

TOPIC BRIEF

Topic Title:	Falls Prevention
Officer Lead:	Damian Nolan – Divisional Manager, Intermediate Care
Planned start date:	June 2012
Target PPB Meeting:	March 2013

Topic Description and scope:

A review of the Falls Prevention Service to ensure that there is an effective multi agency approach to addressing the causes of falling and that the treatment and rehabilitation service in place is effective, thus ensuring that those who have fallen can continue to live healthy, safe lives with increased independence.

Why this topic was chosen:

Falls are a leading cause of mortality due to injury amongst older people aged 65 and over. They also contribute to the life expectancy gap between Halton and England. People who have been admitted to hospital following a fall are at increased risk of falling again in the next 12 months, experiencing loss of confidence and fear of falling, and of losing their independence through entering a residential care home.

The risk of falling increases with age, particularly in those 65 and over. 35% of over 65s are at risk of falling each year, rising to 45% of people aged 80 and over. Between 10- 25% of these fallers will sustain a serious injury. Between 22% and 60% of older people suffer injuries from falls, 10-15% suffer serious injuries from falls, 2-6% suffer fractures and 0.2 – 1.5% suffer hip fractures.

Regardless of the outcome, falls are associated with a loss of confidence, and a subsequent restriction in physical activity which leads to a further loss of capacity and bone density. This increases the risk of another fall and also the likelihood of entering residential care

Nationally the number of people aged over 65 is due to rise by a third by 2025, which is associated with increased incidence of falls of 2% per year. In Halton the number of people aged 85 plus is projected to increase, and this is the most vulnerable group.

(Source : Halton Joint Strategic Needs Assessment)

Key outputs and outcomes sought:

- Examine the effectiveness of the current pathways for assessments and appropriate interventions for those at risk of falls in Halton
- An understanding of the work undertaken by the Falls Prevention Service and the benefits their interventions can bring to those at risk.
- An understanding of the role that partner agencies including the fire services and the third sector have in helping prevent falls.
- Consider national best and evidenced based practice in relation to pathways

for assessment and appropriate interventions for those at risk of falls.

- Consider ways to continue to make improvements to services, thus enabling Halton to reduce admission rates to Hospital as a result of a fall.
- Examine the quality of care someone receives if they do have a fall.

Which of Halton’s 5 strategic priorities this topic addresses and the key objectives and improvement targets it will help to achieve:

A Healthy Halton

- Healthy and Active Lifestyles - Improve the future health prospects of Halton residents, particularly children, through encouraging and providing opportunities to lead healthier and physically active lifestyles.
- Good Public Health - Providing services and facilities to maintain and promote good public health and well-being.
- Intervention and Prevention - Working with service users to provide services focussed around intervention and prevention and where this is not possible, helping people to manage the effects of long term conditions.
- Maintaining Individual Independence - Providing services and facilities to maintain the independence and well-being of vulnerable people and those with complex care needs within our community.

Nature of expected/desired PPB input:

Member led scrutiny review of Falls Prevention.

Preferred mode of operation:

- Review of the NICE (National Institute for Health and Clinical Excellence) guidance related to Falls Prevention and how this is applied within Halton.
- Meetings with/presentations from relevant officers within the Council/Health Services and partner agencies (including the work of the High Impact Falls Working Group) to examine current practices regarding falls prevention.
- Presentation from the Falls Prevention Service regarding the aims of their service, support/interventions they offer to those at risk.
- Site visit to the Falls Prevention Clinic in Halton and other clinics outside of the Borough e.g. St Helens, Warrington etc.

Agreed and signed by:

PPB chair

Officer

Date

Date