Welcome

Special Edition Falls Links Newsletter
This newsletter highlights some of the activities that occurred in NSW Local Health Districts throughout April 2015 as part of April Falls Day® /Month 2015

We thank all staff and organisations who actively participated in April Falls Day® /Month activities in hospital, community and residential care services in their local health districts.

We also thank the LHD Falls Prevention Coordinators and other staff who collated and forwarded April Falls reports and photos.

April Falls Day®/Month

Inside this Issue

CEC April Falls Day®/Month 2015 2

April Falls Day® /Month Reports from LHDs 3

Falls Network Information 26
How to join and communicate through the network.

“Don’t let confusion cloud the risk of falls”

“Falls Prevention is Everyone’s business®”

fallsnetwork.neura.edu.au
April Falls Day® 2015 focused on *Confusion and Falls Prevention*. It is often the confused older person who falls in hospital and raising staff awareness in understanding the relationship between confusion and falls was identified as a priority for this year’s April Falls initiative.


The resources included posters, with an aim to remind staff that a patient’s brain health is important and that the level of cognition is a vital sign which should be monitored such as other vital signs that are regularly checked e.g. blood pressure and pulse. Changes in a patient’s level of cognition (onset of confusion) may indicate clinical causes that require investigation and management e.g. urinary tract infection, dehydration, constipation or urinary retention.

To support staff education a series of power point presentations were developed for hospital, residential care and community care settings. These were downloaded and used throughout the state.

There was also the new fun poster from Port Macquarie-Hastings Council and Mid North Coast Local Health District (Port Macquarie Base Hospital) – *Dance like no-one is watching!* ...as long as you watch your own steps.

There was a broad range of April Falls activities that were conducted across the state and this newsletter provides a very brief overview of some of the activities.
As usual - a bright orange April Falls Day® and Month 2015 was celebrated across NSLHD and CCLHDs! All our hospitals and many of our community health teams who work with older clients/patients, participated in our annual celebration of April Falls Day® and Month to spread the theme of ‘Don’t let confusion cloud the risk of falls’.

Our NSLHD and CCLHD Acute/Sub-Acute, and Community Falls Prevention Committees worked very hard to make the day and month a success. Staff and patients/clients participated in a range of activities. Patients and visitors were given ‘goodie bags’ of falls prevention information. A range of orange items such as T-shirts, pens, lens cleaners, post-it notes and balloons were also available.

The Stepping On program was promoted at each facility and in the community.

Promoting working with Carer’s (as they are the ones who are often managing those with acute and chronic confusion) was a priority in both LHDs this year. The use of the video ‘Barbara’s Story’ as part of education sessions was a very moving way to highlight both hospital and community issues in relation to confusion.
In CCLHD we had some new banners specifically made to highlight the importance of liaising with Carers to reduce falls in hospital and to promote the use of TOP5. Working with Carer’s was also the theme of the CCLHD April Falls RED Trolley education sessions presented to wards at Gosford and Wyong, and in foyer and ward displays with information promoting the CEC flyers around confusion and falls prevention.

All CCLHD hospital wards and departments were invited to enter the inaugural April Falls Month Competition which rewarded a service able to demonstrate cost effective ways to reduce falls, with a cash prize of $1000 to spend on falls prevention equipment or initiatives. The winner was the Older Persons Mental Health unit at Wyong Hospital Miri Miri for their falls prevention education groups with patients, collaborative exercise group with physiotherapists and occupational therapists, and a CNE project to improve staff confidence in falls prevention.

In NSLHD we had ‘Come and Try’ Tai Chi classes at each of our 6 hospitals facilitated by Healthy Lifestyle and Health Promotion.

All facilities had falls prevention promotion displays in their foyers using the colourful CEC flyers and posters. Manly had hospital wide in-services on falls education sessions, and Royal North Shore had their usual education trolley going around to the wards – highlighting confusion and falls. Ryde had a fabulous poster competition, and new and tricky falls quiz related to confusion across the LHD was a hit!

Hornsby Hospital tried to see how many staff could be badged with falls stickers by the end of April Falls Day®, which was a fun way to promote the message. RNS Drug and Alcohol had in-services to highlight falls prevention.

Macquarie Hospital always makes a big effort to promote the message with staff and their mental health patients and ran competitions and provided healthy snacks. ‘Winners were Grinners!’
Community Service Providers across NSLHD and CCLHDs were as usual provided with orange goodies and resources for their staff and clients during the month of April.

Northern Sydney Home Nursing Services, Central Coast Community Nursing and Central Coast Caring Networks displayed the orange t-shirts, had education sessions and distributed lots of information to their patients and staff during the month.

SMHSOP (Specialist Mental Health Services for Older Persons) teams in Northern Sydney and the Central Coast gave our resources to community clients. Ryde SMHSOP also conducted education and Yoga classes.

As always, so much time and effort went into making April Falls Day® and Month such a success across both CCLHD and NSLHD. Everyone who participated is to be both commended and thanked!

Hirondelle Private Hospital

Hirondelle Private Hospital launched into April Falls month with the wearing of orange shirts to promote Falls prevention. All patients were visited by Hirondelle Private Hospital’s Falls champion and provided the opportunity to discuss falls. Hirondelle Private Hospitals Falls prevention information brochure and a letter were given to each patient to raise awareness of April Falls Day®, inviting patients and their families to be actively involved.

