



# Prince of Wales Hospital Falls Pathway for Older Outpatients

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But we know older people fall  
But falls are preventable



- We know there is strong evidence based programs to prevent falls
- Getting vulnerable people into clinical pathways to best practice in a timely manner still appears a challenge

# In a nutshell

**Referral to Falls  
Prevention group**



**7-week Stepping On  
program**



**12-week strength & balance  
maintenance grp**



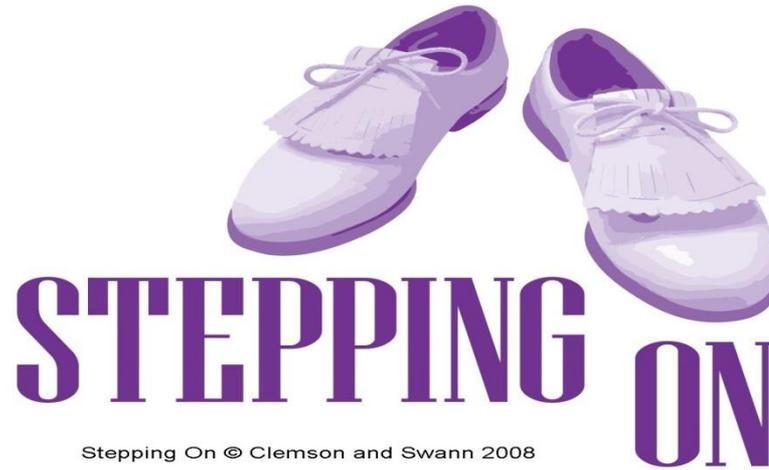
**Referral to community-  
based exercise grp**

- Identification of high-risk fallers and referral to the Stepping On program is based on a model of care at POWH that has built links between the
- Falls Balance and Bone Health Clinic,
- Emergency Department,
- GP's,
- inpatient teams
- community-based services

# How we did it

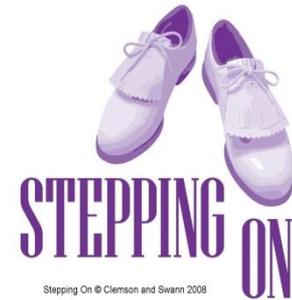
- An interdisciplinary team was formed utilising clinicians and managers from Geriatric Medicine , Falls, Balance and Bone Health , Physiotherapy and Occupational Therapy

- The POWH falls pathway is a successful and sustainable model of care for falls risk minimisation.
- Our experiences can assist other health districts to establish a similar model of care in regard to falls prevention strategies for older populations.



- Stepping On is an evidence based program that aims to minimise falls risk factors in older populations. POWH has been offering the Stepping On program since 2005.
- Clemson et al 2004. "The effectiveness of a community-based program for reducing the incidence of falls in the elderly: a randomized trial." *JAGS*. 52 (9): 1487-1492

# Stepping On



- Community-based program conducted in a small group learning environment
- Part of our out patient department at POWH
- Sessions apply the most current research on falls prevention delivered utilising adult learning principles
- Facilitator-led within an interactive group environment

# Program facilitators and speakers

- Programs are held in outpatient treatment rooms and include presentations by local health professionals including:

- Physiotherapist
- Occupational Therapist
- Roads Safety Officer
- Podiatrist
- Vision expert
- Dietician
- Pharmacist



