Falls Prevention and Management in Scotland: making it everybody’s business

RoSPA Home Safety Congress
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Falls Prevention and Management in Scotland
The next twenty minutes…

• Where we are now.

• The National Falls Programme:
  – Aim.
  – Contribution.

• What falls prevention and management looks like on the ground.
Falls prevention and management in the community in Scotland
Where we were in 2008

- Good practice was happening *in pockets*.
- Falls prevention and management initiatives were not uncommon but not always *joined-up*.
- Often an *adhoc* approach to preventing recurrent falls.
- Falls prevention was seen as the preserve of a handful of specialist services.
- No measure of the size of the challenge or how we were doing.
Falls Prevention and Management in Scotland
Where we are now

1. An understanding of the cost of falls for health and social care services.
2. A vision for Scotland and a national framework – both co-created.
3. Local leadership in Health & Social Care Partnerships provided by Community Falls Leads.
4. Engagement and commitment across all sectors.
5. An understanding of where Partnerships are in relation to delivering the 16 actions in the national framework.
6. A national indicator that every Health and Social Care Partnership has to report on annually.

Cost per person falling was over £1,720, rising to over £8,600 for those seeking medical assistance.

A hip fracture costs the whole system £39,490, compared with £21,260 for other falls-related admissions.

Total cost to the health and social care system was £470million, or almost £1.3million a day.

40% incurred by NHS; 60% by social services (mainly long term care).

With no action, this was set to rise to £666million (excluding underlying inflation) by 2020.

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http://www.gov.scot/Topics/Health/Policy/Adult-Health-SocialCare-Integration/Outcomes/Indicators
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Source: ISD Scotland (SMR01)
Admission type code 33-35 and ICD10 codes W00-W19
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The story so far...
The National Falls Programme (2010–present)
What are we trying to accomplish?

1. To reduce the personal, system and societal costs associated with falls in Scotland.
2. For every Health and Social Care Partnership in Scotland (31 partnerships) to have a local community integrated falls and fragility fracture pathway *in operation* by the end of 2016.
3. People have the opportunity to receive the right information, advice, care and/or support wherever they are on their journey of care.

Jacqui Lunday Johnstone
Chief Health Professions Officer
Policy Lead for Falls
Scottish Government
The contribution of the National Falls Programme
Co-creating a vision

Stage One
Supporting active ageing, health improvement and self management

Stage Two
Identifying high risk of falls and/or fragility fractures

Stage Three
Responding to an individual who has just fallen and requires immediate assistance

Stage Four
Co-ordinated management including specialist assessment

The Up and About Pathway (2010)
Stage One
Supporting active ageing and self management of falls risk

People and their communities

Third Sector Organisations

Leisure Services

Health and Social Care Providers

Local Authorities

Scottish Fire and Rescue Service

Falls prevention and bone health information

Safe home environment

Keeping physically active

Keeping well
Stage Two
Identifying people at high risk of falls and fractures.
Stage Three
Responding to a person who has fallen and requires immediate assistance.
Stage Four
Co-ordinated management including specialist assessment

**Home Exercise** (strength & balance)
Reduces falls by: 20-42% (32%)

**Group Exercise** (strength & balance)
Reduces falls by: 18-37% (29%)

**Multifactorial Falls Programme** (based on individual risk assessment)
Reduces falls by: 14 - 47% (24%)

**Home Safety Assessment and Modification**
Reduces falls by: 19% (high risk people, delivered by OT)

**Medication review & modification**
Vitamin D
Pacemaker
Cataract Surgery

Gillespie Cochrane Review (2012)
Stage One
Supporting active ageing and self management of falls risk

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The Up and About Pathway (2010)
The contribution of the National Falls Programme
Provide practical guidance

- For health and social care services and partner organisations.
- **16 core actions** representing the minimum standard of information, care or support across the four stages of the Up and About pathway.
- Underpinned by clinical guidelines and tacit knowledge.

https://www.nice.org.uk/guidance/cg161
http://agile.csp.org.uk/resources
http://www.sign.ac.uk/guidelines/fulltext/142/

http://www.scotland.gov.uk/Publications/2014/10/9431
The contribution of the Falls Programme
Share knowledge, good practice and learning; development and support for Leads.