The Occupational Therapy department held a special April Falls Day® falls prevention group, encouraging patients and their families to attend. The Physiotherapy department engaged with patients raising awareness about falls during therapy sessions.

Hirondelle Private Hospital’s quality noticeboard was filled with information for patients, carers, families and staff around the theme for 2015: Don’t let Confusion Cloud the risks of falls. Orange balloons and falls prevention posters from the CEC, filled the hallways, raising awareness to all who visited.

Staff involvement in April Falls Day® was encouraged with an orange themed BBQ and a falls prevention quiz.
Dedicated and enthusiastic teams from SESLHD participated in this year’s April Falls Month, arranging a wide variety of activities to promote important falls prevention messages to the general public, consumers and staff.

We used the opportunity not only to highlight the impact of cognitive impairment and delirium on falls but also to look at the way we engage patients and carers in falls prevention care plans. Barbara’s Story, a UK-based innovative training about dementia was screened at a number of staff education sessions across the District during April.

Engaging with patients/families and carers

Hospital-based fall committee members at **Prince of Wales, St George, Sutherland and Calvary Hospitals** undertook interviews with patients (and/or their carers) who had been been identified at high risk of falling or who had sustained a fall in hospital. Their feedback will be used to identify ways in which we can better work with consumers to ensure they are active partners and subsequently improve the care we provide.

In April, we were also able to make available newly translated CEC 1 page flyers on falls prevention in hospital and information for carers of people with confusion. The flyers are now available in Macedonian, Spanish and Russian, languages commonly spoken by SESLHD residents. These translations were made possible by a partnership between the Planning and Population health Directorate, the SESLHD Multicultural Health Unit and the Clinical Excellence Commission (CEC) and are available on the CEC Website.

In addition, other activities that occurred at various sites across our health district included:

**Sutherland Hospital** set up an information stand in the hospital foyer, with staff members on hand to answer questions and provide information on a range of falls prevention topics. Physiotherapy team also conducted a balance class and the Occupational Therapists set up an equipment display. A quiz for staff, a jelly-bean guessing competition (with prizes of course!) and a visit from Humpty Dumpty ensured much interest and a very successful event.

**St George Hospital** staff visited each ward armed with a trolley of resources and merchandise, engaging staff to raise awareness around the theme of *Don’t let confusion cloud the risk of falls*, as well as the District’s revised falls procedure and tools available for staff to use in the provision of safe and high quality care. A jelly-bean guessing competition (in which the jelly beans represented the amount of falls that occurred in 2014) and an April Falls Day® quiz helped highlight the challenge of falls prevention and enabled staff to identify gaps in their falls prevention knowledge.

**Calvary Health Care** manned an information stall and used the month to drive falls education for staff. The Diversional Therapy magazine focused on falls prevention and was well received by patients, families and the public.

The 2015 April Falls promotion has been planned and prepared by the **Prince of Wales Community Health Surestep Committee**. The committee has representation from all Community Health Teams and Post-Acute Care (PACS) team.

The theme for this year’s April Falls campaign was *Don’t let confusion cloud your fall*. The Surestep committee, using health literacy guidelines, adapted the phrase to ‘Do you know confusion can cause a fall?’ and used this to inform consumers about the increased risk of falls associated with confusion caused by delirium and/or dementia.
South Eastern Sydney Local Health District

Falls literature from the CEC and Falls Network were displayed plentifully and made accessible so that consumers felt at ease reading and taking information. A consumer quiz (with a prize for entering) was set up where people were asked whether they knew that confusion can increase your risk of falls. After entering the quiz they were given a POWCH ‘Illness and Falls’ Handout. Clinicians discussed falls risk factors with them and provided guidance for action that could be taken to reduce those risks. This included a focus on understanding what can cause delirium & confusion, and ways to prevent falls by improving balance and strength. In addition to the handouts consumers were directed to the home exercises on page 4 and 5 of the ‘Staying Active and on your feet Booklet’.

As part of ‘April Falls’ this year clinician education was included using the CEC resources and a quiz to test knowledge. The evaluation from staff demonstrated a positive response and good learning outcomes. A Tai Chi demonstration and information session was organised to conclude April Falls 2015.

Following the Tai Chi demonstration, staff were invited to play the ‘Humpty Dumpty Game’. They answered either a ‘fun’ falls question or took a Humpty Dumpty card and answer a question on April Falls 2015 education.
South Eastern Sydney Local Health District

War Memorial Hospital (WMH)

War Memorial Hospital continued on with the tradition of participating in the annual April Falls month this year. Over the course of the month we were able to work with inpatients, outpatients, carers and family as well as staff to explore the idea that people with cognitive impairment, delirium, dementia and anxiety are at a higher risk of falls.

Staff from the falls committee put together an information stall in the reception area of the hospital with posters and information brochures regarding falls prevention, environmental hazards, medication safety and safe footwear. Posters were also placed around the wards for clinical staff regarding detection of confusion and delirium and recognising the signs of anxiety and agitation.

Education sessions for staff included;

• The Anticholinergic burden by Pharmacy
• Hearing about a new Podiatry project promoting well-fitting footwear for inpatients
• A recap talk on the Top 5, particularly focused on those with cognitive impairment

A session was also held by the geriatric specialist with the topic ‘(Brain) Fog and Falls: A talk on confusion, medications and falls’. This was attended by staff but also by community members, carers, families and patients from the ward. Feedback from the talk was wonderful.

