

**Falls Prevention Programme
University of Limerick Hospitals Nenagh Hospital/
Network 9 Midwest PCCC
A Joint Initiative**

**Maura Cleary Senior Physiotherapist
Fiona Steed A/Physiotherapy Manager
23rd September 2014**

Presentation Outline

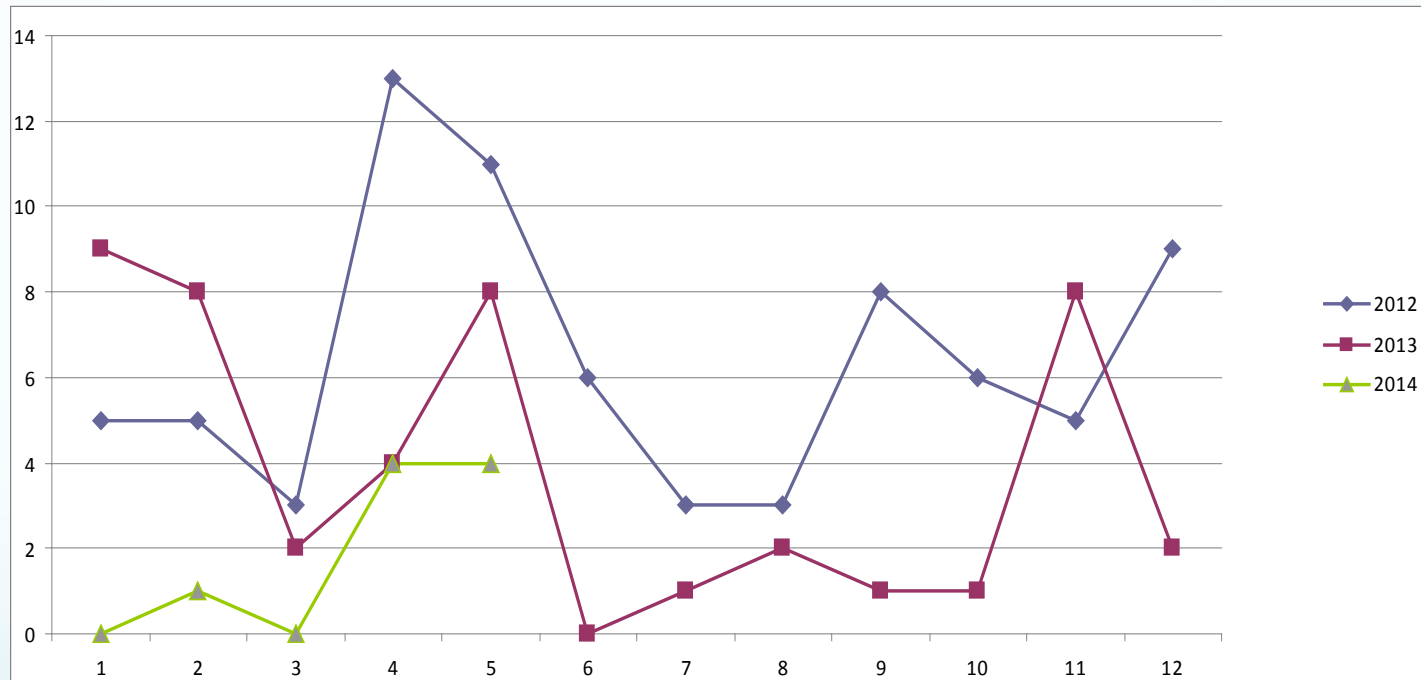
- Outline of our experience of initiating and implementing a Falls Prevention and Bone Health Programme in UL Hospital Nenagh and using this experience to develop a similar programme across four primary care teams in a primary care network in the North Tipperary Area
- Steps taken / process to date
- Programme Description
- Challenges and Enablers

Our Journey

Began on 9th May 2013 when various multi disciplinary groups gathered in the Strand Hotel Limerick as part of the HSE West Falls Collaborative.

Fiona was part of the Nenagh Fall Guys from UL Hospitals, Nenagh whose mission was to reduce the number of in patient falls resulting in moderate to severe harm by 30% by December 2013.