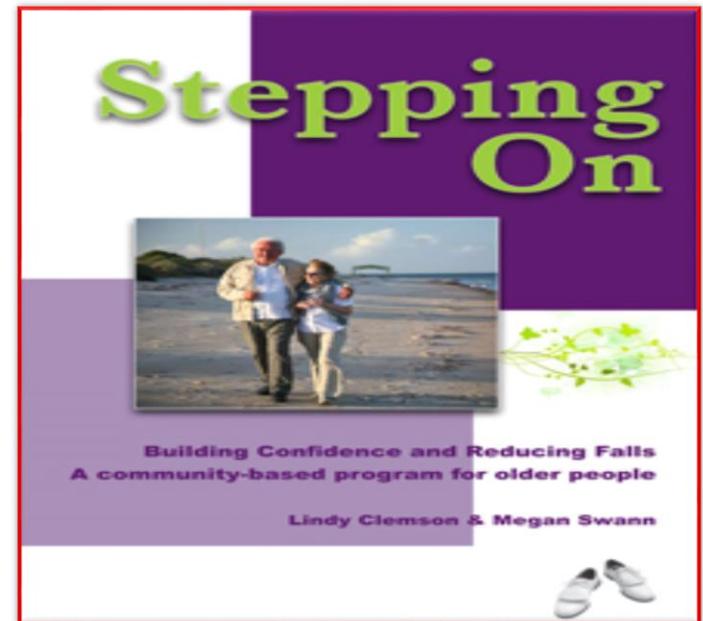
# Inclusion

- People living in the community
- Over 65 (unless clinical judgment dictates otherwise)
- Falls history
- Walk independently
- With or without a w/s
- Fear of falling



# Exclusion from the evidence

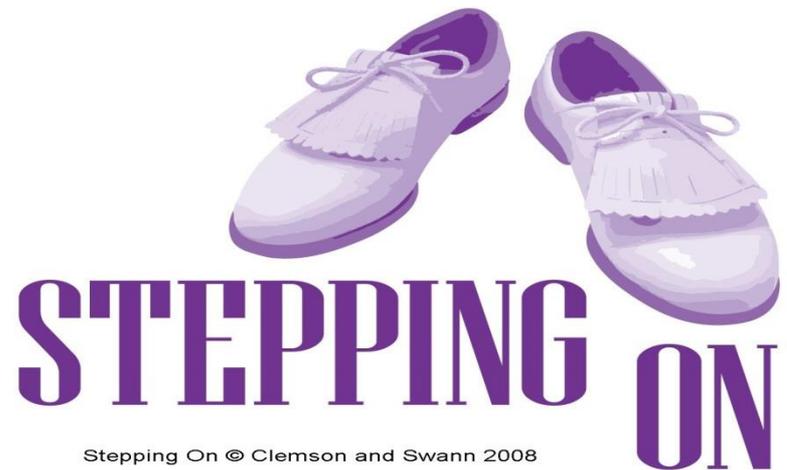
- Progressive neurological condition
- Stepping On was not tested on Parkinson clients or severely visually impaired clients
- Behavioral problems
- Memory problems
- Long term frame users
- Living in a hostel
- Living in a nursing home



- Is a highly evidence based program
- 7 weeks & 2hrs a session
- Stepping On delivers a 31%

Reduction in falls

over a 14 month period



# What about the people who don't fit into the criteria for Stepping On

- Low Vision Clinic OT Home visit services
- Short-Term Restorative Care (STRC)
- Healthy Ageing AIM for fitness
- Integrated Rehabilitation and EnAblement Programme (IREAD)
- Physiotherapy out patients
- Psycho geriatric team

# MOVING ON

**Referral to Falls  
Prevention group**



**7-week Stepping On  
program**



**12-week strength & balance  
maintenance grp**



**Referral to community-  
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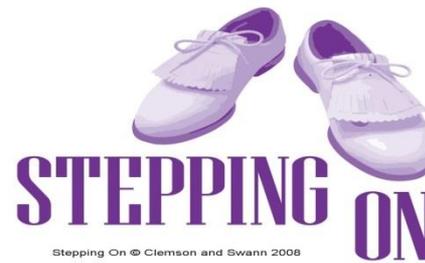
# MOVING ON



# Can be duplicated

- SO funded to December 2019 by Office of Preventative medicine The program is currently funded by the NSW Ministry of Health (See: <http://www.preventivehealth.net.au/steppingon.html>)
- There are SO coordinators in each Local Health District area who would support you to start a SO group in your out patient department
- Well resourced with manual and facilitator training readily available

- Pathway can be intercepted and phone calls made to GP to family carers eg Referrals made to Guide Dogs ,OT Home visit or podiatrist
- Extra physiotherapy made be needed
- Mention how to register with myagedcare to get further services
- Finishes with a letter to the GP
- 5 patients who came from the POWH Falls clinic that go to SO get 3 month follow up extra