Additional to these sessions, the WMH Uniting Care Day Centre ran a ‘Falls prevention education and exercise program’ for the entire month of April.

The main messages included maintenance of mobility equipment, wearing appropriate footwear and keeping eyewear/glasses clean. Clients were given information booklets with information taken from Stepping On manual and the Staying Active program. Exercise sessions and Tai Chi classes were also held. Sessions throughout April were also successfully held in Greek and Spanish to cater for the large numbers of CALD attendees at the WMH Day centre.
Western Sydney Local Health District

Western Sydney Local Health District (WSLHD) participated in the April Falls Day® /Month, gazetted in the NSW Health Calendar since 2008. This was for the purpose of highlighting the issue of fall injury among older people and promoting best practice in falls prevention.

Staff, patients and community members had the opportunity to attend various falls prevention activities in Auburn, Blacktown, Mt Druitt, and Westmead Hospitals and in the local community. At the Local Health District level, April Falls Splash Screen Messaging ran across the district from the 30th March to 1st April and Balance & Strength Exercises for Seniors Fridge Magnets and other resources were sent out to various facilities.

Local Community Activities

Around 25 Government and non-Government organisations are working together under Healthy Older People Partnership program to improve the strength, balance, health and well-being of older people living in the WSLHD. A 4 week Fit and Strong Challenge was offered to partner services. Around 60 participants completed the Challenge. This highlighted the need of ongoing participation in balance and strength exercises and importance of Vitamin D and Calcium intake.

Blacktown and Mt Druitt Hospitals Activities

April Falls Day® was celebrated at both Mt Druitt and Blacktown Hospitals. Mt Druitt foyer had an information stand containing information on falls prevention, as did Blacktown Hospital. Both were manned by hospital staff throughout the day so visitors could ask any questions they may have.

Blacktown foyer was also a buzz throughout the lunch hour with a Tai Chi demonstration / class run by Tai Chi practitioner Nigel. This was thoroughly enjoyed by the staff who participated and found it informative. This was followed by strength and balance exercises as recommended in the “Staying Active and On Your Feet” booklet.

Hospital NUM’s were provided with Falls fact posters to decorate their wards, as well as falls “find a word” for patients to do during the day.

Westmead Hospital Activities

April Falls Day® saw Westmead Hospital engage with more than 100 community and staff members. The focus was to promote safety from falls at home and within the acute hospital setting.

Family and carers were empowered to discuss falls risks with their loved ones and provided CEC information flyers.
Western Sydney Local Health District

Staff answered curious minds and problem solved with staff about how they can increase awareness within the work environment.

There were also two hospital wide clinical education sessions aimed at all multidisciplinary team members targeting this year’s focus: Don’t let confusion cloud the risk of falls.

Overall April falls proved a successful event where the acute facility engaged with the community to increase awareness and reduce the risk of falling at home, in the community and in the acute hospital setting.

Auburn Hospital Activities

At Auburn, the April Falls Day®/month was utilised to provide education to staff regarding new falls boards (located on clinical areas) highlighting some of the screening tools related to falls (e.g. cognitive screen, malnutrition screen) as well as the Top 5 Initiative which is directly related to falls prevention in patients with dementia/cognitive impairment (in addition to managing other risks related to dementia). Posters included the information on falls boards and confusion.

During the first 2 weeks of April Physiotherapy staff, students and volunteer took the “Cognition Screening for Older Adults” tool to the wards and staff were asked the screening questions to promote awareness regarding confusion and falls prevention and to increase awareness of potential to screen cognition. Participants went into a weekly prize draw for a $10 voucher and over the 2 weeks over 35 staff participated.

For the last 2 weeks of April Physiotherapy staff and students ran a Standard 10 quiz asking some general questions about falls prevention processes (as well as some music trivia with song names related to falls). Again participants were entered into a prize draw for a voucher.

Lastly April Falls was used as the platform to relaunch the new and improved “Patient Falls Audit” in the QMS Audit Portal with all inpatient asked to start completing regular audits as for April.

April Falls Day® at Alwyn Rehabilitation Hospital

Here at Alwyn Rehabilitation Hospital, we look upon April Falls Day® as one of the ways we can give back to the community. Invitations had been sent to former patients, carers and other consumers and this year over 40 people attended.

Clinical Care Manager - Lynette Foskett, Occupational Therapist - Theresa Poak and Social Worker - Natasha Salimbeni were the featured speakers, reinforcing education on Falls Prevention, in particular how confusion can contribute to falls. The talks centered on causes of falls, specifically post anaesthesia and medication, various strategies to prevent falls inside the home and a demonstration of techniques of how to recover after a fall plus information on getting active in the community. Patients were shown how to access the Active & Health website to find exercise programs in their local area.
Western Sydney Local Health District

Following the presentations a beautiful morning tea prepared by our chef was offered and attendees were able to speak with staff including doctors, nurses, physiotherapists, occupational therapists and the social worker. Furthermore, participants were provided with information packs to take home and asked to evaluate the event.

The feedback from all participants was positive. The presentations struck a chord with David Payten with him remarking that “it was a real pleasure to be invited and that the presentations were really valuable to help with his lifestyle”.

