settings fall rates range from 3.1 to 3.7 per 1000 patients
(Knight & Coakley, 2010; Scanlan, Wheatley & McIntosh, 2012).
- Inpatient mental health settings report 4.1 to 6.4 per 1000 patients
(Knight & Coakley, 2010; Scanlan, Wheatley & McIntosh, 2012)
- Consumers in hospital who fall are younger than general patients
– **56 years average age** – (SD)16.8 years
(Tay et al, 2000).
- **Despite these findings, this population is generally not perceived as frail and has not been identified as at risk for falls**
(Knight & Coakley, 2010).

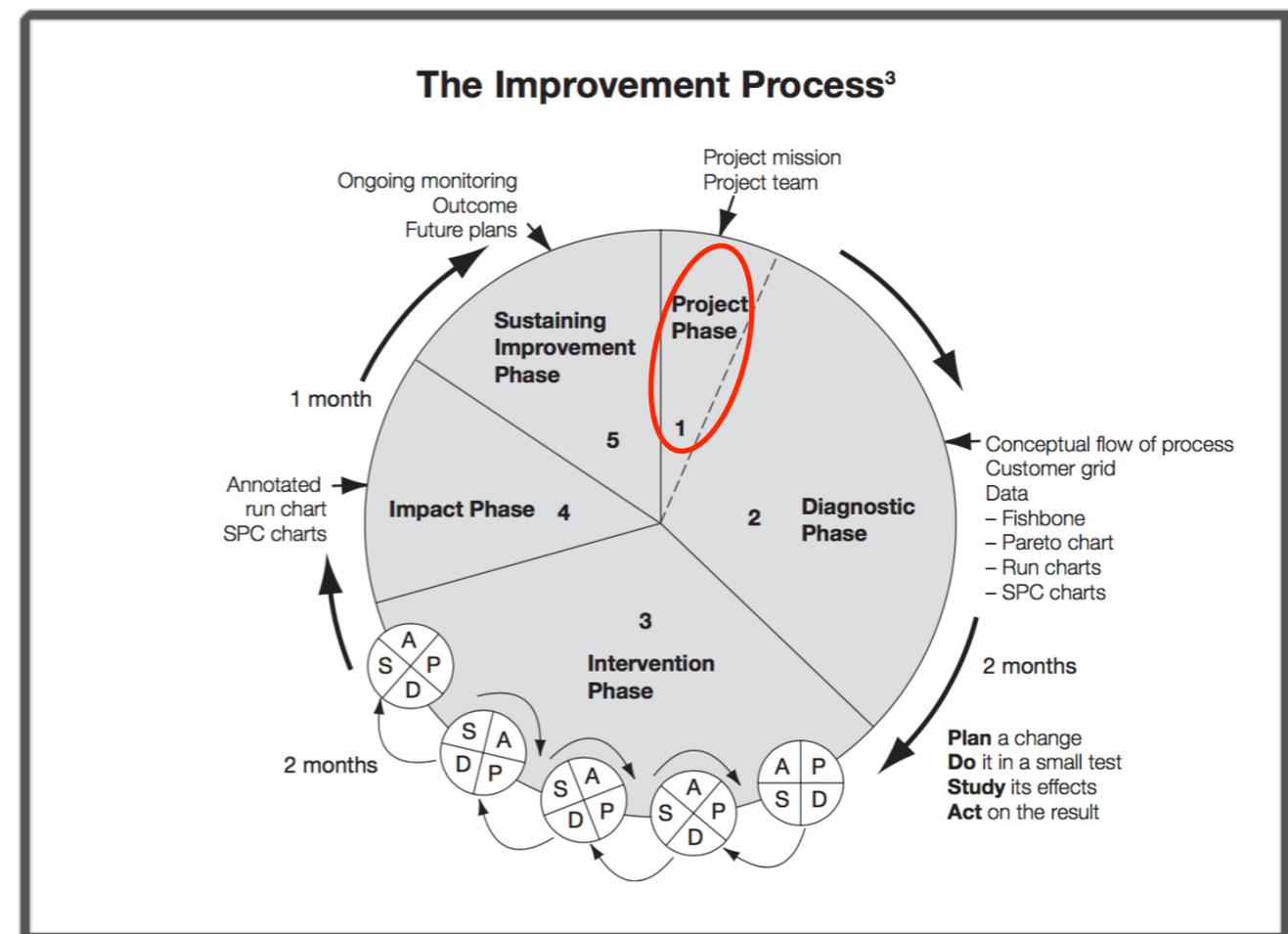
Continued Practice Improvement (CPI)