Falls Leads training, meetings and events

Falls Leads WebEx sessions

Online Falls and Bone Health Community

http://www.knowledge.scot.nhs.uk/fallsandbonehealth.aspx
The contribution of the National Falls Programme
Monitor progress and provide accountability

Progress towards delivering the 16 actions in the Framework

http://www.gov.scot/Publications/2012/05/6979

The contribution of the National Falls Programme
Identify & deliver national work streams. “Do once for Scotland”

The contribution of the National Falls Programme
Identify & deliver national work streams. “Do once for Scotland”

Unscheduled Care Pathways

Telecare/community alarm services

Scottish Ambulance Service Falls and Frailty Pathways Action Group


http://www.dementiashop.co.uk/products/telehealthcare-and-falls-using-telehealthcare-effectively-support-people-risk-falling-free-
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Materials to support self management

https://www.nhsinform.scot/healthy-living/preventing-falls/

https://fallsassistant.org.uk/

https://www.nhsinform.scot/healthy-living/preventing-falls/
The contribution of the National Falls Programme
Nationally and locally, make falls prevention and management part of the conversation, when it needs to be

Telehealthcare  Dementia Care  Physical activity  Frailty  Housing

http://www.jitscotland.org.uk/resource/active-healthy-ageing/
http://www.gov.scot/ Publications/2012/12/7791
http://www.gov.scot/ Publications/2011/12/16091323/0
What does the Up and About Pathway look like on the ground?

Stage One
Supporting active ageing, health improvement and self management

Stage Two
Identifying high risk of falls and/or fragility fractures

Stage Three
Responding to an individual who has just fallen and requires immediate assistance

Stage Four
Co-ordinated management including specialist assessment

Specialist Intervention
- Integrated Care and Enablement Team (PT/OT/Nursing)
- Medical Clinics
- Osteoporosis Service (incl DXA)

North Ayrshire CHP
Integrated Falls and Fragility Fracture Pathway
2008

Active Case Finding
- Fracture Liaison Service

Community Alarm/Telecare
Scottish Ambulance Service
What does the Up and About Pathway look like on the ground?

**Falls Information Zone**
- Living it Up
- Falls Assistant

**Invigor8 Strength & Balance Classes**
- Motiv8 Strength & Balance Classes
- Positive Steps Education Sessions

**Active Case Finding**
- Fracture Liaison Service
- Emergency Department
- Allied Health Profession Services
- Optometry
- Social Work Services
- Scottish Fire and Rescue

**Community Alarm/ Telecare Response & Referral Pathway**
- Scottish Ambulance Service Response & Referral Pathway

**Multifactorial Screening**
- Integrated Care and Enablement Team (Falls Screeners)

**Specialist Intervention**
- Integrated Care and Enablement Team (PT/OT/Nursing)
- Osteoporosis Service (incl DXA)
- Medical Clinics

**Stage One**
Supporting active ageing, health improvement and self management

**Stage Two**
Identifying high risk of falls and/or fragility fractures

**Stage Three**
Responding to an individual who has just fallen and requires immediate assistance

**Stage Four**
Co-ordinated management including specialist assessment

**Local Enablers**
- Multiagency Falls and Bone Health Steering Group
- Strategic Falls Lead and Community Falls Lead
- Reshaping Care for Older People Change Fund
- Detailed Local Implementation Plan
- Learning Sessions, elearning, Care Sector Falls Educator
- Technology Enabled Care
- Data for monitoring and improvement

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**South Ayrshire H&SCP**
Integrated Falls and Fragility Fracture Pathway 2016
Falls Prevention and Management in Scotland
Where we are now

“The future is already here – it’s just not very evenly distributed.”

William Gibson
Thank you for listening
For more information, please contact:

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http://www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme