



# 2019 NSW FALLS PREVENTION NETWORK FORUM

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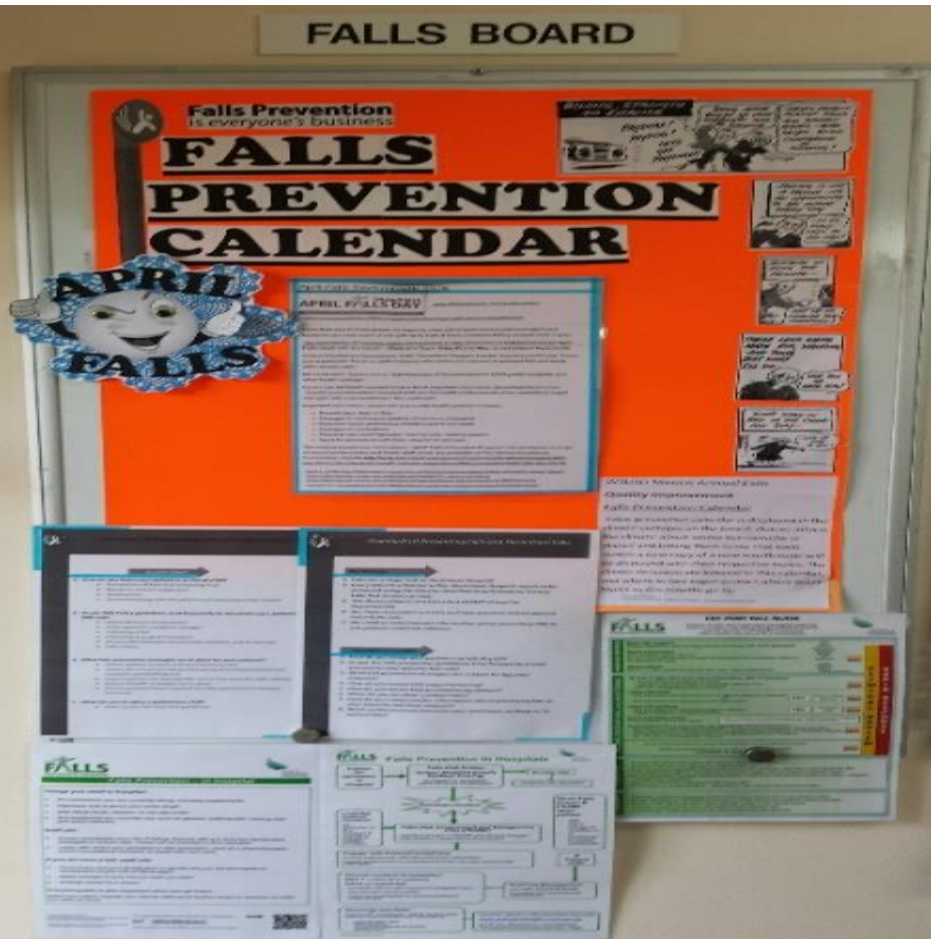
# We Will Catch You!

## Mental Health Falls Prevention Program

- ▶ Was formed to provide a forum to discuss falls trends, identify preventative actions, to develop strategies for Falls prevention
- ▶ Falls champions were identified to be part of the committee and be responsible for the dissemination of falls prevention resources
- ▶ Increase awareness of falls prevention to improve patient outcomes in hospital and at home
- ▶ Compliance with standard 10 requirements at the time but in 2019 changed to comply with National Accreditation Standards 1, 2, 4, 5, 8
- ▶ Calendar and educational workshops were created to provide the structure for the delivery of the material, mentoring and preceptorship was offered as part of the development of the program to ensure the efficiency and sustainability of the program