Falls CPI: **Project Mission**

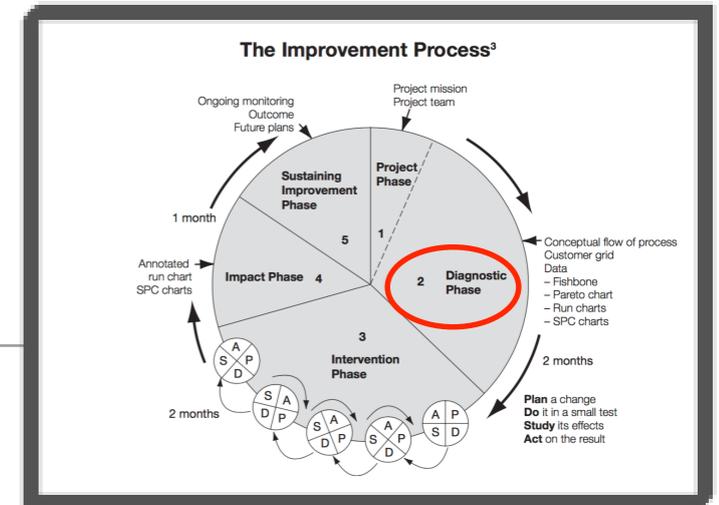
To improve consumer care and safety by early identification of falls risk by a minimum of 100% increase in completion of falls risk assessment & management in 12 months.



The Clinical Practice Improvement Model
NSW Health: Easy Guide to Clinical Practice Improvement 2002



Falls CPI: Diagnostic Phase



NSW Health: Easy Guide to Clinical Practice Improvement 2002

1. Research



2. Falls Screening Snapshot (scope of problem)

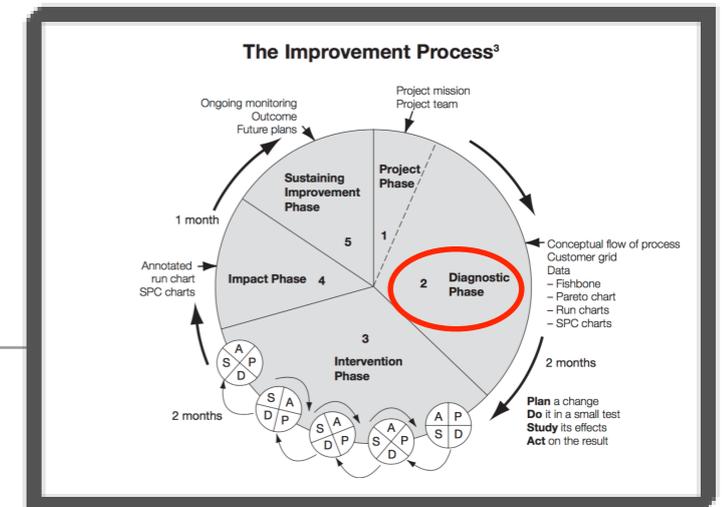
3. Focus Groups – Discuss barriers to completing falls screening and management plans

4. FISH Bone Process

5. Change Aim (off target – more than screening)

Falls CPI: Diagnostic Phase

Fall Risk Screening - A Snapshot: September 2016



NSW Health: Easy Guide to Clinical Practice Improvement 2002

Assertive Outreach Team (AOT) vs Specialist Mental Health Services for Older People (SMSHOP)