Acute Success



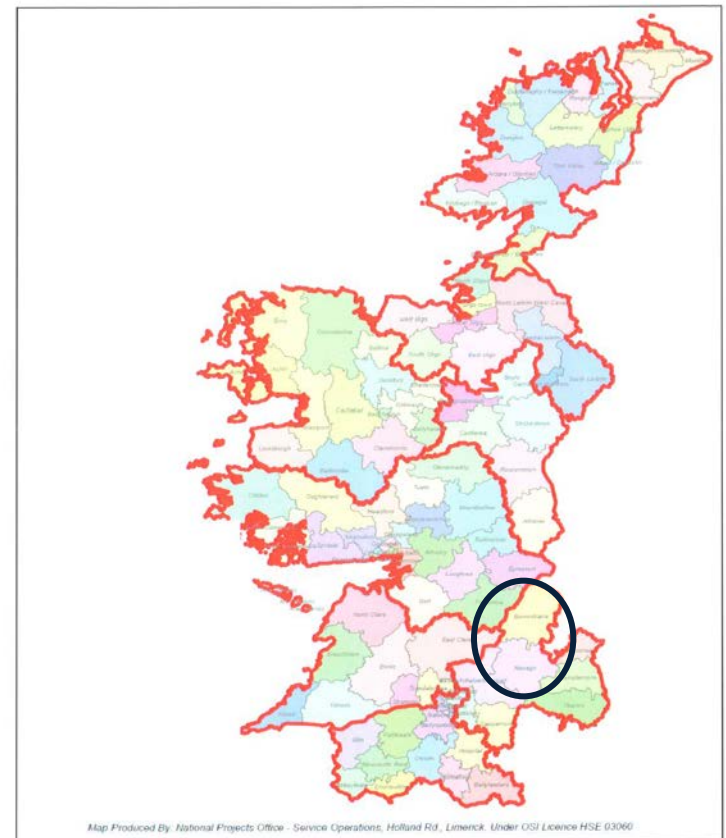
40% reduction in Falls achieved in 2013

From Acute To Community

- From March 2014 a new collaboration was formed between UL Hospitals Nenagh and Network 9 PCCC
- Fiona met with the Primary Care Development Officer, Specialist Services for Older People and spoke to the Physiotherapy Manager Clare PCCC, and Irene O'Byrne-Maguire from the AFFINITY Project to discuss how best to establish a community based Falls Prevention Programme.
- Maura Cleary, Senior Physiotherapist Nenagh PCCC, with experience in Falls Management was enlisted to help start up and then run the Falls Prevention Programme.

From Acute To Community

- Fiona and Maura met with the various Primary Care Teams (PCTs) in Network 9
 - Borrisokane
 - Newport / Ballina / Killaloe
 - Nenagh East and West.
- Overall population in Network 9 is 40,625. 13% (5,158) aged 65 years and over
- They explained their vision and sought assistance with the running of the programme.



From Acute To Community

A Multidisciplinary team was formed consisting of:

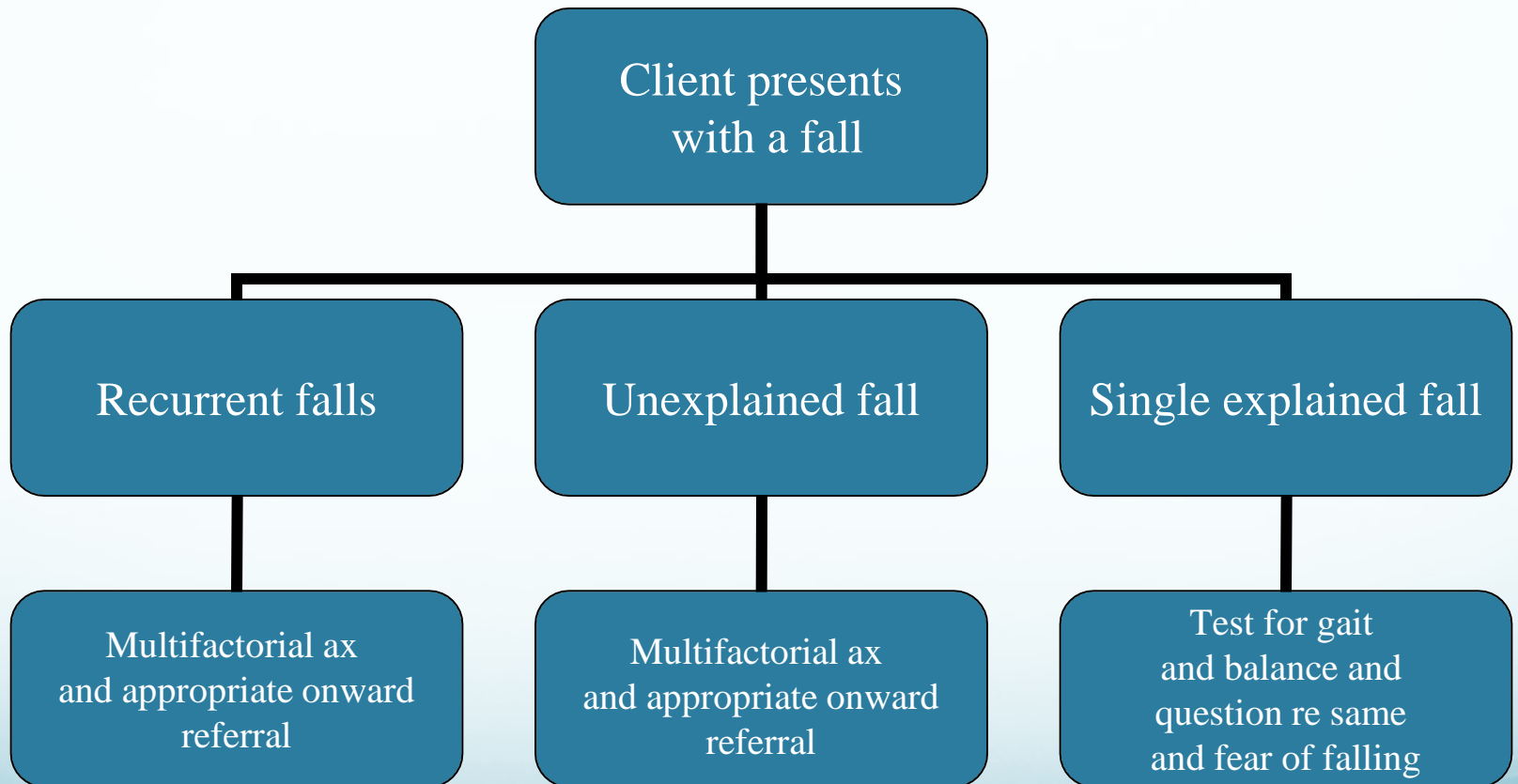
- Fiona and Maura (Physiotherapists)
- Johanna Burke (PHN)
- Tanya Kennedy (PHN)
- Deirdre O'Malley and Fiona Cooney (Occupational therapy)
- Margaret White (Social Worker)
- Margaret Dodd and Helen McCormack (Home Help Co-ordinators)

From Acute To Community

- Further engagement by the team with the Primary Care Development Officer and Specialist Services for Older People and his team to discuss the best way forward and how to incorporate the AFFINITY Project / National Falls Prevention and Bone Health Strategy into the programme.
- Fiona and Maura then went to meet the North Tipperary GPs at their ICGP study evening.
- Getting the support of the GPS was vital to the establishment of the programme.

ASSESSMENT

FALLS ALGORITHM



Programme

- The Multi-factorial risk assessment was agreed as the assessment tool by all PCT members who were referring clients into the Falls Prevention Programme.
- Relevant forms / letters were developed and sent to primary care teams in Network 9 PCCC with an explanatory letter and information about the content of the group classes etc.

From Algorithm to Physiotherapy

- Following the Multi-factorial Assessment the assessor refers the client on to the service most appropriate eg, gp, dietetics, ot, physio etc.
- Clients are discussed outside of PC team meetings as the need arises and in the meetings should it be required.
- Should physiotherapy be indicated as the main reason for falling or fear of falling the client is referred in for specific physiotherapy assessment and management.

Falls Programme

- Exercise class max 6 participants
- Exclusion / Inclusion criteria
- 60 minute class
- 8 week programme and home exercise programme
- Screening prior to class- BERG BALANCE SCALE / GET UP AND GO / FIVE TIMES SIT TO STAND
- Review at 6 months
- Outcome measurement including falls risk scales
- Multi-disciplinary education component

Education Sessions

- Feet and Footwear- Podiatrist
- Exercise and falls prevention –Physio
- Environment and falls prevention –OT
- Medication and falls risk- Pharmacy
- Housing and grants- Medical Social Worker
- Incontinence and risk of falls- Incontinence CNS
- Eyecare- Optician- Specsavers
- Nutrition??