# We Will Catch You!

## Collaboration and Engagement with Patient, Carer and Staff

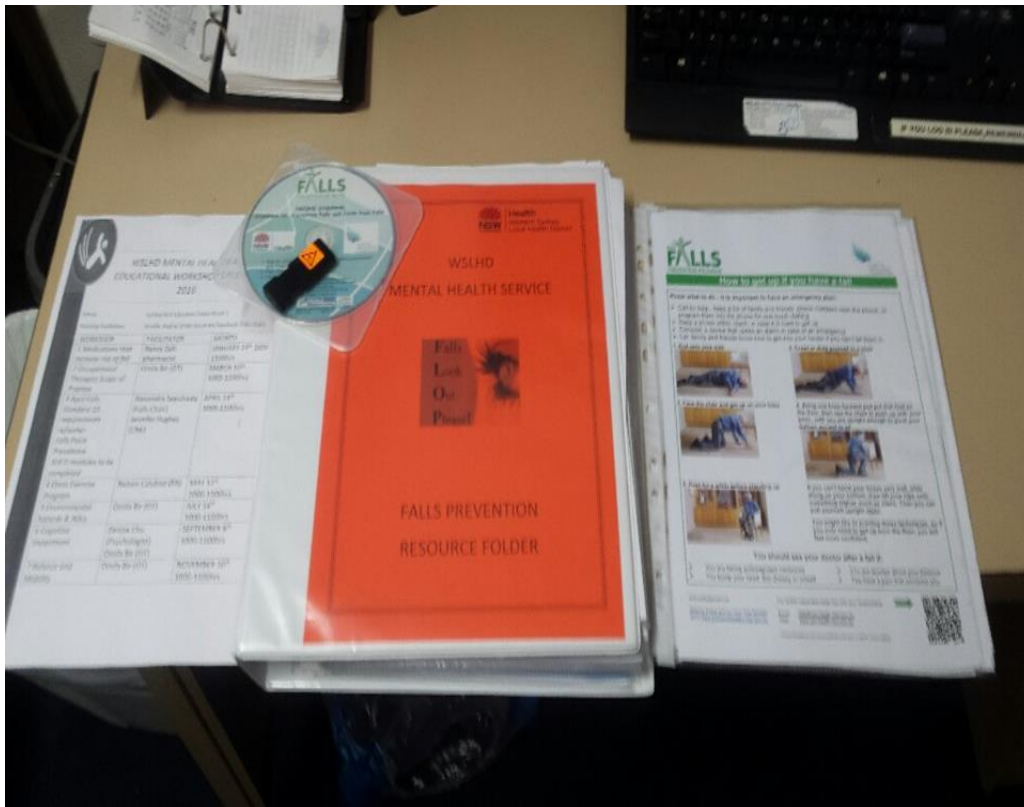


### ► Strategies and Interventions:

- Resources / Support provided
- Falls Board in all patient areas
- Patient and carers education sessions facilitated by unit champion
- Scanning Awareness
- Heel / toe walking
- CEC Pamphlets made available to patient and carer
- Falls prevention strategies and interventions noted on Careplan and discussed with patient and carer
- Falls prevention information included on transfer of care/discharge

# We Will Catch You! Mental Health Falls Prevention Program

Resource folder,  
USB and website



- ▶ CEC falls prevention patient
- ▶ education fact sheets
- ▶ Policy and procedures
- ▶ Audits
- ▶ Assessment tools
- ▶ Sac2/repeated falls form
- ▶ Education and workshop calendars
- ▶ DVD on preventing falls and harm from falls
- ▶ 100% compliance with falls prevention and management HETI modules

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## Mental Health Falls Prevention Program

