Falls Prevention Initiative

Carlene McAvoy & Ann Murray

The Royal Society for the Prevention of Accidents
Background

- The population is **increasing** and **ageing**
- **EUOSHA 2016/17** campaign ‘Healthy Workplaces for all ages’
- **Scottish Government report** ‘Older People and Employment in Scotland’
- **Building Safer Communities** Phase 2
Aims of the Initiative

- to assist organisations to understand the impact of falls from a personal and organisational perspective
- to explore the value of the workplace as a conduit for public health information relating to falls prevention
The Scale of the Problem
The Cost of accidents

£14.1 billion was the annual costs of work related injury and illness in 2014/15

The total cost of home accidents is estimated to be £45.63 billion
Workplace

From the workplace ...
Slips, trips or falls in the workplace

- Contamination (Slips)
- Task
- Environment
- Footwear
- Obstructions (Trips)
- People
- Floor type

Accidents don't have to happen
Why falls Matter

Emergency hospital admissions as a result of a fall by age, Scotland 2015/16

30% of people aged 65-79 years old fall in a year
45% people aged 80 years and over fall in a year
The Management of Falls and Fractures in Care Homes for Older People (Care Inspectorate/NHS Scotland, 2016)

LONELINESS & ISOLATION

FALL

VICIOUS CYCLE

Increase risk of falling

Fear of falling again

Reduced activity

Decreased muscle strength and balance
The multifactorial nature of falls
Causes of falls in the home – older people

- Memory problems
- Fear of falling
- Continence problems
- Poor nutrition & hydration
- Previous fall/s

Task

Environment (extrinsic)
- Flooring
- Wet/slippery surfaces
- Clutter
- Layout of home
- Footwear
- Lighting
- Furniture
- Pets
The multifactorial nature of falls

Causes of falls in the home – older people

**Person** (intrinsic)
- Reduced strength, balance and mobility
- Reduced vision & hearing
- Foot problems incl loss of feeling
- Dizziness, blackouts
- Drowsiness
- Confusion
- Memory problems
- Fear of falling
- Continence problems
- Poor nutrition & hydration
- Previous fall/s

**Environment** (extrinsic)
- Flooring
- Wet/slippery surfaces
- Clutter
- Layout of home
- Footwear
- Lighting
- Furniture
- Pets
Falls can be prevented

- Regular eye checks
- Safe medicines
- Foot care & Footwear
- Eat & drink well
- Safe and enabling home
- Strength & Balance Exercise
- Vitamin D
Please get involved!

To request campaign materials, please go to:

https://www.ahp.scot/request-campaign-materials-falls/

Please like and join AILIP Falls Programme and post a film or photo of your Balance Challenges

Please tweet a film or photo of your Balance Challenges using #takethebalancechallenge
https://www.nhsinform.scot/about falls

Issued through Age Scotland Helpline
(0800 1244222)

https://fallsassistant.org.uk/
Evaluation

<table>
<thead>
<tr>
<th>Group</th>
<th>Pre Test</th>
<th>Post Test</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under_1</td>
<td>19% ↑</td>
<td>30% ↑</td>
<td>11%</td>
</tr>
<tr>
<td>Under_2</td>
<td>25% ↑</td>
<td>33% ↑</td>
<td>8%</td>
</tr>
<tr>
<td>Under_3</td>
<td>21% ↑</td>
<td>30% ↑</td>
<td>9%</td>
</tr>
<tr>
<td>Under_4</td>
<td>30% ↑</td>
<td>33% ↑</td>
<td>3%</td>
</tr>
<tr>
<td>Conf_1</td>
<td>17% ↑</td>
<td>20% ↑</td>
<td>3%</td>
</tr>
<tr>
<td>Conf_2</td>
<td>20% ↑</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conf_3</td>
<td>33% ↑</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pre Test: Under_1, Under_2, Under_3, Under_4, Conf_1, Conf_2, Conf_3
Post Test: Under_1, Under_2, Under_3, Under_4, Conf_1, Conf_2, Conf_3

Change: 11% ↑, 8% ↑, 9% ↑, 3% ↑, 3% ↑
Next Steps

• Further pilot
• Develop training pack
• Train Champions
• Develop a falls prevention network