Southern Cross Care Merrylands

This facility took part in April Falls Day®, we had a notice board in the main activity area were every body can see it and read it, we also had lollies bar, green and orange cup cakes to encourage the staff to attend the education, many staff members bought the shirt and on the day staff were able to buy the pens we previously ordered.

CEC Falls Program April Falls Posters
Hunter New England Local Health District

Hunter New England LHD held a range of events over the month of April including 2 forums. The first was held in partnership with the NSW Falls Prevention Network at Pokolbin on the 26th March. This forum was attended by 110 participants. Participants travelled from ten rural locations and the Greater Newcastle area across the LHD and were from a range of work settings including hospital, community, residential aged care as well as community service providers from both the public and private sector.

Key presenters included Dr Jasmine Menant, NeuRA, Ms Lorraine Lovitt, NSW Falls Prevention Program, Clinical Excellence Commission (CEC), Dr Esther Vance, NeuRA and a range of local presenters. The forum was opened by Mr Kim Nguyen, Director Allied Health, HNELHD who is the Executive Sponsor of National Standard 10 in HNE Health.

The second forum was held at the Tamworth Jockey Club on 30th April and attended by 70 participants. Both forums were rated as very good or excellent by over 90% of those who completed the evaluations.

Medical Step Down Unit Metford

The wonderful education staff ran a mobile quiz trolley offering rewards for correct answers. There were 120 entries in the competition, (our best ever), with various winners, the favourite was a School Based Trainee who had been in the hospital less than a month. The Main Entrance was decorated and an information table was set up and manned by the Pink Ladies providing plenty of handouts for visitors.

Staff had to negotiate an obstacle course before they could partake in a BBQ lunch! Everyone from Management, NUM, Educators, Staff Health and of course Peter the Painter helped with the cooking and serving. It was a great day and as you can see we certainly support Falls prevention is everyone’s business®.

Manilla Multi-Purpose Service

Manilla Multi-Purpose Service (MPS) provides health services to 10 acute beds and 40 aged care residents. April Falls Awareness Month focused on this year’s theme Don’t Let Confusion Cloud the Risk of Falls with weekly education about falls epidemiology, falls awareness, and clinical tips on how to prevent falls in our patients and residents.

We also developed and initiated the use of a comprehensive physiotherapy assessment for residents of our facility. This tool included assessment of known high risk fall factors (past medical history, medication, cognitive status, vision and continence), a functional mobility assessment, a top-to-toe musculoskeletal assessment, and objective balance tasks. The strength of this tool was its ability to clearly identify each individual resident’s specific fall risk factors and prompting them to be addressed.
Hunter New England Local Health District

Each resident could also be categorised as low, moderate or high falls risk, making it easier for all staff to provide appropriate care and supervision. The Manilla MPS Physiotherapy Assessment Tool is still in its early pilot phase, but the aim is to provide annual assessments for our residents – a goal we look forward to evaluating on April Fall’s Day 2016!

Hunter Valley Private Hospital

Hunter Valley Private Hospital held an April Falls Day® education session and exercise group on 1st April 2014. The group exercise room was filled to capacity and was attended by 13 patients who joined in on the discussions eagerly with their own experiences.

Physiotherapist Tia Brady led the group exercises, focussing on the importance of strength and balance in preventing a fall. Occupational therapists Emma Turnbull and Nicola Crossey presented information about falls risk factors, hazards in the home environment and strategies on how to avoid a fall. At the end of the session there was an interactive demonstration on ‘how to get up from a fall’ and Home Environment checklists and brochures regarding ‘Falls Prevention in Hospital’ and how to ‘Choose the Right Shoes’ were handed out after the session.

The session was arranged by Nicola Crossey and Emma Turnbull (Occupational Therapy department) and Tia Brady and Sue Swinfield (Physiotherapy department/Allied Health Assistant). In addition to the Falls Prevention session, there were information displays around the hospital, including posters and brochures related to falls prevention.

As the theme for this year was Don’t let Confusion Cloud the risk of falls, staff information flyers were put up around the hospital to increase staff awareness of confusion and falls risk.

Calvary Mater Newcastle

On 1 April 2015, April Falls Day, staff members ‘bruised up’ to help spread important falls prevention messages to patients, visitors and the local community. Fake cuts and bruises were applied to staff throughout the hospital by ICON School of Makeup, to generate awareness of April Falls Day.

ICON School of Makeup kindly offered the services of eight students on the day. A promotion stand was manned by Allied Health and nursing staff throughout the week to answer visitors, patients and staff questions and to reiterate the importance of falls prevention. Informative falls prevention leaflets were also placed on patients breakfast trays.
Western NSW and Far West Local Health Districts

WNSWLHD & FWLHD embraced the concept of April Falls Day® with gusto this year, with events happening in many services/communities across the two districts. Services were invited to register their event and receive a number of promotional materials, to both advertise their activities and also to promote the theme issue of Confusion and Falls.

All facilitators were supplied with AFD promotional material including balloons, sticky notes, lens cloths (community events), pens and T-Shirts – as well as laminated copies of the CEC posters on Confusion & Falls. All facilities were supplied with at least 2 pull-up banners displaying the Don’t Fall for It and Stay on Your Feet messages.