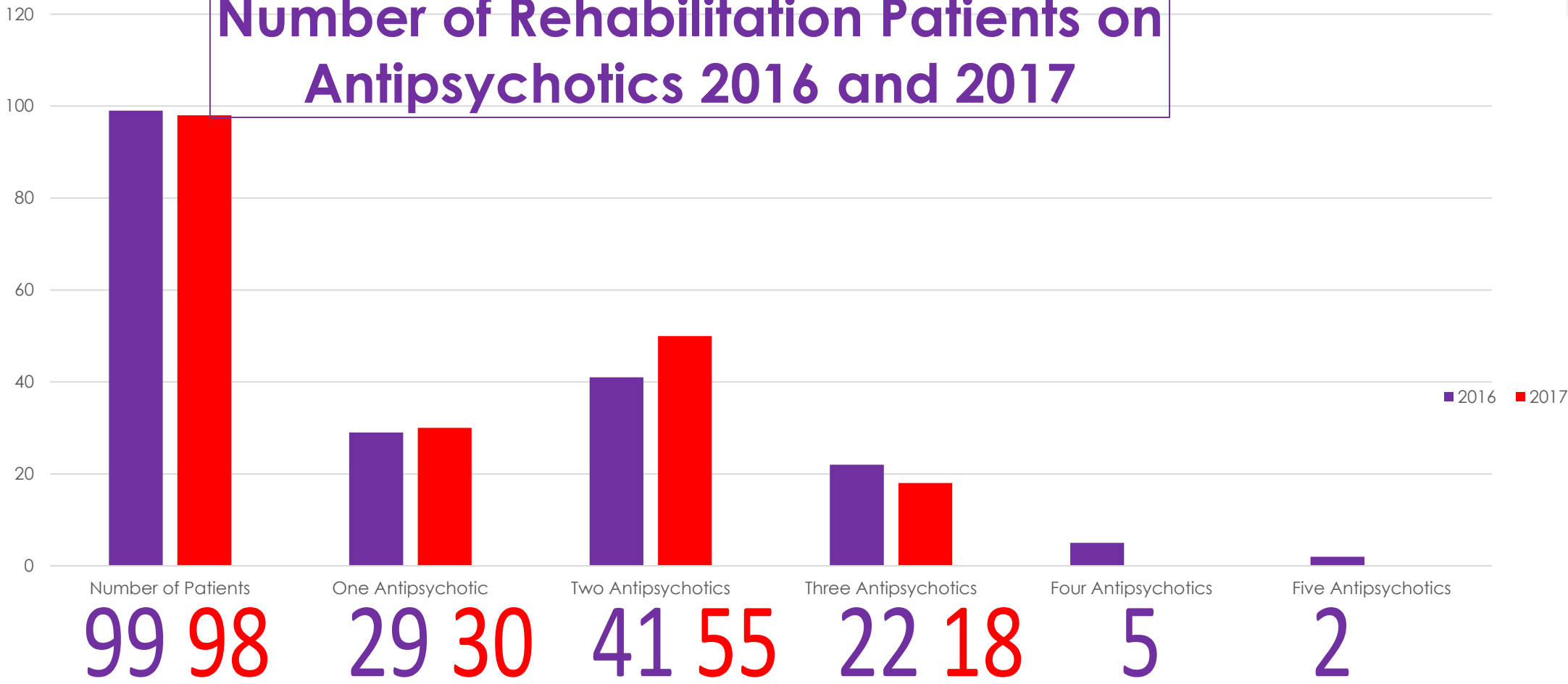
### SCALABILITY

- ▶ Patient, Carer and Staff collaboration to individualise falls prevention strategies for in patient hospital and home environment **awareness** that SOAP (sedatives, opioids, antipsychotics, psychotropic) medications and polypharmacy increases falls risks
- ▶ Interdisciplinary **collaboration** and involvement, inclusive of Transfer of Care Compliance
- ▶ Falls prevention and management **committee** (identifying trends with patient stories and lived experiences)
- ▶ Patient, Carer and Staff mentoring, **support** and education
- ▶ Standardise **processes** around medication reconciliation

