Lanarkshire Falls Strategy 2020-2025
Strengthening Falls, Fracture and Frailty Prevention and Management

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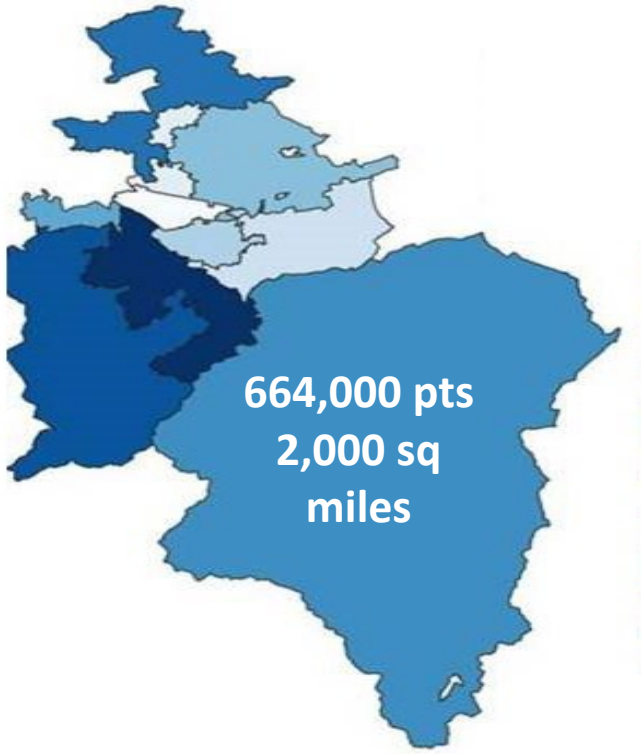
Our Population

	Population	%	SIMD 1 Deprived
Airdrie	56,357	8.5	42.7%
Coatbridge	50,330	7.6	39.8%
North Lan North	87,695	3.2	12.3%
Bellshill	41,377	6.2	38.5%
Motherwell	54,205	8.2	41.4%
Wishaw	51,436	7.7	33.9%
Rutherglen Cambuslang	61,073	9.2	3.5%
East Kilbride	90,231	13.6	2.9%
Clydesdale	61,862	9.3	13.9%
Hamilton	109,464	16.5	29.1%



- **Over 50% live in deprived areas**
- **Highlighted c40% living highest deprivation**
- **Impact on health and quality life**
- **Covid Levels +13% higher than Scot Average**

Our population is changing

From 2021 to 2031 Lanarkshire's population will **increase** by:

3,332

people. That's over 0.5% over the next 10 years.

From 2021 to 2031 our over 75s are expected to **increase** by:

13,798

That's 25.7% by 2031, with a further 18,959 people (28.1%) by 2041.

From 2021 to 2031 the 15 years and under population will **decrease** by:

9,989

That means approx. 9.1% fewer under 15s by 2031, with a further reduction of 1,914 people (1.9%) people by 2041.

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Why Did We Need A Strategy?

- Falls prevention in NHSL lacked a coordinated and consistent approach.
- An audit process revealed that there were 16 different falls groups operating independently.
- It was like having 16 flowers blooming without a common stem or a guiding thread.
- The falls strategy aimed to establish a shared approach and goal for reducing the number of falls and falls with harm incidents across NHS Lanarkshire.
- To develop the strategy, extensive engagement was conducted with various stakeholders, such as: Health Improvement, Community Pharmacy, Scottish Fire and Rescue, Leisure Services, Green Health Partnership, and Police.

