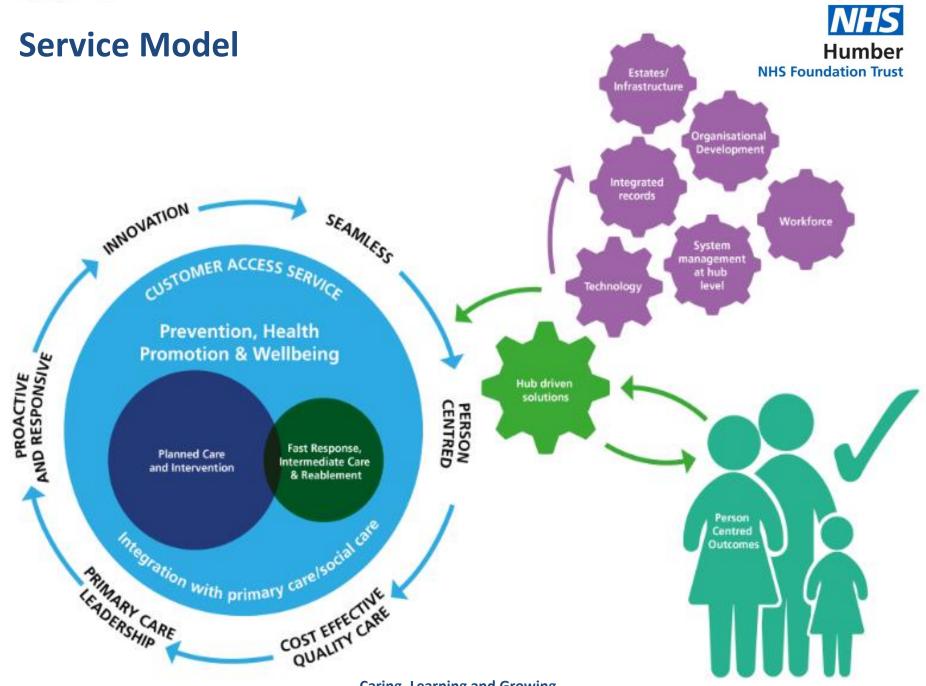


Scarborough and Ryedale Community Services

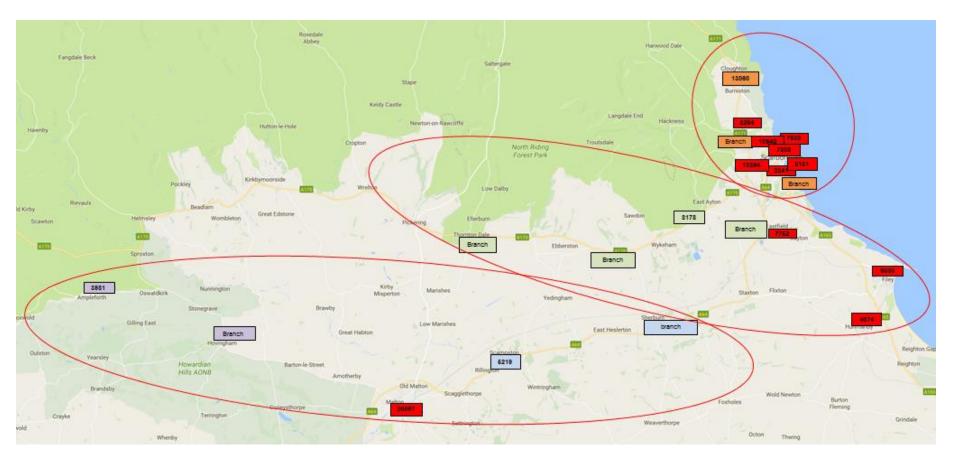
Falls Prevention within an Integrated Model of Care

Rachel Laud





Three Hub Structure



Service Transformation and Vision

- Community Nursing and Community Therapy at the heart of each hub working as Trusted Assessors to ensure timely and holistic intervention
- Seamless access to Specialist Service Clinicians aligned to hubs but working across locality – Diabetes, Heart Failure, Cardiac, Respiratory, Dietetics, Continence, Speech and Language, Stroke
- Service delivery underpinned by skilled support staff competent to meet core patient needs at the moment of contact
- A workforce where everyone has the knowledge and understanding of the importance of falls prevention.

Multifactorial Falls Assessment – Initial Screening

Two questions – Every patient

- Have they had more than two falls in the last 12 months?
- Does the patient have abnormal balance or gait?

Targeting Twelve to Reduce Risk

- Medication
- Postural Hypertension
- Alcohol Intake
- Nutrition & Hydration
- Vision and Hearing
- Feet, Footwear and Clothing

- Balance and Mobility
- Continence
- Osteoporosis
- Confidence
- Cognition
- Environment

Interventions

- Advice and guidance in the moment at the time of assessment
- In hub management for therapy and specialist clinician input
- Onward referral GP, Social Services, Health Trainers, Community Partners and Voluntary Agencies
- Promotion and partnership increasing awareness across services



Humber Teaching NHS Foundation Trust More than one fall? **Consider:** Challenging behaviours in someone with dementia? Call GP Unusually confused or muddled? Call GP **Dizziness when standing?** Call GP Reduced eating or drinking? Eyesight problem? Call GP Arrange for eye test Water infection? Lots of medication? Call GP Call GP for review Needs more help on or off **Chest infection?** a bed, chair or toilet? Call GP Call NCS Incorrect walking aid? Poor balance or legs give way? Call NCS Call NCS Unusually swollen ankles? Poor footwear? Call GP **Review shoes** Take action – call now: GP Surgery Tel: Resident's GP Setting/care home Neighbourhood Care Service to take action (NCS)

Produced by: Community Therapy Team, County Health Partnerships, Nottingham West Locality (part of Nottinghamshire Healthcare). Telephone numbers and team names may be changed for local use. The original design and format must be preserved.

Right Care- Right Place – Right Time

"Falls prevention is not rocket science... It is about doing the basics properly and consistently"

(Cockram A, NPSA 2007)