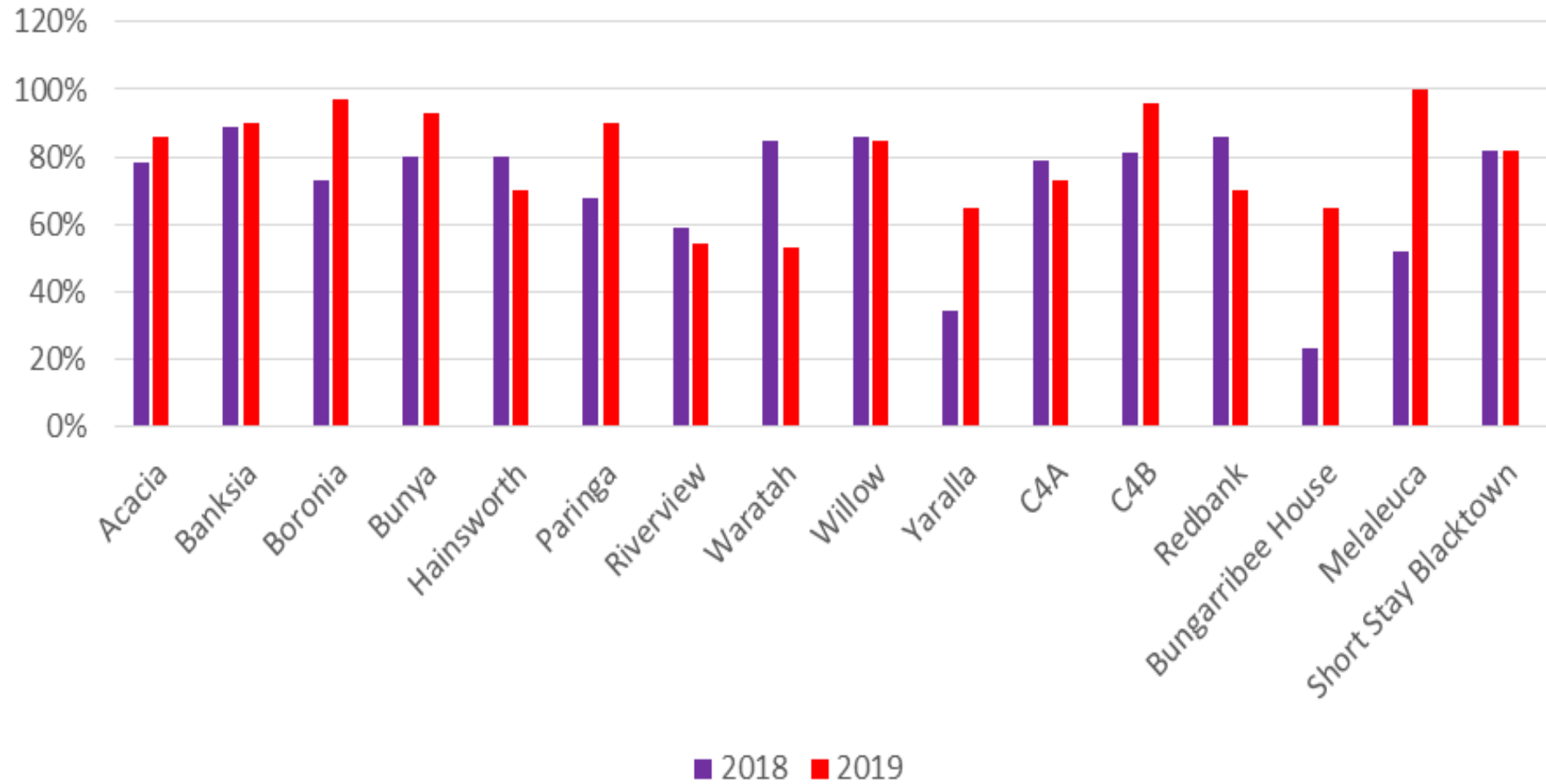
# We Will Catch You! Mental Health Falls Prevention Program SUSTAINABILITY

- ▶ Medication reconciliation, simply by raising awareness that polypharmacy increases Falls Risks has provided evidence based opportunities for clinicians to critically review current practices in the use of polypharmacy and psychotropic medications. This change in practice has lead to
  - ❖ Improved patient outcomes
  - ❖ Reduced cost of pharmacy
  - ❖ Reduction of length of stay
  - ❖ Improved patient, Carer and workforce education
  - ❖ Improved collaboration with patients and carers