Our Approach

- The Lanarkshire Falls Strategy took cognisance of the proposed Scottish Government National Falls Strategy.
- The falls strategy covers all Lanarkshire adults, regardless of age.
- We recognised that we needed to involve families, carers, staff, and managers from health, social care, public sector and third/independent sector to be effective.
- The aim was to create a culture where education on preventing and managing falls, frailty and fractures is provided across the life course, from early years to older people.
- We established a Project Group and four sub-groups, which consisted of:
- **Subgroup 1**: Building Resilience at a population level
- **Subgroup 2:** Act earlier and target evidence-based support
- **Subgroup 3**: Response following a fall
- **Subgroup 4**: Whole System Enablers

This graphic represents an appreciative enquiry event's outputs and change ideas

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The Ambition For Lanarkshire

Our shared vision for Lanarkshire is:

Where possible, more people live a life free from harm from falls.

We decided to:

- Build resilience at a population level through Community Engagement around Home Safety, Self-Management, and Bone Health.
- Act earlier thought targeted evidence-based and personalised support for evidence-based interventions around Falls, Frailty and Bone Health.
- Working in tandem with our North and South Lanarkshire Leisure services to provide strength and balance classes
- To examine the response following a fall, including Scottish Ambulance Service, Scottish Fire and Rescue Services, Community Alarms, Care Homes and pathways/review following a fall.

Current Falls Performance

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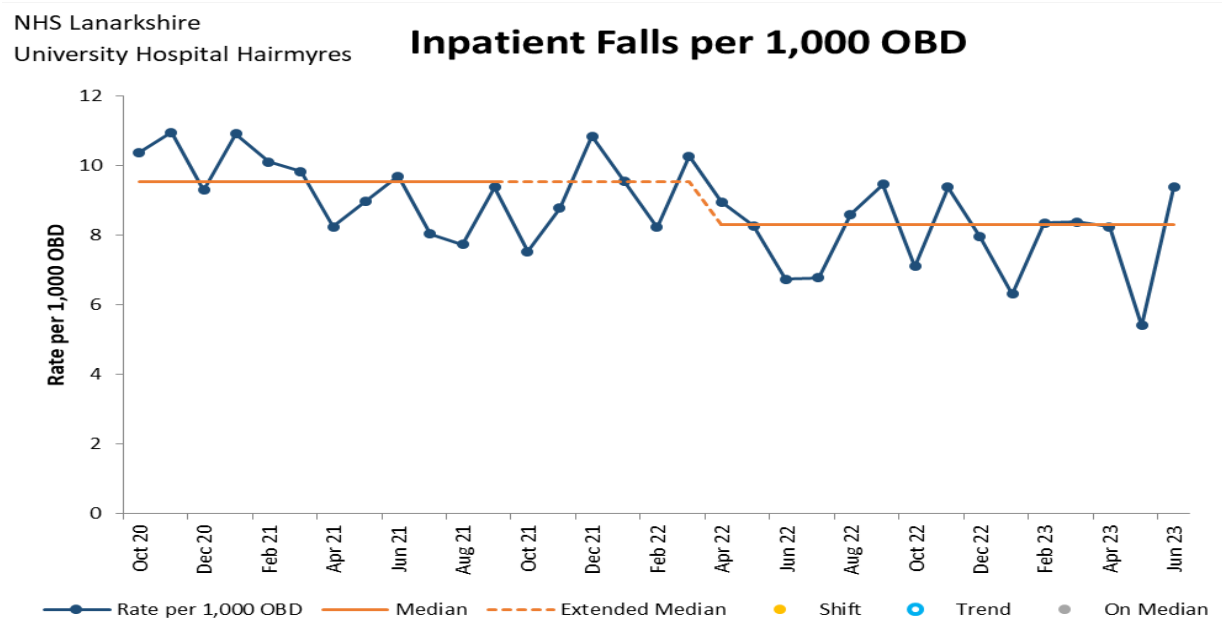
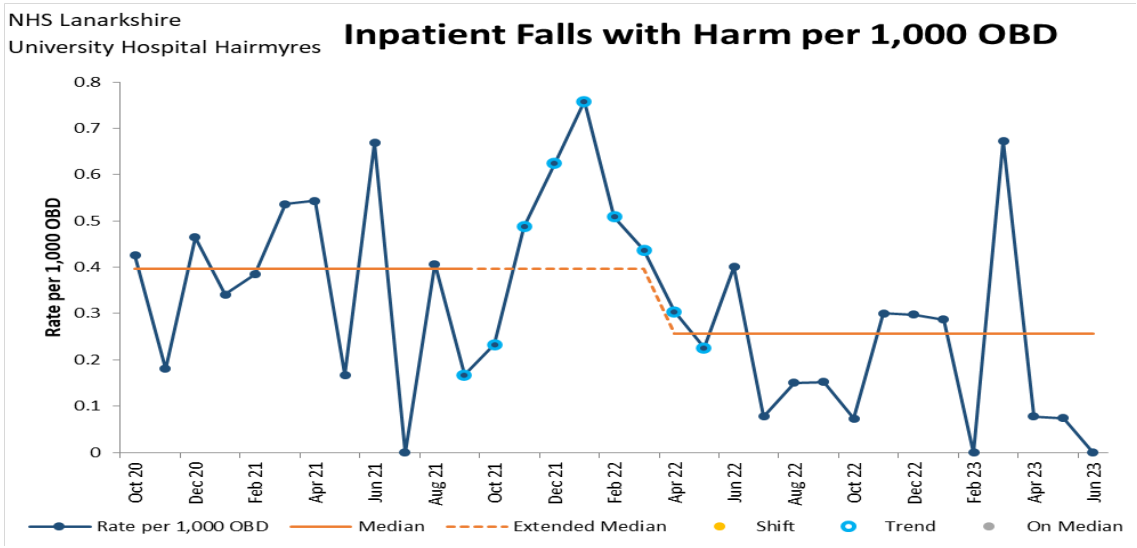
University Hospital Hairmyres