Events were conducted in the following communities:

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<thead>
<tr>
<th>Community/Service</th>
<th>Event</th>
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<tr>
<td>Nyngan Senior Citizens Hall</td>
<td>Exercise group promotion</td>
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<tr>
<td>Orange Health Service</td>
<td>Quarantined time for staff to attend education on Preventing falls and Harm from Falls – including tools for staff use, patient/family education resources, management strategies, falls prevention in hospital and post-fall management algorithm.</td>
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<tr>
<td>Orange CJHC</td>
<td>Facebook post (483 likes) &amp; upload ‘Preventing Falls, Tips for Seniors’ poster</td>
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<tr>
<td>Walgett</td>
<td>Information display prior to Bingo @ the RSL (20-30 people)</td>
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<td>Brewarrina</td>
<td>Extended healthy morning tea and information session; information @ Stepping On sessions – pictures supplied</td>
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<tr>
<td>Bloomfield MHDA</td>
<td>Staff dressed up, wards were decorated; staff in-service; orange coloured &amp; flavoured morning tea – pictures supplied</td>
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<tr>
<td>Lourdes Hospital, Dubbo</td>
<td>Patient, visitors and staff awareness display</td>
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<tr>
<td>Dubbo HS</td>
<td>Information display in foyer of hospital &amp; staff in orange; interactive balance testing @ Orana Mall; radio interview on Star FM &amp; ABC News; publicity extended to Cobar &amp; Young as volunteers attended events from these communities</td>
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<tr>
<td>Warren</td>
<td>Flash mob – an event organised for school children who learnt 4 basic falls prevention exercises and to music danced in the main street of Warren, there were over 300 participants</td>
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<tr>
<td>Condobolin</td>
<td>Information display in foyer of health service</td>
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<td>UPA Aged Care Yeoval</td>
<td>Games morning. Guide Dogs demonstration &amp; Physiotherapist demonstration</td>
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<tr>
<td>Manildra</td>
<td>Community information display in conjunction with Live Life Well exercise program; information to local businesses</td>
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<tr>
<td>Molong</td>
<td>Co-education session with Joint Restorative &amp; Cardiac Rehabilitation groups; resulted in individual client referrals to Dietitian, fitness Leader &amp; OT; increase in awareness/knowledge about falls issues; information to Tai Chi &amp; Falls Group @ Molong HS attendees; information to local businesses</td>
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<tr>
<td>Cudal</td>
<td>Information to local businesses</td>
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<tr>
<td>Collarenebri</td>
<td>Information morning at a local club with display including equipment and information on trip hazards; display in health service foyer – pictures supplied</td>
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<tr>
<td>Rowena</td>
<td>Information display</td>
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<tr>
<td>Forbes</td>
<td>Stall @ Pharmacy with BP checks, falls information &amp; exercise classes information</td>
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<td>Community/Service</td>
<td>Event</td>
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<tr>
<td>Mudgee</td>
<td>Information display for staff around prevention options/tools; display for visitors</td>
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<tr>
<td>Gulgong</td>
<td>Information display for staff around prevention options/tools; display for visitors</td>
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<tr>
<td>Coonabarabran</td>
<td>Display of T-shirts, balloons, pens &amp; notes @ Library &amp; PaCH; talk @ Men’s Shed</td>
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<td>Binnaway</td>
<td>Display of T-shirts, balloons, pens &amp; notes @ PaCH</td>
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<tr>
<td>Barradine</td>
<td>Staff in-service on mandatory documentation, risk screening, post fall requirements and use of equipment; all wore orange and had an informative and interactive day. Promotion in the health service – photos supplied</td>
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<tr>
<td>Blayney</td>
<td>Displays @ IGA entrance &amp; @ MPS; BBQ, Tai Chi demonstration @ MPS</td>
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<tr>
<td>Wellington</td>
<td>Displays @ Hospital &amp; CHC; talks @ Senior Citizens Centre &amp; Young @ Heart Club; distribution of information to patients &amp; visitors at hospital &amp; Ambulatory Care Clinic</td>
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<td>Parkes</td>
<td>Community information stalls; ‘ants’ on floor throughout the health service, leading to displays and information on falls prevention; staff in-service on delirium management accompanied by orange foods (in keeping with the theme colour); staff and Health Council all encouraged to wear orange for the day</td>
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<tr>
<td>Grenfell</td>
<td>Information &amp; promotion in the RAC wing</td>
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<td>Coonamble</td>
<td>OT provided education to the acute nurses regarding falls prevention and educating patients; The HSM rounds with patients every Friday “Falls Friday”; Falls Prevention Flyers were distributed and displayed around the facility. A falls Quiz was developed by the CNE and given to staff to complete. Staff were encouraged to complete the HETI online Falls Prevention Modules. Promotion of Tai Chi for the community</td>
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<td>Cobar</td>
<td>Cobar Community Health Nurses together with the local walking group participated in the Falls prevention day. with a display table with information on how to stay healthy and practical hits on how to reduce your chances of falling over in the home. The participants were mostly excited with the freebies on offer!</td>
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<tr>
<td>Rylstone</td>
<td>Display in foyer</td>
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<td>Canowindra</td>
<td>Promotion @ local Pharmacy with 21 short physical performance tests and information/exercises dependent upon results; display of falls board in foyer of hospital for month of April</td>
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<tr>
<td>Eugowra</td>
<td>Display &amp; promotion @ MPS for staff, patients and community</td>
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<tr>
<td>Cowra</td>
<td>Month long promotion for staff, visitors &amp; patients; balloons &amp; CEC posters throughout facility; pull-up banners @ entrance &amp; CHC reception.</td>
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<td>Bathurst</td>
<td>Information display in foyer in conjunction with ACAT, CAPAC &amp; Medicare Local workers</td>
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<td>Lightning Ridge</td>
<td>Information display</td>
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<td>Goodooga</td>
<td>Information display</td>
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<tr>
<td>Trundle</td>
<td>Falls Information Afternoon Tea in conjunction with Physiotherapist, GP, CHN &amp; OT</td>
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<tr>
<td>Dareton</td>
<td>Falls prevention information display &amp; move 2 music community event</td>
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<tr>
<td>Wentworth</td>
<td>Falls prevention information display &amp; Senior Citizens Celebration Day community event (120 people) – pictures supplied</td>
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<td>Community/Service</td>
<td>Event</td>
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<tr>
<td>Broken Hill</td>
<td>Display in foyer of HS; best ward display; media coverage; interactive community display in town square</td>
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<tr>
<td>Tibooburra</td>
<td>Display in health centre waiting room</td>
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<td>Balranald</td>
<td>Community information day</td>
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<tr>
<td>Ivanhoe</td>
<td>Promotion</td>
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Warren Flashmob and Displays
Western NSW and Far West Local Health Districts