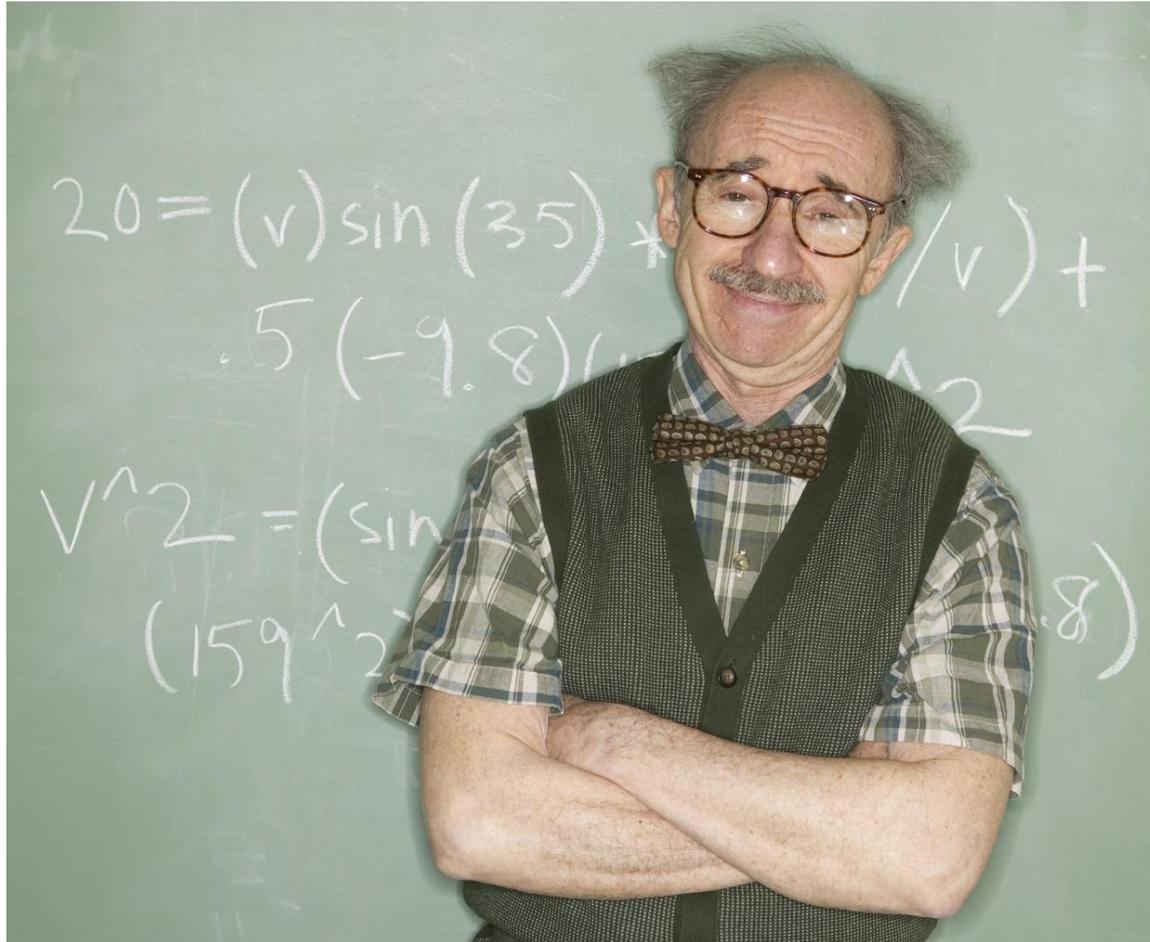


- Stepping On is core business at POWH outpatient occupational therapy and physiotherapy services and as such, is provided on a regular basis. A high percentage of patients in South Eastern Sydney Local Health District (SESLHD) over 65 years who have sustained an injury due to a fall, have a secondary diagnosis of musculoskeletal (MSK) conditions (co morbidity)..

# More clinical pathways are being formed

- Two Leading Better Value Care (LBVC) and Musculoskeletal conditions Initiatives, the **Osteoporosis Re Fracture Prevention** and the **Osteoarthritis Chronic Care Program**, refer appropriate patients to Stepping On, an evidence-based fall prevention program delivered at POWH

# Need data to change practise



# Data alone will not change practice

- Also needed a dedicated group of health professionals aware of best practice and willing to go the extra mile
- Passionate and regular staff (no staff changes)
- Acknowledge Jamie Hallen ,Rachel Blumenfeld
- And other PTs I have worked with
- Also the OT manager and PT manager at POWH
- Not to mention Prof Jacqui Close( Falls, Balance and Bone Health ) and Stepping On SESLHD coordinator Trish Lynch



**Stepping On**

*Congratulations Stepping On Participation*