233 AOT/GP shared care consumers.

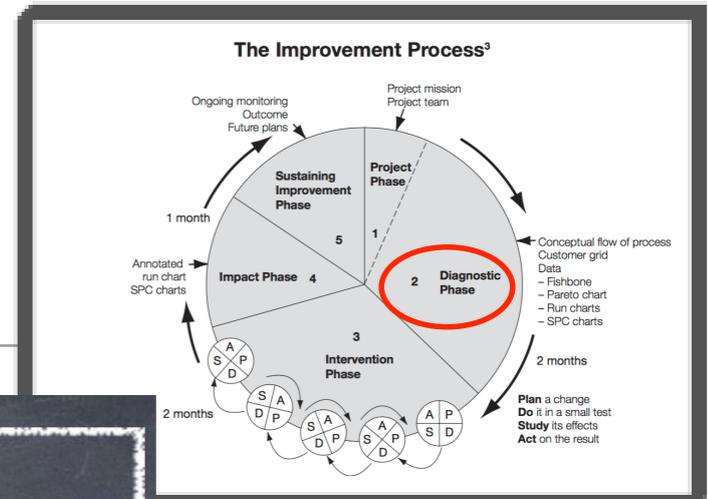
→ Care coordinators completed 4 FROP_COM Falls Risk Screens

100 Older persons community mental health consumers.

→ SMHSOP Care coordinators completed 38 FROP_COM Falls Risk Screens

Falls CPI: Diagnostic Phase

Fall Risk Revisit - Scope of the Problem
Focus Groups: Early 2017



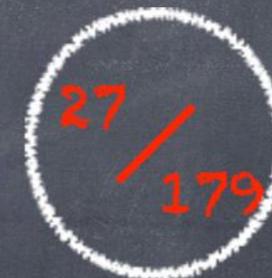
Easy Guide to Clinical Practice Improvement 2002

Ryde AOT 179 Consumers



27% Consumers
55-65 yo

1.7% Consumers
65 + yo



15% Consumers
identified as
Falls Hx or FOF

60%
AOT
Consumers
(50-65yo)
identified
with
Falls Hx
or FOF

Observations:

- 50 / 50 % Fallers Independent vs supported accommodation
- 37% previous institutionalization
- 37% socially isolated
- ???% younger fallers with metabolic syndrome
- ???% younger fallers with D&A co-morbidities

Ryde Falls Prevention CPI

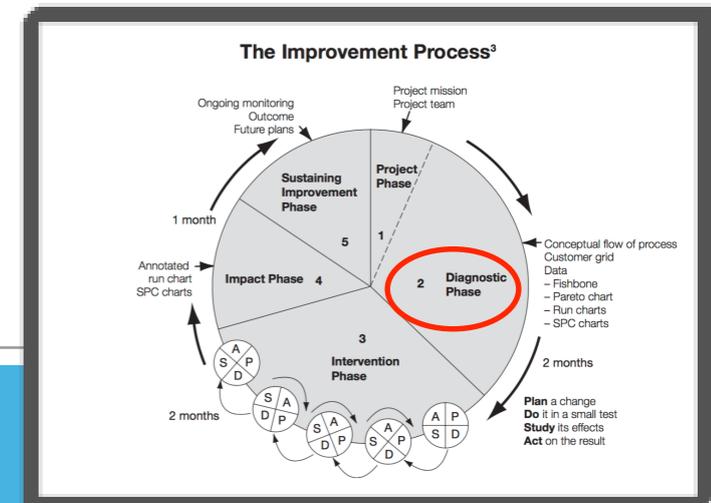
Diane Grayshon, Mandy Meehan, Peter Kim, Rosie Bordman, Belinda Freach, Monica Rogehmoser



