

Mental Health



and Falls

Mandy Meehan & Emma Underwood

31st May 2019

About 'John SMITH'....

Behavioural

Impulsivity
Poor judgement
Decreased concentration

Home Environment

Hoarding
Trip Hazards

Social

Isolation
Nutrition
Low income

Mental Health & Wellbeing

Schizophrenia
Low mood and anxiety



Falls And Near Misses

Co-morbid Physical Health

Thyroid Cancer
Hypertension
Osteoarthritis
Forward Neck Protrusion
Smoker

Medications

Olanzapine 35mg nocte
Mianserin 80mg nocte

ADLs

Independent
Driving

What are the fall risk factors for John Smith?

Word Cloud voting

Falls Risk Assessment & Management Plan

Falls Risk for Older People in the Community (FROP-Com) Screen

i Indicates that reference text exists for this field. To access, right click in the field and select "Reference Text".

Date of screen

FALLS HISTORY

1. Number of falls in the past 12 months?

None 3 or more falls
 1 fall
 2 falls

FUNCTION: ADL Status

2. Prior to this fall, how much assistance was required for instrumental activities of daily living?

None (completely independent) Completely dependent
 Supervision
 Some assistance required

i

BALANCE

3. When walking and turning, does the person appear unsteady or at risk of losing their balance?

No unsteadiness observed
 Yes, minimally unsteady
 Yes, moderately unsteady (needs supervision)
 Yes, consistently and severely unsteady (needs constant hands on assistance)

i

Total risk score

Grading of falls risk

Total score	0	1	2	3	4	5	6	7	8	9
Risk of being a faller	0.25		0.7		1.4		4.0		7.7	
Grading of falls risk	0 - 3 Low risk			4 - 9 High risk						

Acknowledgement: National Ageing Research Institute

Medications

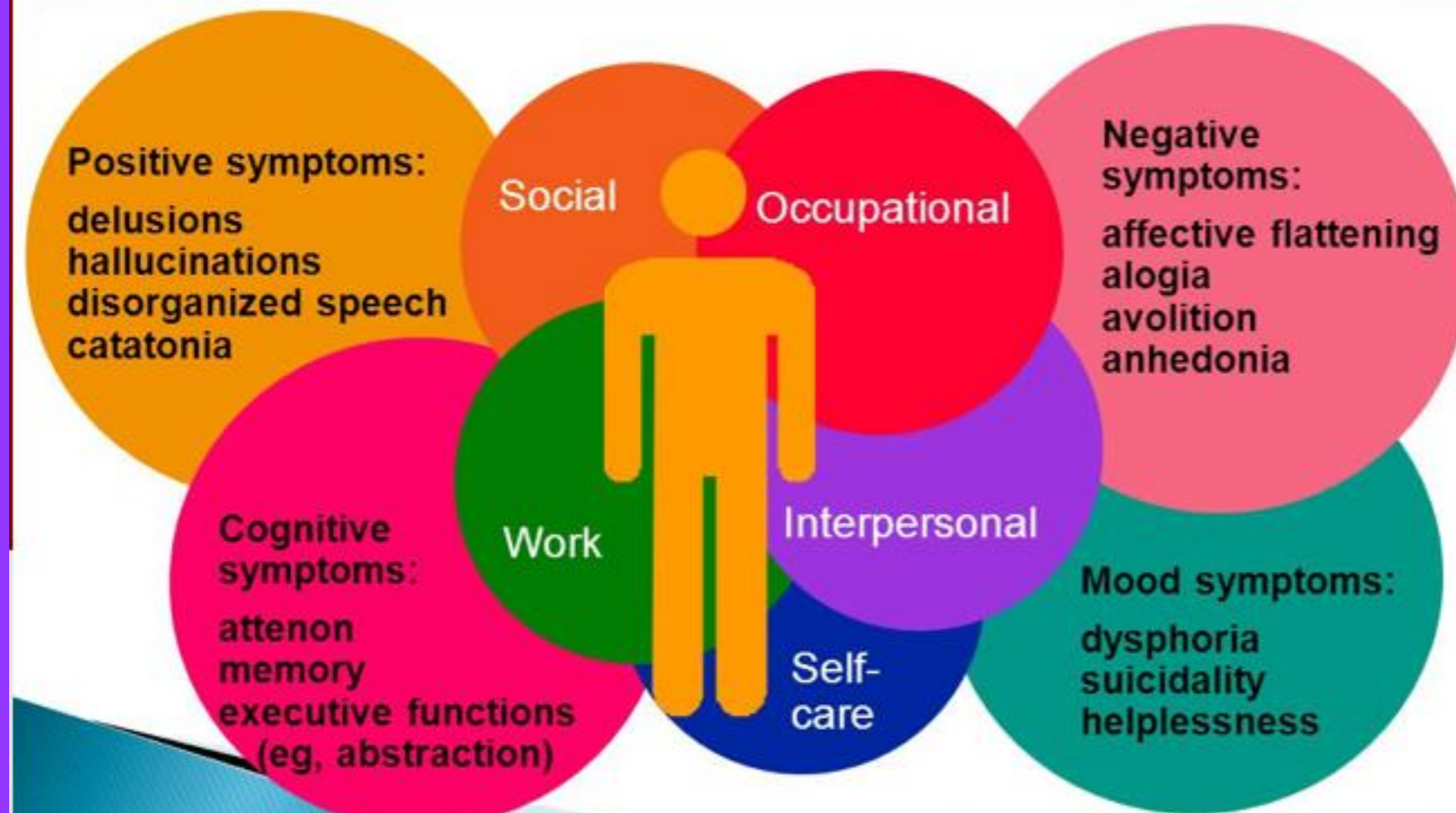
If one or more of the below medications are taken, please refer to medical officer for review.

