

Hambleton and Richmondshire Falls Pathway

Kathryn Hodgson
Clinical Lead Falls and
Osteoporosis

South Tees Hospitals NHS Trust



together we do the amazing

Aim of the pathway

- Ensure all older people have a falls screen and appropriate assessment on an annual basis
- Utilises existing services and skills
- Takes every opportunity to identify and assist those at risk
- Falls team see
 - the most complex patients
 - target area referrals



Falls Pathway

Medical
input

Falls Team: Complex
multiple falls/ injurious
falls

Health and Social Care
Professionals: Falls screen on
every contact and assess as
required



together we do the amazing

Falls Screen

- To be completed by all health and social care staff on new contact/ once a year
- Follows NICE and AGS/BGS guidelines
- Requires further assessment when:
 - Two or more falls
 - Fall and problem with balance
 - Fall and fracture
- Highlights blackouts to ensure dealt with medically



together we do the amazing

Risk assessment tool and interventions

- Following screen
- Multi-factorial assessment and suggested interventions
- Staff member completes within their scope of practice
- Referral options included to provide additional support to manage risk



Referral to Falls Team

- Multiple falls with complex needs
- Stage 3 referral form
- Falls Team will
 - Complete more detailed multi-factorial assessment
 - Problem solve falls
 - Exercise programmes/ equipment
 - Link with other services



together we do the amazing

In practice

- Mary was seen in her GP practice for routine review
- Practice nurse completed stage 1 tool which highlighted Mary had had two falls in the last year and required second stage tool
- Stage two tool was completed showing problems with her balance and multiple medications
- Medication review by GP
- Referral to physiotherapy
 - Exercise programme
 - Walking aid provided



together we do the amazing

In practice 2

- Bill was seen by the community nursing team for diabetes management
- Initial assessment included a falls screen showing multiple falls
- Second stage tool was triggered which highlighted number of issues including mobility, environment, ADL's, dizziness and osteoporosis
- Referral was made to the Falls Team



- Falls Team completed assessment and following interventions:
 - Home exercise programme
 - Provision of equipment
 - Liaison with OT to provide reablement to support Bill in his ADL's
 - Lying and standing BP and liaison with GP
 - Liaison with Social services



together we do the amazing

In practice 3

- Ambulance attended Helen
- Referred to Fast response:
 - Provided short term input to maintain at home
- Referred to Falls Team
 - Provided long term prevention to reduce risk of reoccurrence
 - Referred to GP due to history of a blackout



together we do the amazing

Analysis of the pathway

Advantages

- Ensures only those who require specialist input are seen by the team
- Manages capacity/demand
- Speed of interventions
- Less onward referrals
- Tools available on SystemOne
- Trust Falls Policy



together we do the amazing

Further Developments

- Staff training
- Further audit
- Evidence based interventions
- Wider pathway development