Programme Publicity



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

nenagh notes



Karen O'Duffy can be contacted on 067 804643
or email koduffy@nenaghulhospitals.ie

'Falls Prevention Programme' at Nenagh centre

A new programme has been introduced at Nenagh's Derg Centre to help prevent **older people** from falling.

The 'Falls Prevention Programme' follows a similar programme run at Nenagh **hospital** last year, which saw a reduction of 40 percent in the amount of **patients** falling whilst an inpatient. Resulting from this, a joint initiative between the acute **hospital** and North Tipperary Primary Community and Continuing Care (PCCC) has seen the introduction of a Falls Prevention Programme based in the Derg Centre at Gortlandroe.

Clients are currently referred to the programme from both the acute sector following discharge and from **health** professionals in the PCCC.

It runs for eight weeks and has an exercise and education component weekly.

The aim of the programme is to prevent falls, identify and reduce the risk factors for falling, reduce the injuries from falls, manage falls effectively, and improve **health** and wellbeing.

Anyone over the age of 65 and residing in their own home in North Tipperary Network 9 (including the Nenagh, Borrisokane, Newport and Ballina areas) is eligible to receive a falls risk assessment on first contact with a **Primary Care health** professional.

Those deemed eligible for a multidisciplinary falls programme due to their risk of falls will at their consent participate in a falls education programme and/or a falls exercise class.

The education sessions in the programme include for example: Falls prevention **physiotherapy** perspective, **occupational therapy** perspective, housing/grants/adaptations, medication, diet, feet & footwear, eye

screening, and incontinence.

The programme was established when Fiona Steed, A/Physiotherapy Manager at Nenagh **hospital**, met with Alice McGinley, **Primary Care** Development Officer, and Pascal Moynihan, Specialist Services for **Older People**. She received the backing needed to set up the service, and met with the local PCCC teams. Maura Cleary, Senior **Physiotherapist** in PCCC, organised multidisciplinary meetings and brought together OTs, PHNs, social workers and home care coordinators to advance the project, and Maura is leading the programme on the ground. Fiona and Maura also met with local GPs to advise them of the new initiative.

The Falls Prevention Programme has the backing of the wider Nenagh area with Anna Kelly, Pharmacist, and SpecSavers giving much needed talks on the respective areas to the clients and their carers.

For further information contact Maura Cleary, Senior **Physiotherapist**, Tyone **Health** Centre, (067)46454; the Derg Centre, (067) 46729; email maura.cleary1@hse.ie; or email Fiona Steed, A/Physiotherapy Manager, Nenagh **Hospital** (067)42300 fiona.steed@hse.ie.

The Challenges

- Dietician unable to attend sessions to date
- Last minute cancellation of speakers
- Waiting List
- Referrals without multifactorial assessment completed
- Difficulty with appropriate outcome measure for “Fear of Falling”