# Number of Rehabilitation Patients on Antipsychotics 2016 and 2017

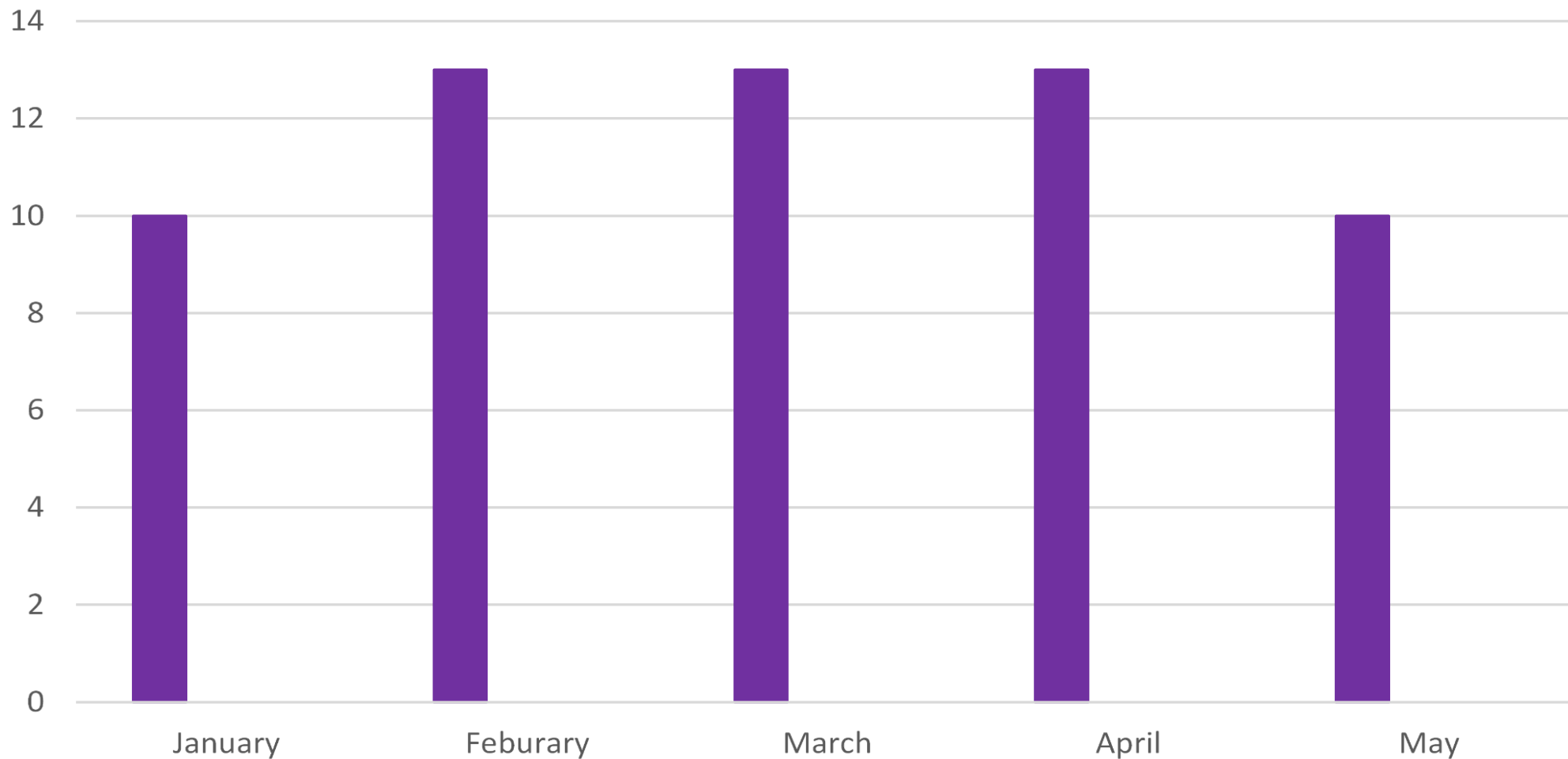


## Falls Prevention Point Prevalence Average Compliance





# Patient Falls Cumberland Hospital Year to date 2019



10

13

13

13

10

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