Bloomfield

Broken Hill display

Cobar

Forbes display

Dubbo

Dubbo
Murrumbidgee Local Health District

Griffith Health Service

On Thursday 23rd April approximately 50 senior citizens attended a Falls Prevention Expo at Griffith Central. Staff from Griffith Health Service presented information on all aspects of falls and what can be done to prevent falls & minimise harm from falls. Andrea Jordan ASET Nurse coordinated the presentation, involving the audience by asking questions around how many people had had a fall, providing some interesting facts about the risks associated with multiple falls and some strategies as to how to reduce their risk of falling. Evidence demonstrates that once you have had a fall you may lose confidence and this may result in having to make significant lifestyle or living arrangements. On display were many different walking aides & equipment that can be used at home to assist with everyday living. Bronwyn Jones, Occupational Therapist went into detail regarding the factors that can increase the risk of having a fall at home.

Stephanie Star, Physiotherapist, gave an informative session on the use of walking aides, also emphasising the importance of exercise and maintaining strength and balance. Staying upright and mobile helps maintain independence and keeps people living in their own home.

Raye Martin, Registered Nurse, talked about all the exercise classes that are available in the community & discussed the benefits of attending these classes.

Ron Curran, Registered Nurse gave an account of what would happen if you did have a fall and presented to the hospital.

Thanks to Centre Manager Cheryl Wood for organising morning tea & sending out invitations. The audience were exactly the target audience that we were trying to reach.
Mid North Coast Local Health District

On April 2nd 2015 NVC ran Falls Prevention workshops at each of their aged care campuses.

The targeted group was our resident’s family and friends who take them out for social activities, facility volunteers, the local taxis and community transport personnel.

Letter of invitation were sent to these significant people inviting them to join one of the workshops. Local suppliers of safe, practical footwear participated with a trade display of approved products. Presenters Jeanette Baldwin, Registered Nurse, Di Simpson, Occupational Therapist and Karen Woodwell, Physiotherapist, lead discussion and gave practical information, demonstrations and coaching in areas relating to:

- Balance
- Vision
- Pain
- Sit to stand
- Walking aids
- Cars
- Footwear
- Wheelchairs

Each workshop ran for two hours and the participants enjoyed light refreshments with orange and green cakes.

Outcome:

The feedback from the 42 participants was positive and requests for further workshops have been voiced from people unable to attend on the day.
There was ‘eggsellent’ participation in an egg and spoon race at PMBH, which was part of the broader falls-prevention awareness campaign launched on April Falls Day®, 1 April. A broad cross section of participants, from visitors to the hospital’s general manager, Dr Robert Pegram, took part in the race, which was presided over by Humpty Dumpty, who was mindful that participants did not fall. More than 25 entrants were required to answer one of a range of 28 questions to be eligible to participate.

To ensure the theme of April Falls Day® 2015, Don’t Let Confusion Cloud the Risk of Falls, was maintained, participants were asked to hold the egg and spoon in their non-dominant hand and navigate as quickly and safely as possible a short, ‘Eggsellent’ participation in April Falls Day® events indoor course. Time demerits went to anyone dropping their eggs or inadvertently holding them on the spoon. The fastest runners to avoid ‘crack-tastrophy’ were Greg (HSA) at 17 seconds, tied with Glen from Physical Resources at 17 seconds. A small group achieved under 20 seconds (6 in total) with many more achieving times ranging from 20.5 through to 90 seconds. A cohort of 7 were in the 20-22 second range and a small group reached between 22 and 24 seconds. Unfortunately the slowest times involved numerous attempts to roll the egg over the line, which incurred time penalties.

