

University Hospital of North Staffordshire **NHS** NHS Trust

香港中文大學 The Chinese University of Hong Kong

香港中文大學醫學院
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Falls in the UK Overview and health care strategy

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Some statistics for the UK

Three icons representing statistics: a bar chart, a line graph, and a pie chart.

30% aged >65 will fall per year

45% aged >80 will fall per year

700,000 older people attend A&E due to a fall each year

Three images related to emergency services: a yellow helicopter, a green and white ambulance, and an Accident & Emergency department entrance.

78,000 hip fractures per year

95% hip fractures due to a fall

Healthcare costs for fragility fractures is £2 billion per year



Presentation

- UK health systems
- Department of Health
- Main guidelines for falls strategies
- Examples of best practice
- Links and websites

UK healthcare regions



UK Government departments

- England – Department of Health
- Scotland – NHS Scotland
- Wales – Health and Social Services
- N Ireland – Health and Social Care

Our health authority

- NHS West Midlands (strategic Health Authority)
 - 17 Primary care trusts
 - 6 mental health trusts
 - 19 acute hospital trusts
 - 1 ambulance trust
- University Hospital Of North Staffordshire
 - North Staffordshire Healthcare



Department of Health

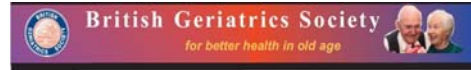
- Government ministers
 - Policy development
- National Institute for Clinical Excellence (NICE)
- Institute for Innovation and Improvement
- Clinical and professional groups



The Chartered Society of Physiotherapy



Royal College of Physicians
Setting higher medical standards



AGE
Concern

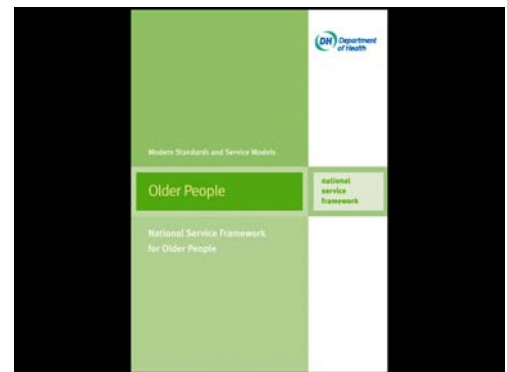
ProFaNE
Prevention of Falls Network Europe

NHS

National Patient Safety Agency

HELPTHEAGED WE WILL

National Osteoporosis Society



DH Department of Health

A New Ambition for Old Age

Next Steps in Implementing the National Service Framework for Older People
A Ministerial Document
From Professor Sir Philip
National Director for Older People,
Department of Health



Royal of College Physicians

- National clinical audit of falls and bone health for older people 2007
- National audit of the organisation of services for falls and bone health of older people 2009
- <https://audit.rcplondon.ac.uk/fbh/modules/page/page.aspx?pc=home>

Royal College of Physicians
Setting higher medical standards

Key themes from 2007 audit

- 31% operations delayed beyond 48 hours
- <50% #NOF on osteoporosis treatment
- Most patients having attended A&E with fragility fracture were not falls risk assessed

Key themes from 2009 audit

- 51% patients falls risk assessed in A&E
- 52% of trusts do not provide care home training/assessment
- 83% of trusts have inpatient falls assessment
- 12% of trusts have geriatrician input
- Exercise programmes not evidence based

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Department of Health publication

Prevention package for older people July 09

- **Falls and fractures - effective interventions**
- Falls and fractures - exercise training
- Falls and fractures – developing a local joint strategic needs assessment
- Foot care services for older people
- Hearing care services for older people
- Telecare services for older people
- Intermediate care – halfway home

DoH falls strategy

DoH Falls and fractures: effective interventions in health and social care. July 2009

- DoH Our health, our care, our say. A new direction for community services 2006
- DoH National service framework for older people, 2001
- Care of patients with fragility fractures 2007 – BOA and BGS (Blue Book)
- NICE – TA161 – technology appraisal assessment on the secondary prevention of osteoporotic fractures
- NICE 21- Falls: the assessment and prevention of falls in older people 2004
- SIGN 56 – Scottish intercollegiate guidelines network – fracture neck of femur guidelines