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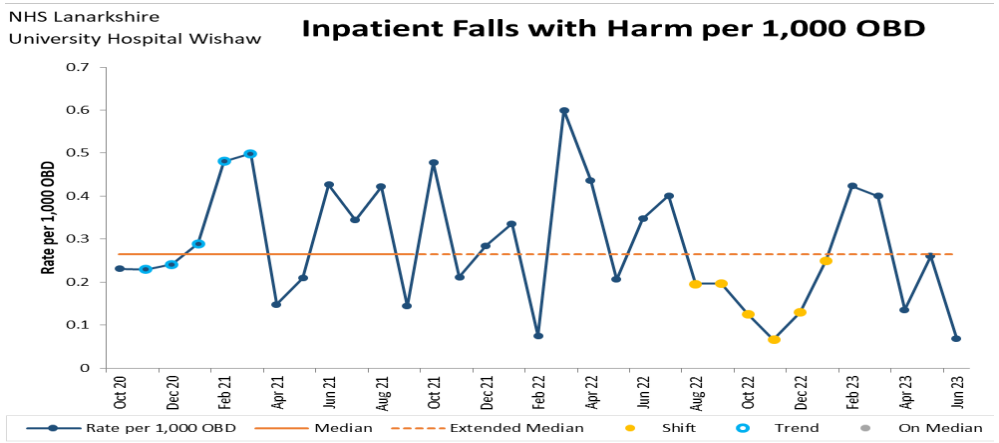
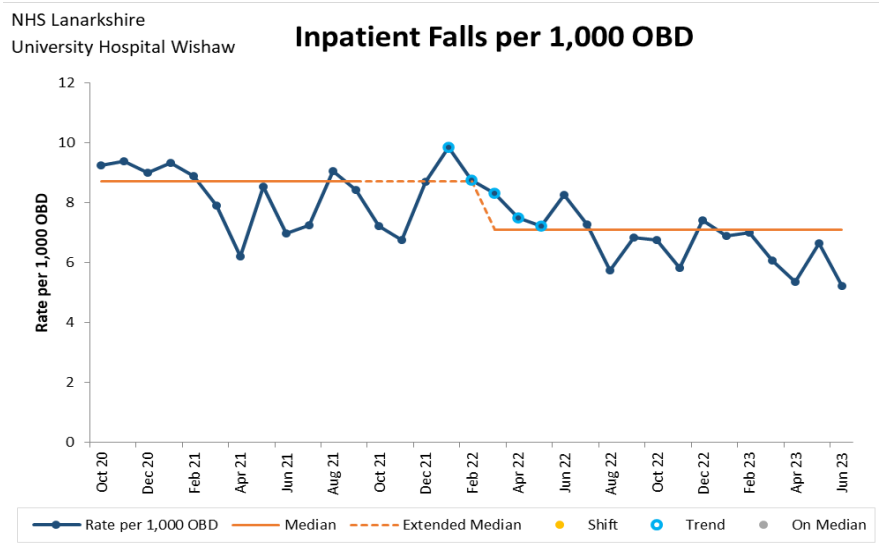
University Hospital Wishaw





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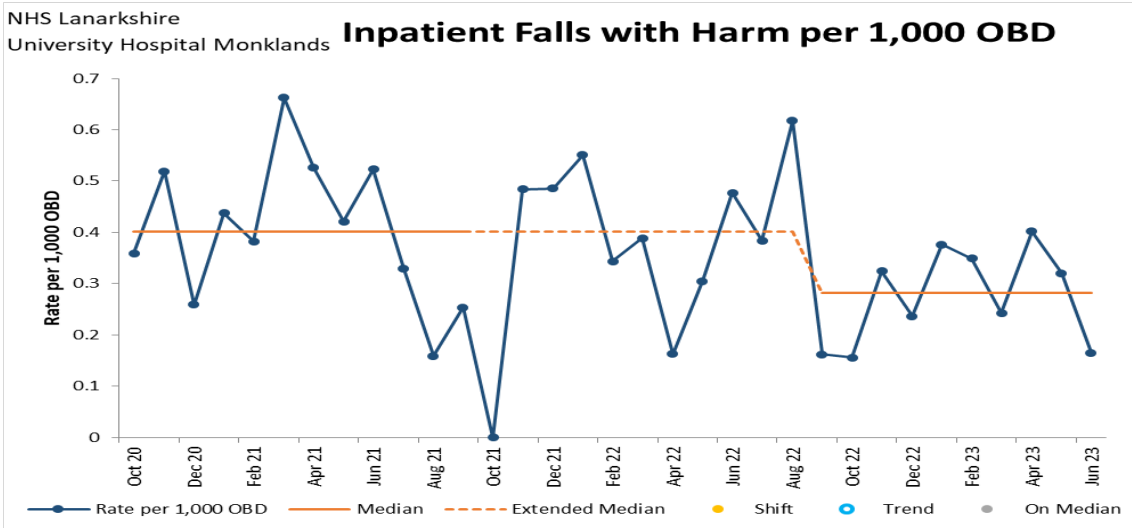
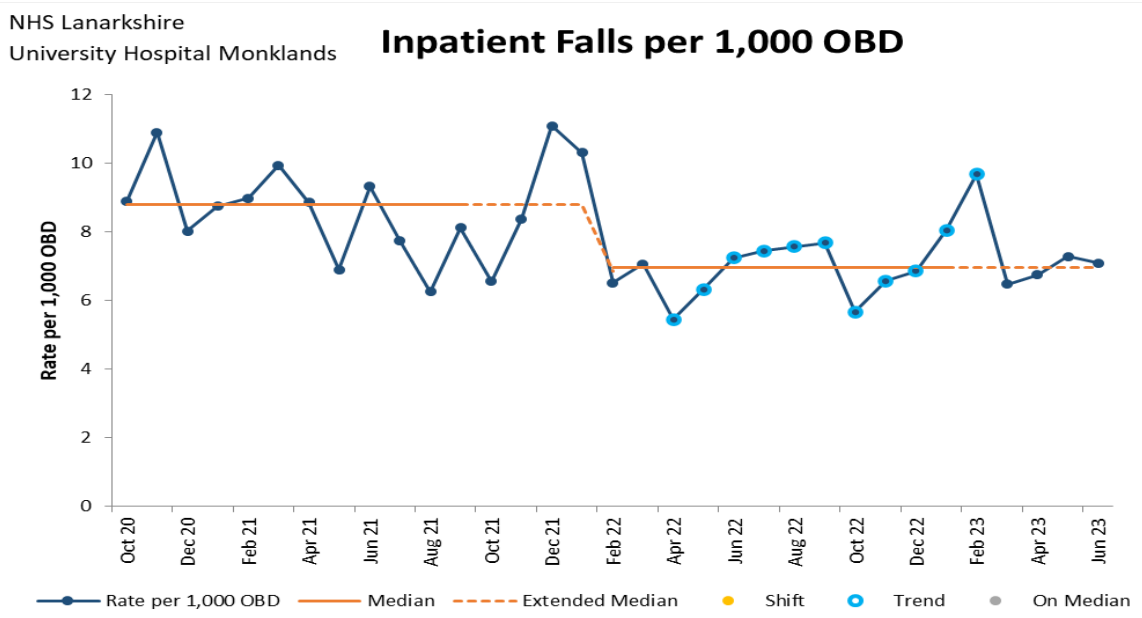
University Hospital Monklands





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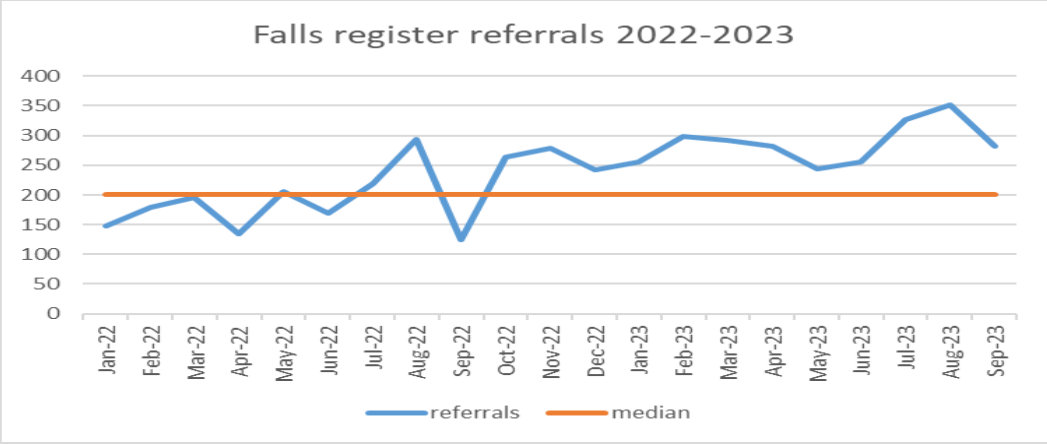
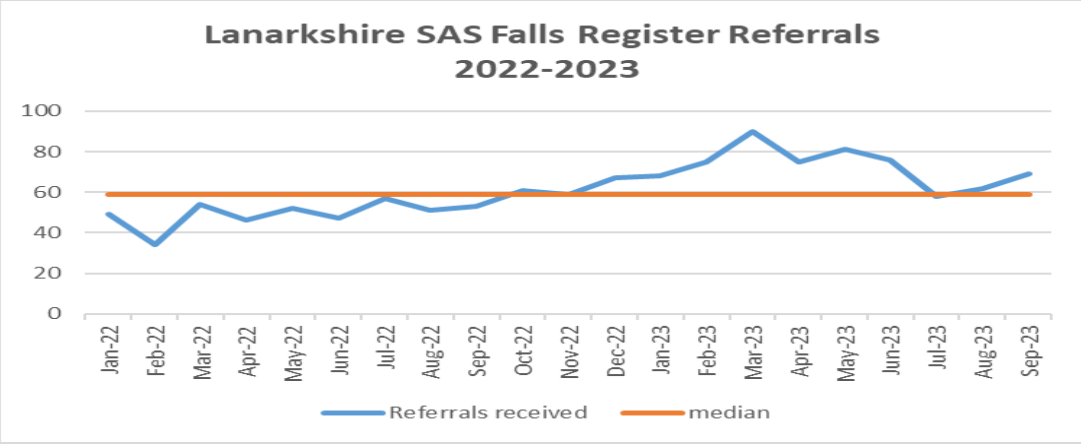
Falls Register

The use of a falls Icon on the TrakCare PAS System in NHSL is being implemented





- From the data, there is a shift to an increasing number of referrals to the falls register over 2022-2023. This is likely due to several reasons.
- Increasing awareness from falls prevention training
- Targeted education sessions

- Training and falls pathway in place with SAS to support early referral to falls register at time of fall. This means a timelier intervention from the appropriate team to minimise the risk of future falls
- Referrals to the falls register from SAS have steadily grown with the introduction of training
- Patients assessed as medically fit to remain at home once seen by SAS following a fall are **ALWAYS** contacted by the falls team on a priority basis

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Early Intervention and Prevention - Falls Prevention Pop-Up Quasi-Clinics

Background:

The Clydesdale locality is a rural part of South Lanarkshire, where 42% live in the countryside. The population has a high proportion of older people, with 22.6% being 65 or over and 10% being 75 or over.

Pop up locations

Forth , Carluke, Lanark (x2 including a bespoke carers session), Douglas, Coalburn, Kirkmuirhill.

77 participants

What they did:

The Falls Team aimed to connect with local people directly, so they used a casual pop-up approach to invite them to chat at a nearby venue. The NHSL Falls Nurse Specialist analysed where falls occur in Clydesdale, pinpointing the main geographical areas of focus.

The approach was promoted via (email, social media, targeted mail shots to local churches, word of mouth, and staff signposting). Staff and Health Improvement staff conducted the pop-ups, gathered feedback, reflected on what worked well refined the approach as required.

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Action/Activity Snapshot

A snapshot of pop-up staff actions/activity:

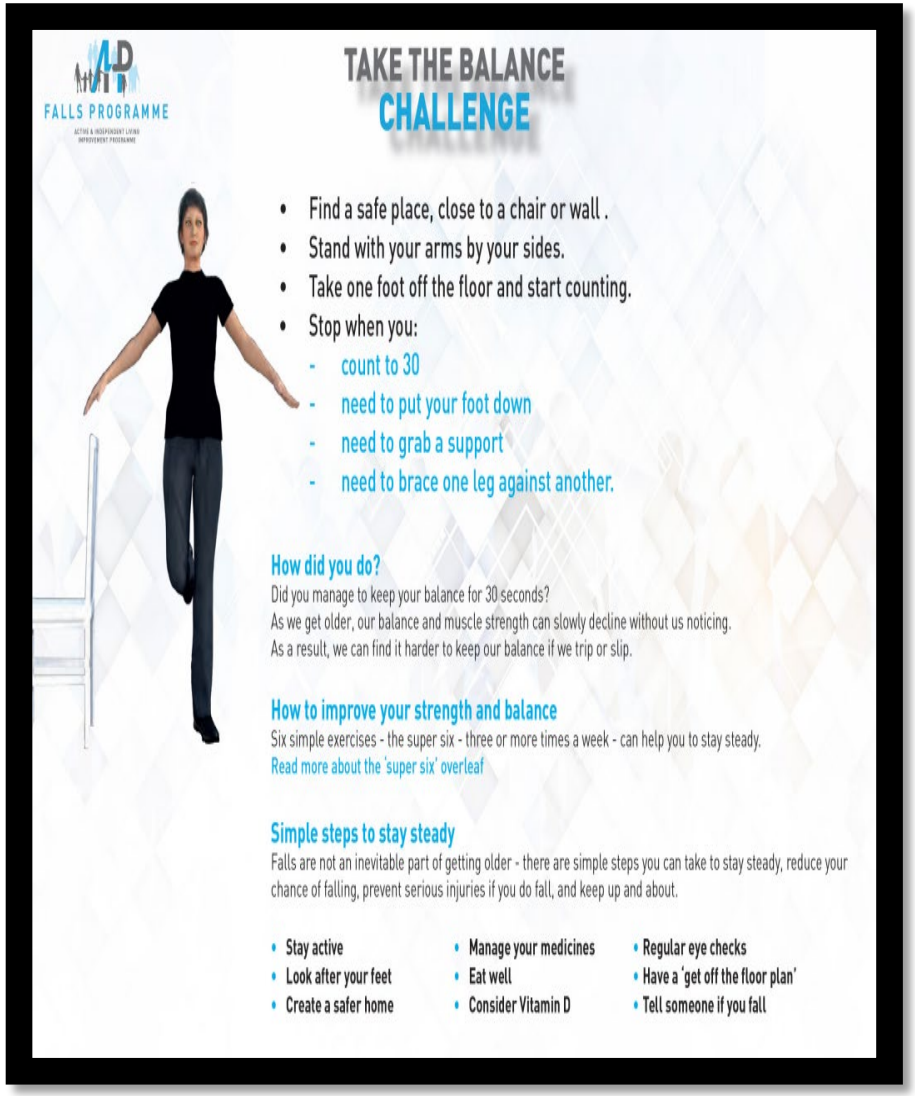
- Discussions & Advice:
- Medication side effects, eyewear, footwear/foot health, blood pressure and falls.
- Home safety tips and avoiding falls, having a fall plan.
- Falls Register and service self-referral process.
- The importance of staying active and mobile in preventing falls and what is available locally to help stay active/at-home exercises to take away from the session.

Signposting:

- Parkinson's support group, community alarm access,
- Fire Safety Visit Service,
- SLLC leisure classes and venues,
- SL Care & Repair

- **Training Requests**: The fall nurse specialist has had eight additional training requests due to the pop-ups.

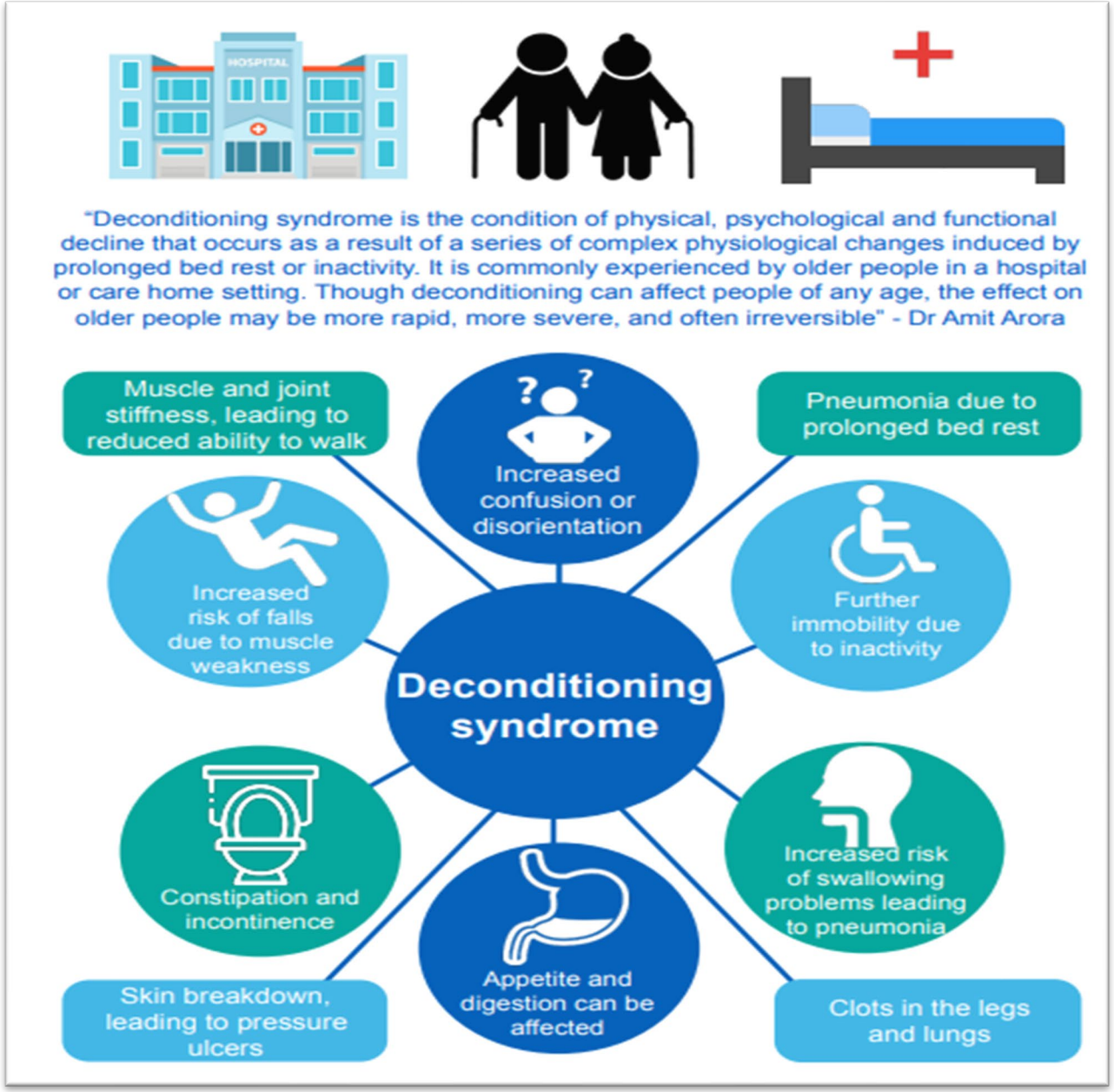
VASLAN


FALLS PROGRAMME
TAKE THE BALANCE
CHALLENGE
• Find a safe place, close to a chair or wall .
• Stand with your arms by your sides.
• Take one foot off the floor and start counting.
• Stop when you:
- count to 30
- need to put your foot down
- need to grab a support
- need to brace one leg against another.
How did you do?
Did you manage to keep your balance for 30 seconds?
As we get older, our balance and muscle strength can slowly decline without us noticing.
As a result, we can find it harder to keep our balance if we trip or slip.
How to improve your strength and balance
Six simple exercises - the super six - three or more times a week - can help you to stay steady.
Read more about the 'super six' overleaf
Simple steps to stay steady
Falls are not an inevitable part of getting older - there are simple steps you can take to stay steady, reduce your chance of falling, prevent serious injuries if you do fall, and keep up and about.
• Stay active
• Look after your feet
• Create a safer home
• Manage your medicines
• Eat well
• Consider Vitamin D
• Regular eye checks
• Have a 'get off the floor plan'
• Tell someone if you fall

On-Going Challenges/ Next Steps

- We will keep refining the Strategy drivers
- The life cycle of a 5-year strategy means that several staff move on to other posts.
- There is a requirement to expand the falls team
- Looking at introducing the active hospital concept to stop patients from deconditioning.
- We plan to offer placements for Sports and Physical Activity students from Strathclyde University in our hospitals.
- This will support their learning and provide beneficial activities for our patients.

Effects of Deconditioning



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Acknowledgements

Falls Strategy Development and Implementation Team

- Mrs Lianne McInally – Quality Improvement Manager
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- Mrs Lynn Frew - Falls Team Manager 2020 - 2022
- Lanarkshire Quality Team
- The range of parties in the Strategy Group
- All sub-group workstream members

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