Health
Northern Sydney
Local Health District

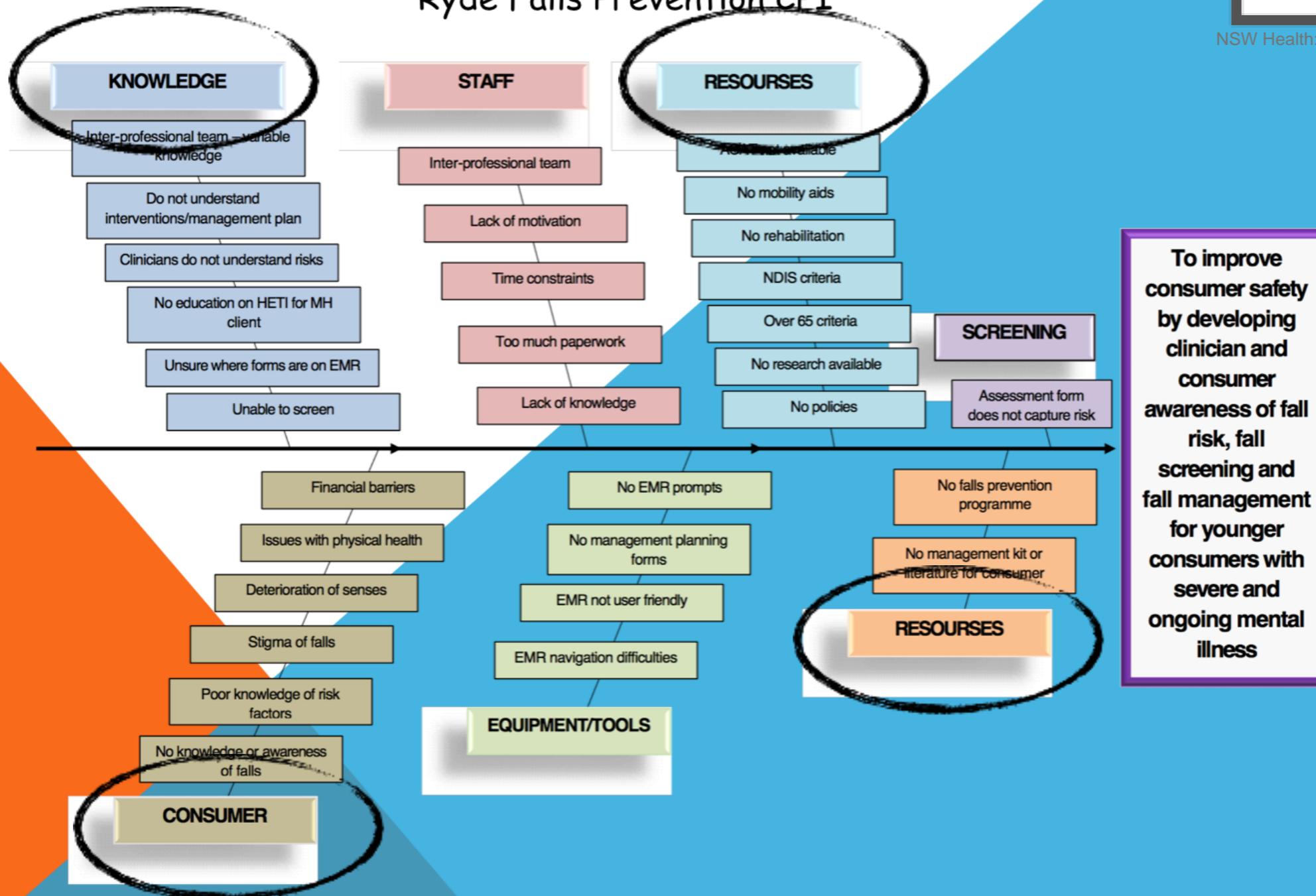
Falls CPI: Diagnostic Phase

FISH bone Results

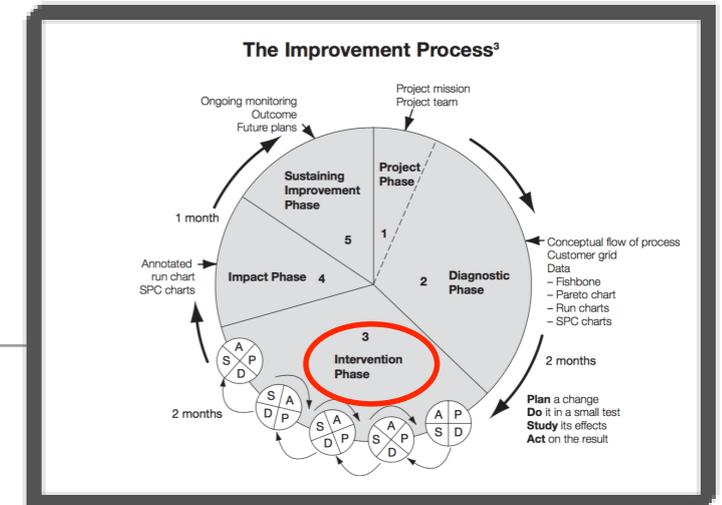


NSW Health: Easy Guide to Clinical Practice Improvement 2002

Ryde Falls Prevention CPI



Falls CPI: Intervention Phase



NSW Health: Easy Guide to Clinical Practice Improvement 2002

NSLHD Mental Health Drug & Alcohol (MHDA) Falls Committee:

- Ryde Falls CPI presentation Dec 2016
- 2017 April Falls Month Activities
- 2017 MHDA Falls Education
Not just an issue for older people

Ryde Mental Health Service Activities:

- Falls Champions (CPI Team)
- Falls Resource Pack (In Progress)
- Staff Education (Fit Education to Teams Values)
 - Team Clinical Care Planning Meetings
 - REFLEXIVE Practice Sessions

April 2017
APRIL FALLS MONTH
Moving right to stay upright

Helping our consumers
– take steps to prevent a fall

April Falls Day® 2017 is an opportunity to promote *Moving Right To Stay Upright* across your MHDA service.

MHDA Falls Risk
- not just an issue for older people!

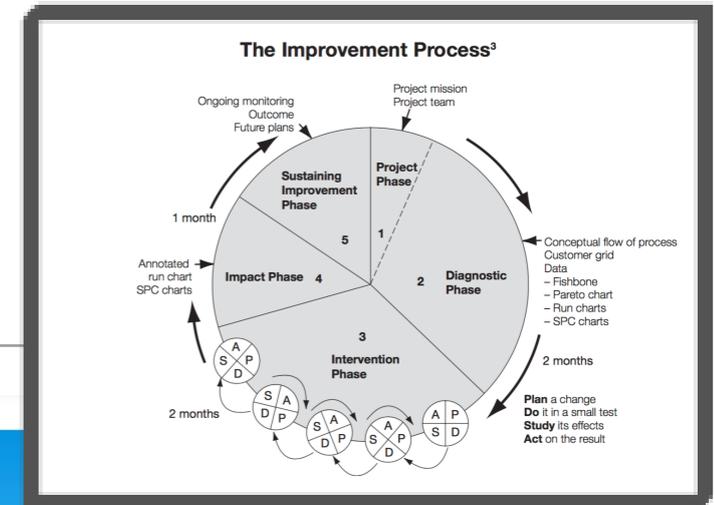
Consumers safe mobility may be reduced due to the effects of medications, substance withdrawal, mental health disorders, psychiatric treatments, chronic medical conditions, poor nutrition/hydration, disturbed sleep and acute illness.

What can we do?

- Screen and identify the falls risks for all our consumers
- Discuss these risks with consumers and carers
- Develop a plan to manage the risks with them
- Refer to relevant services for interventions
- Communicate to relevant other staff and carers

Falls Prevention®
is everyone's business

Falls CPI: Intervention Phase



Ryde Mental Health Service Activities Continued;

Consumer Education

- Annual Men's & Women's Health Forums
- SMHSOP Groups - Men's & Women's Health & Stepping ON
- Health CARDS to empower consumer to follow up on physical health with their GP
- Wellness Clinic & SMHSOP Outreach Wellness Clinic
- Falls Information Pack for Consumers and families (Welcome Pack)

- Mental health plan
- Podiatrist
- Eye examination
- Weight
- Bowel screen
- PAP smear
- Mammogram/breast check
- Blood glucose level
- Cholesterol level
- Dental check
- Blood

NSW Health: Easy Guide to Clinical Practice Improvement 2002

WOMEN and FALLS

Identifying the Risks

Diene Grayshon RN
Phoebe Boardman MSc
Mandy Meehan OT

Women's Health & Wellness Group

Ryde Specialist Mental Health Service for Older People

Ryde Community Mental Health Centre
Wednesday's @ 10:30 - 11:30
Commencing 2nd August 2017

Women's Health & Wellness Group
Bridging the Gap between mental health and physical health

Come and join us in Meeting Room 1

Group discussion, information and education exchange and practical sessions.

Participants will be invited to attend a Stepping On Falls Prevention Program after the completion of the groups.