These can increase falls risk: Antipsychotics Antidepressants Sedatives/Hypnotics Opioids



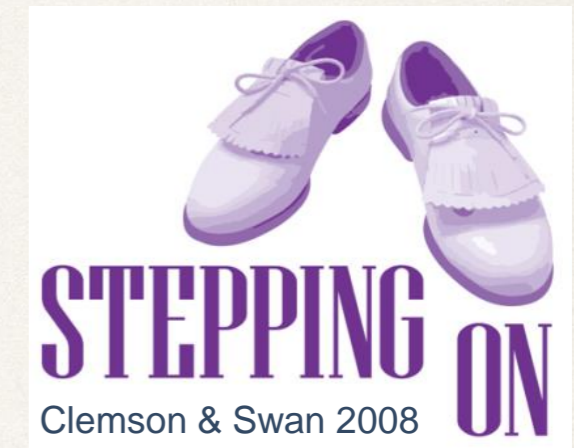
Falls Risk Assessment & Management Plan

Symptoms of schizophrenia



AL-barrak 1430

73



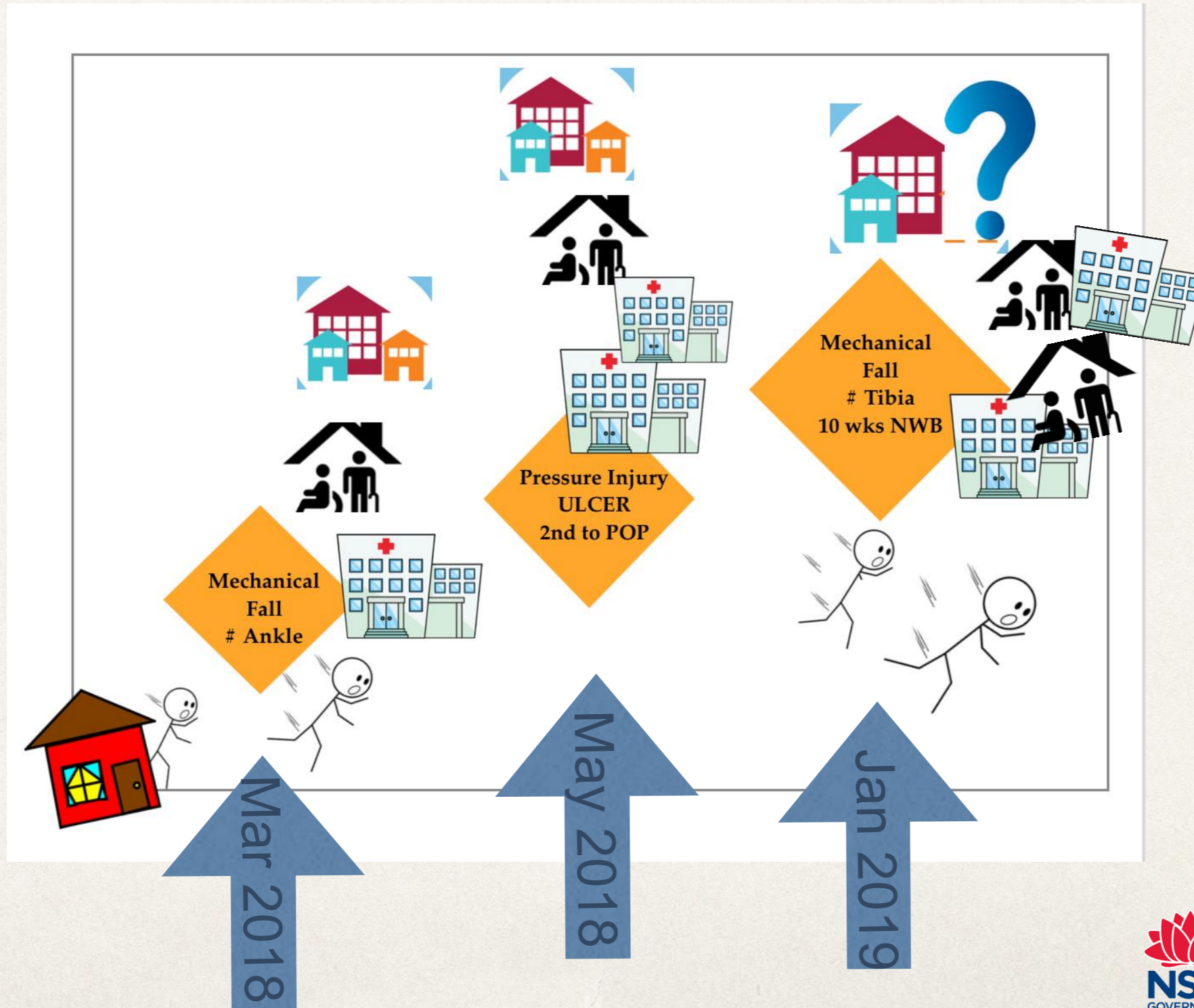
STEPPING ON WITH
RECOVERY

LINKING COMMUNITY OLDER MENTAL HEALTH CONSUMERS TO EVIDENCE BASED FALLS PREVENTION



Health
Northern Sydney
Local Health District

A trip, a stumble, a fall and another fall leads to a change of abode...



Falls: A Self Report

Falls prevention Strategies in place yet
still falling.....

You can educate people
continually but it's your
state of mind....it's whats
going on in your mind at
the time.

It's a lot to take on.....
the next time you learn something
new....



Questions to the Panel

SLIDO Wordcloud generation

What is something that you have learnt from this workshop that you will take back to your clinical practice?