Many other visitors to the display were able to gather valuable information and education resources from “Humpty”. The day provided a fun way to learn a lot about a very serious subject. Many thanks to Humpty Dumpty for managing to stay on his wall for quite a while. Thanks also to all the “runny” eggs who took part.
Illawarra Shoalhaven Local Health District

In April 2015, nine hospitals and several community services from across the District participated in the Clinical Excellence Commission (CEC) state-wide April Falls Day® Program. People with confusion, including those suffering dementia and delirium due to illness can be at higher risk of falls and was the focus of this year’s April Falls Day® theme: Don’t Let Confusion Cloud the Risk of Falls. The theme adds and compliments other key programs designed to identify and manage confusion, delirium and dementia, particularly in a hospital setting, which includes examples such as:

- Management of the older person with confusion as described in the Key Principles for the Care of Confused Hospitalised Older Persons (CHOPs). Principle 4 - Agency for Clinical Innovation (ACI).
- TOP 5: Carer’s tips for effective communication to promote personalized care, Partnering with Patients (Clinical Excellence Commission).
- Minimising Restraint use Guideline (Ministry of Health).
- Assessment and Management of People with Behavioral and Psychological Symptoms of Dementia (BPSD) handbook, SMHPS, (Ministry of Health).
- HETI Dementia and Delirium Online e-learning module.

The April Falls Day® Promotion was coordinated through the Clinical Governance Unit and facilitated at the site and service level by the ISLHD District Falls Committee representatives. The ISLHD April Falls Day® promotion was also published in the South Coast Register on the 1st April.

Common activities/themes conducted across sites/services included Foyer Displays, Staff and Patient/Client Education and Information sessions, exercise classes including Tai Chi for staff and patients, green themes including clothes and food. Feedback from the sites and services indicated that a lot of enthusiasm and enjoyment was had by staff and patients/visitors, with great opportunities created in promoting Falls Prevention.

The following Summary of Activities provides a snapshot of the Site/Service April Falls Day® Promotional activities that occurred on the 1st April 2015.

All nine hospitals and several Community Services participated in the April Falls Day® Promotion, with all nine hospitals and Ambulatory and Primary Health Care and Oral Health providing formal April Falls Day® Reports and Action Plans.

SUMMARY OF APRIL FALLS ACTIVITIES BY FACILITY

Wollongong Hospital

- Foyer Display with equipment, correct footwear, brochures etc.
- Pharmacy display and quiz: common medications that increase risk of falls and/or confusion.
- Occupational Therapy and Physiotherapy displays and activities.
- Theatres display of bones demonstrating a repaired fractured Neck of Femur.
- Vision Australia glasses simulating various eye conditions.
- Afternoon tea with over 60 staff members attending.
- Education sessions for staff on Falls Prevention.
Illawarra Shoalhaven Local Health District

Shoalhaven Hospital
- Ward displays and competition – best falls prevention display.
- Physiotherapy coordinated timed obstacle course for staff.
- Falls Prevention focus boards in Medical and Surgical wards.
- Children’s Ward had a Humpty Dumpty Falls Prevention Theme display, including provision of Paediatric Falls Package to families.

Shellharbour Hospital
- Ward displays with prize for best ward display, with staff wearing green clothing.
- Ladies Auxiliary BBQ at front entrance of the hospital.
- Physiotherapy staff conducted Balance Challenge with prizes.

Bulli Hospital
- Ward displays, in services,
- Patient/Carer Information Sessions,
- Clutter room display,
- staff BBQ,
- Flyers for meal trays.

Port Kembla Hospital
- Falls Prevention Promotional Morning Tea with Green and Orange Food.
- Falls Prevention Races in the Courtyard, including stilt walking and mini bike riding.
- Tai Chi demonstration for staff and patients.
- Staff dressed in green clothing to promote Falls Prevention.
- Ward displays with best display going to Ground Floor Rehab.

Coledale Hospital
- Education sessions each day of the week during the week of April Falls Day®. Session topics included: Vision and Confusion; Medication and Confusion; Dementia and Confusion; Confusion and Loss of Balance.
- Group Activities and games in dining room including Wii Balance Exercises.
- Falls High Tea Dining Room and Falls Trivia Quiz.
- Foyer Display and staff dressed in green.
- Meal tray flyers for patients promoting Falls Prevention.

Kiama Hospital
- Display in ward and foyer area of the hospital.
Illawarra Shoalhaven Local Health District

• Staff wore green clothing to promote Falls Prevention.
• Falls activities in the gym promoting balance, with patients playing on the Wii machine for balance development.
• Morning tea for patients with green theme.

**David Berry Hospital**

• Presentation to patients and carers o Falls Prevention.
• Bedroom set up displaying falls hazards.
• Spot quizzes for staff on falls risks.
• Foyer Display with staff wearing green clothing.
• Afternoon tea – team building exercise with green food.
• In-service on Falls Prevention with focus on confusion and delirium.

Milton/Ulladulla Hospital

• Displays in wards, foyers promoting falls prevention.
• Staff in-services provided by pharmacist, Dementia CNC and ASET Nurse.
• Sara Representative demonstrated a patient lifter and left the machine on trial for two weeks.
• Display and information session provided at Senior’s Week.
• Physiotherapist provided demonstrations on balance exercises.
• Newspaper article on Falls Prevention in the Milton Ulladulla Times.
• Morning tea for staff which included green food, with prizes and competitions.

**Ambulatory and Primary Care**

Education session on the use of the new FROP-Com Falls Screening Tool held for staff during special afternoon tea.