For details ask your case manager or
Contact: Lizzie,

WOMEN'S HEALTH & WELLNESS TERM 3 2017 EYRE BRASSICE - THE STUDIO

Decreasing the risk....

Safeguard your home

Get Active: Strength, Balance & Walking

Calcium & Vitamin D for Bone Health

Regular eye checks

CARE FOR YOUR FEET

Men's Health & Wellness Group

Ryde Specialist Mental Health Service for Older People

Ryde Community Mental Health Centre
Wednesday's @ 11 - 12 noon
Starting on the 5th APRIL 2017

Men's Health & Wellness Group
Bridging the Gap between mental health and physical health

Come and join us in Meeting Room 1

Group discussion, information and education exchange and practical sessions.

Participants will be invited to attend a Stepping On Falls Prevention Program after the completion of the groups.

For details ask your case manager or
Contact: Lizzie, Mandy, Di or Judy (SMHSOP)

MENS HEALTH & WELLNESS TERM 2 2017 EYRE BRASSICE - THE STUDIO

MEN & FALLS

ARE YOU AT RISK?
NOT JUST AN ISSUE FOR OLDER PEOPLE....

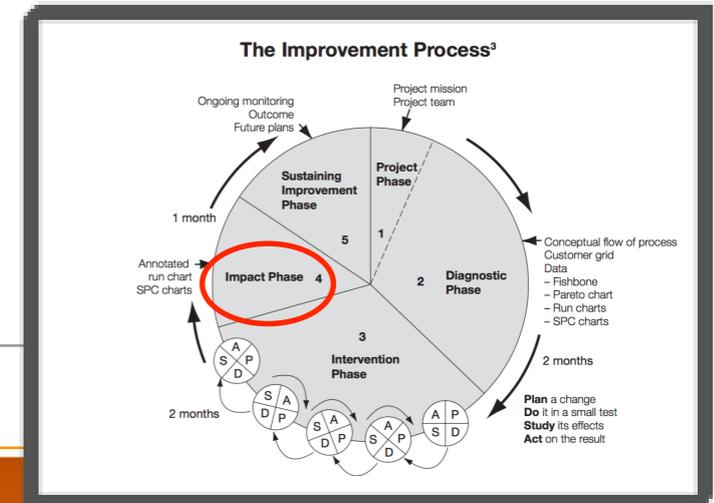
MANDY MEEHAN (OT SMHSO)
DIANE GRAYSHON (RN SMHSO)

- ### MENS HEALTH
- Physical examination
 - Blood pressure
 - Cholesterol
 - Blood sugar levels
 - Prostate screening
 - Skin cancer
 - Bowel screen
 - Eye examination
 - Dental examination

Falls CPI: Impact Phase

Education, Falls Prevention & Promotion in Mental Health

- **NSLHD MHDA Staff Education**
 - ✓ 5 Inpatient Units & Macquarie Hospital
 - ✓ 10 Community Teams
 - ✓ D&A Clinic
 - ✓ LNS & Ryde Community & Inpatient = 66 Staff
- **NSLHD MHDA Falls Risk Management Procedure PR2014_032**
 - ✓ Adult consumers screened from age 55
 - ✓ Mental Health Specific Fall Risk Factors
 - ✓ EMR Alert - Falls Screening (request)
- **NSLHD MHDA Physical Health & Falls Working Party**
 - ✓ Pathway development (Wellness Clinics, HEAL, Stepping On, Healthy Lifestyle Groups)
- **Macquarie Hospital - Pathways to Community Living Initiative (PCLI):**
 - ✓ Falls Prevention Interventions to decrease falls risk