Main themes

- Preventing problems before they occur
- Keeping well in later life
- Managing unscheduled care
- Co-ordinated policy
- Preventing secondary problems



Phil Hope

4 key objectives

1. Improve patient outcomes and improve efficiency of care after hip fractures through compliance with core standards
2. Respond to first fracture and prevent the second
3. Early intervention to restore independence
4. Prevent frailty, promote bone health and reduce accidents

Objective 1

Hip fracture core standards



Supported by:
British Geriatric Society
British Orthopaedic Association
College of Emergency Medicine
Royal College of Physicians
Institute for Innovation and Improvement

Hip fractures

The National Hip Fracture Database

- All patients admitted to an acute orthopaedic ward within 4 hours of admission
- All patients who are medically fit should have surgery within 48 hours of admission
- All patients should have routine access to orthogeriatrician
- All patients mobilised 1st day post surgery
- All patients to have assessment regards bone health
- All patient offered multidisciplinary assessment to prevent future falls

Objective 2



Secondary prevention of osteoporotic fractures – NICE guidelines

- Calcium and Vitamin D
- DEXA scanning
- Bisphosphonate treatment

Objective 3

Early intervention

- Falls care pathway
- Falls service and co-ordinator
- Multi-factorial interventions
- Community based exercise programme

Objective 4

Prevent frailty, promote bone health and reduce incidents

- Commissioning joined up services
- Prevention of initial fall
- Assessing environmental issues
- Promoting activity, exercise, healthy lifestyle

Developments within UHNS



North Staffordshire

Falls Stories

- Experiences and comments from Older People Living in Stoke on Trent
- May 2009

○ Mrs G

Reasons for falls:

- "I fell twice and broke both my wrists. I was outside both times. The first time I fell over on the pavement and the second time I fell playing football with my grandchildren".

Experience of falls services:

- "I went to hospital after the second fall and then for rehab and further physio. When I went home the occupational therapist visited me and I now have rails on the steps and bath aids. I was very happy with the service I had".

Long term effect of falls:

- "I am not as active I was because I am frightened of falling again"

○ Mrs F

Reasons for falls:

- "I fell outside in the garden. I don't really know what happened. I just went down somehow. I couldn't stop myself going. I was really frightened".

Experience of falls services:

- "I was badly bruised and went to hospital. I had an X ray and went home. I haven't seen anyone from the doctor's surgery or anyone else, probably because I didn't break anything".

Long term effect of falls:

- "I am still falling in the house but I make sure I can grab hold of the chairs and that. I think it's what I have to expect now I'm getting old. There's not much anyone can do is there! I don't go out in the garden much at all now in case I fall again and can't get up".

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Other UK falls prevention developments / publications

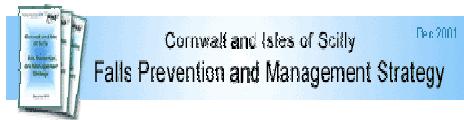
East Berkshire

- <http://www.bhps.org.uk/falls/index.htm>



Cornwall and Isles of Scilly

- <http://www.fallsprevention.co.uk/>



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- Oxford PCT falls service
 - <http://www.oxfordshirepct.nhs.uk/news/2009/FallsPreventionNewsRelease.aspx>



NICE falls guidelines

<http://www.nice.org.uk/CG021NICEguideline>

CSP falls info

<http://www.csp.org.uk/director/members/libraryandpublications/csppublications.cfm>

Help the Aged falls info

<http://www.helptheaged.org.uk/en-gb>
http://www.helptheaged.org.uk/en-gb/AdviceSupport/HomeSafety/FallPrevention/ResourcesAndPublications/as_exercise_050606.htm

Website links

- www.library.nhs.uk/trauma_orthopaedics
- www.bgs.org.uk/Publications
- www.stopfalls.org
- www.nice.org.uk/guidance
- www.profane.eu.org/
- www.nhfd.co.uk/
- www.hse.gov.uk/slips/step/index.htm
- www.boa.ac.uk/
- <https://audit.rcplondon.ac.uk>
- <http://healthguides.mapofmedicine.com/choice/map/falls3.html>

UK falls strategy

- Healthy living
- Prevention
- Falls assessment
- Early management
- Bone health
- Further prevention