• Development of Falls Prevention Information Brochure for clients.
• Falls Prevention Displays at various Community Centres.
• Primary Health Nurses wore green shirts during home visits and promoted falls prevention during these visits.
• Community Falls Forum at Huskisson Community Centre. Activities included: Guest speakers, exercise demonstrations, Falls Prevention Information and light refreshments.

**Oral Health**

• Poster displays with theme on Dementia Awareness and Falls Prevention, which included team Falls Prevention Mascot.
• School student colouring in activity involving interpretations of Falls and Trips displayed on hands and pasted to the board for clients to view.
Other Organisations and Interstate

Anglican Retirement Villages

Once again it was an action packed month with both Easter and ANZAC day falling within April Falls Month. Many of the Residential homes were delivered talks by the Physiotherapists on remaining safe, not rushing and wearing good shoes. It also centred around activities eating and fun.

The Clinical leader nurses of the ARV residential homes had a morning of talks by Joanne Macmillan, CNC Aged Care Dementia for Northern Sydney Home Nursing on confusion/medications and Sharon Butler, Better Balance Leader ARV, on assessing the multiple faller.

Guide Dogs NSW/ACT

Guide Dogs NSW/ACT’s launched its new ‘Stride Out Safe & Steady’ exercise program in April Falls month. This program aims to help people aged 55 and over having trouble getting around safely due to vision loss, through re-building their mobility safety and confidence and reducing the risk of falls.

The free initiative from Guide Dogs NSW/ACT is open to NSW residents. The program operates one day a week for 10 consecutive weeks. Registration details are provided below.

“The Stride Out Safe & Steady program aims to enable seniors experiencing vision loss to get around safely and confidently so they can maintain their independence in doing day-to-day activities,” said Ying-Wah Wan, an Orientation and Mobility Instructor at Guide Dogs NSW/ACT, who has organised the new program.

For more information or to register for the ‘Stride Out Safe & Steady’ program, please call Guide Dogs NSW/ACT on 9412 9300 or visit www.guidedogs.com.au or www.visionloss.com.au
Other Organisations and Interstate

Mirinjani Village ACT

Mirinjani Village celebrated April Falls Day®/Month a little early this year, due to an early Easter. On Monday 30th March the residents at the Nursing Home enjoyed a morning tea together in the Activities area and our new ‘High Falls Risk’ identification orange autumn leaves were launched. The residents and visitors were able to view the posters on falls awareness, and on the bridge to the Carol Mailler wing there was a display of paper glasses from Vision Australia in each window.

Everyone was invited to look through the glasses and get an appreciation of vision impairment and how it would impact on a resident’s falls risk.

The residents at Mirinjani Hostel celebrated the launch of April Falls Day®/Month on Tuesday 31st March with a special exercise class focusing on balance and gait activities. This was followed by another special morning tea.

Castlemaine Health Victoria

This year we played the day up a bit and dressed silly, the kitchen made all orange food for all the patients and the residents for the whole hospital. We had pumpkin scones, orange cake and orange jelly slice. Festivities were ongoing for the day and prizes were given to best dressed, best decorated unit and a quiz with all things falls for the staff to ponder on. This is our fourth year celebrating April Falls Day® and it is creating awareness and education throughout the community.
Joining the Network
To join the NSW Falls Prevention Network listserv, send an email to:

majordomo@lists.health.nsw.gov.au

In the body of the message type

subscribe nsw-falls-network

on the next line type end

Do not put anything in the subject line. You will receive an e-mail to confirm you have been added to the listserv.

To unsubscribe send an e-mail to:

majordomo@lists.health.nsw.gov.au

In the body of the message type

unsubscribe nsw-falls-network

on the next line type end

If you have any problems, contact Esther Vance at e.vance@neura.edu.au

Share your news and information/ideas
Do you have any news on Falls Prevention you want to share with others on the network, or do you want to report on a project that is happening in your area.

Please email Esther with your information. We also welcome suggestions for articles and information you would like to see in this newsletter.

Send your information to:

e.vance@neura.edu.au

The Network Listserv
It is great to see the increased activity on the listserv and we want to continue to promote this. To send an item to the listserv where all members of the network can see it, send an email to:

nsw-falls-network@lists.health.nsw.gov.au

You need to be a subscriber to the listserv to send an email that will be distributed to all members on the listserv. Remember to put a short description in the subject line.

Recently some posts to the listserv have bounced due to email address changes, you need to re-subscribe with your new e-mail address and unsubscribe from your old address following the Join the Network instructions as shown on this page.

NSW Falls Prevention Network Background
The NSW Falls Prevention Network was established in 1993. The role of this network has grown since its inception and now includes:

- Meetings for discussion of falls related issues;
- Dissemination of research findings both local and international;
- Sharing resources developed and exploration of opportunities to combine resources in joint initiatives;
- Encouragement of collaborative projects and research;
- To act as a group to influence policy;
- To liaise with NSW Ministry of Health to provide information on current State/Commonwealth issues in relation to falls and
- Maintenance of resources pertinent to the field.

The main purpose of the network is to share knowledge, expertise and resources on falls prevention for older people.

The NSW Falls Prevention Network activities are part of the implementation of the NSW Falls Prevention Policy funded by the NSW Ministry of Health.

“Falls Prevention is Everyone’s Business®”

For more information scan with your smartphone