NSW Health: Easy Guide to Clinical Practice Improvement 2002

Falls Prevention Education for NSLHD MHDA Community Service Providers

Falls Prevention[®]
is everyone's business

April 2017
APRIL FALLS MONTH
Moving right to stay upright

NSW GOVERNMENT
Health
Northern Sydney
Local Health District

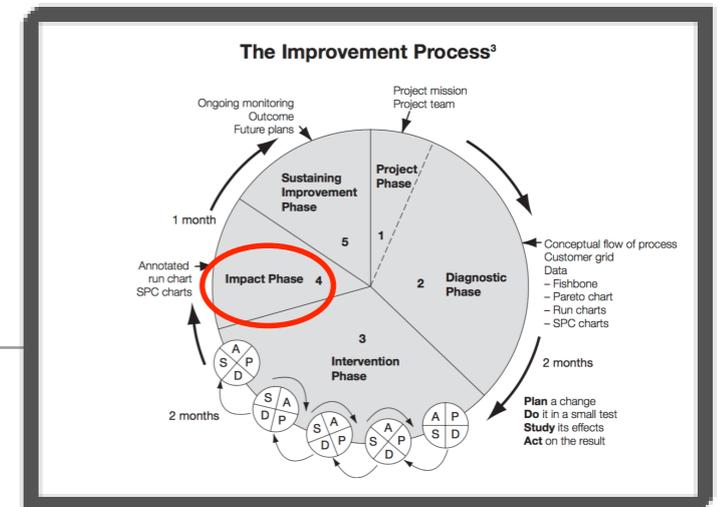
MHDA - Falls Risk
Not just an issue for older people....



Falls CPI: Impact Phase

Education, Falls Prevention & Promotion in Mental Health

- **Consumers Education**
 - ✓ 90 + consumers attended Stepping On & Ryde Health Forums and SMHSOP Health Groups
- **Ryde SSMHOP Falls Focus Month Audit**
 - ✓ FROP_COM completed for 91% of SSMHOP consumers
- **Ryde GP Shared Care Program:**
 - ✓ Falls data and screening on 74% of consumers in this program
- **LNS SMHSOP (Stepping ON)**
- **HASI + Housing**
 - ✓ Falls Data review and education



NSW Health: Easy Guide to Clinical Practice Improvement 2002

Decreasing the risk....

Safeguard your home

TRIPS AND FALLS

Get Active: Strength, Balance & Walking

CARE FOR YOUR FEET

Bad news. You have to start walking.

WALKING

Calcium & Vitamin D for Bone Health

Regular eye checks

What Can Increase your Risk of Falls: The Research....

Depression & Anxiety

Multiple Medications

DIABETES AND HIGH BMI

Hypertension Cardiovascular Disease.

Poor Diet and Fluid Intake

eat right.

Smoking

peripheral neuropathy

What causes Metabolic Syndrome?

What is Metabolic Syndrome?

Falls CPI: Sustaining Improvement Phase

North Shore Ryde Mental Health Services

- Local Falls Champions
- Consumer and Staff Education and Falls Prevention Programs & clinical practice

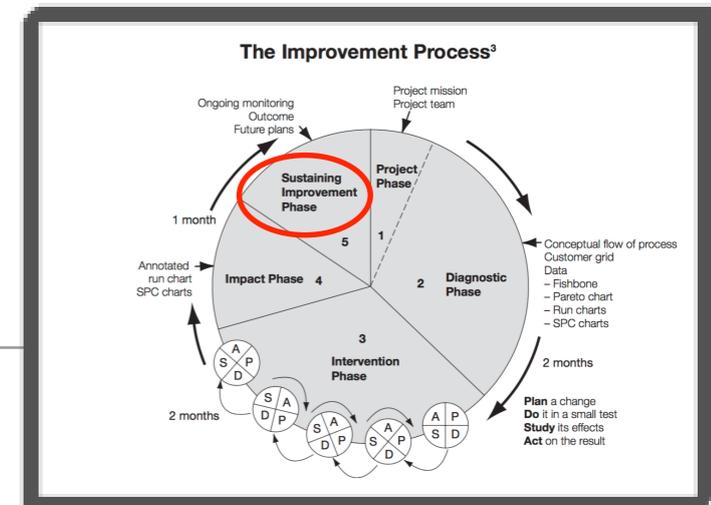
NSLHD MHDA level pilots

- Wellness Clinics, HEAL, Stepping ON, Healthy Lifestyle Program

Physical Health and Falls in Mental Health

- Wellness Clinics – develop screening tools linking metabolic monitoring and falls risks

POLICY CHANGE



NSW Health: Easy Guide to Clinical Practice Improvement 2002