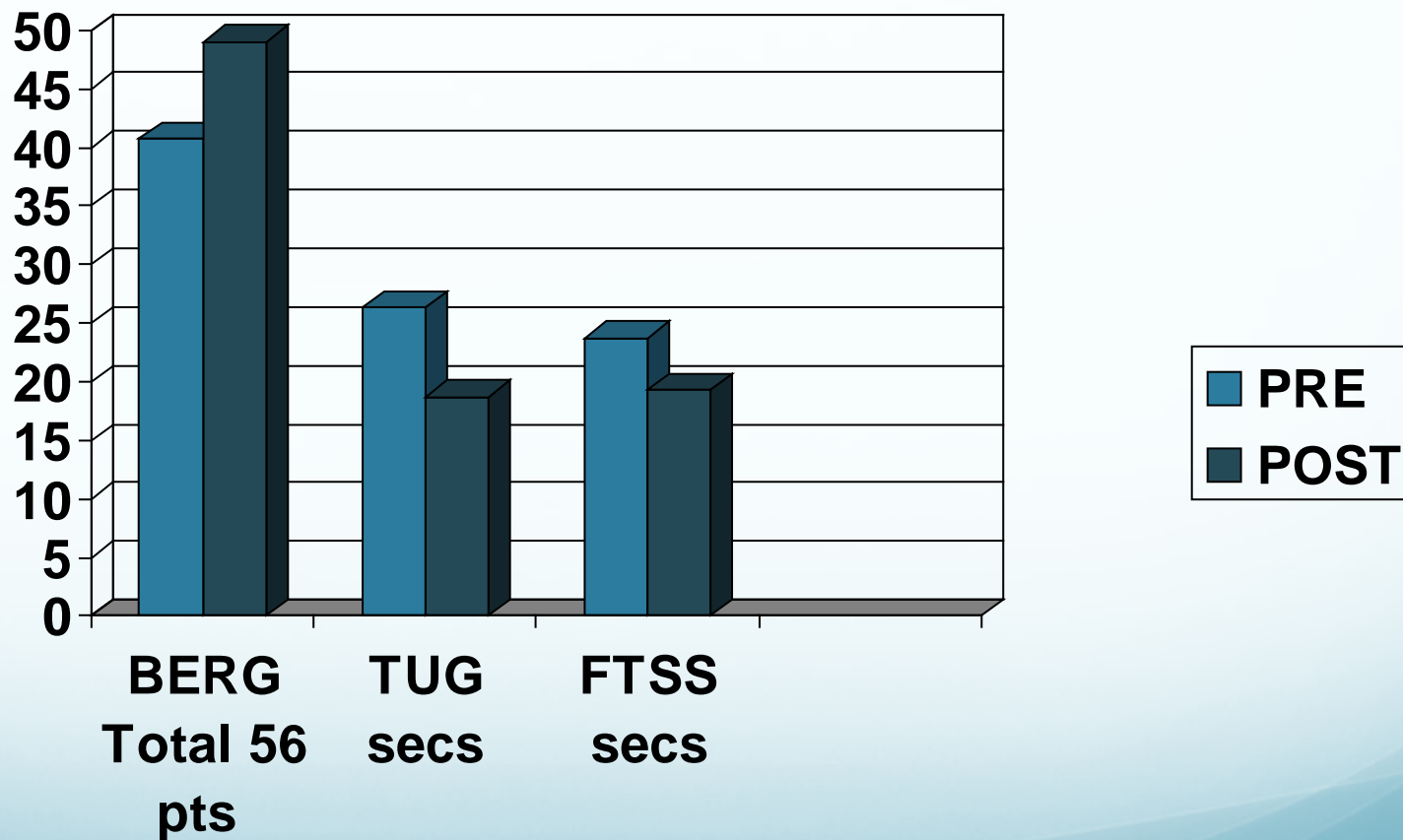
Groups

	March 2014	May 2014		Sept 2014	
		Group 1	Group 2	Group 1	Group 2
No. of participants	5	5	3	6	6
No. completing course*	3	5	3	In progress	In progress

* Average age 81.27 (67-89 y.o.)
One male 10 female

Referral Sources: GP's, Nenagh General Hospital, PHN / Other PCT Members /
Self Referrals

Results



Satisfaction Survey

- Forms completed by all participants
- Feedback on programme overall
- Comments on current programme
- Recommendations for further programmes



The Future

- Plan to reassess all participants at 6 months
- Top up class of four weeks a possibility
- Trial of 2 six week blocks to compare outcomes
- Identify further patient satisfaction measures and falls confidence scale.
- Collaborate with Emergency Department re potential programme participants as part of integrated care pathway
- Integration with University of Limerick Hospital Group Quality and Patient Safety Programme / Initiatives
- Collaborate with University of Limerick for research purposes

What Worked / Is Working Well

- Experience of and drive from HSE West Collaborative
- Nenagh Fall Guys from UL Hospital Nenagh experience / learning
- Physiotherapy Manager role across acute and community services
- Support of key stakeholders – primary care / older people services and national project

What Worked / Is Working Well

- GP buy in
- Primary Care Team involvement and OT specific involvement around the education sessions.
- Community Pharmacist / Specsavers buy in to education programme
- Media publicity for programme
- Public acceptance / interest
- Referrals from acute services / primary care team and self referrals
- Available location for classes

Guidelines and Reviews

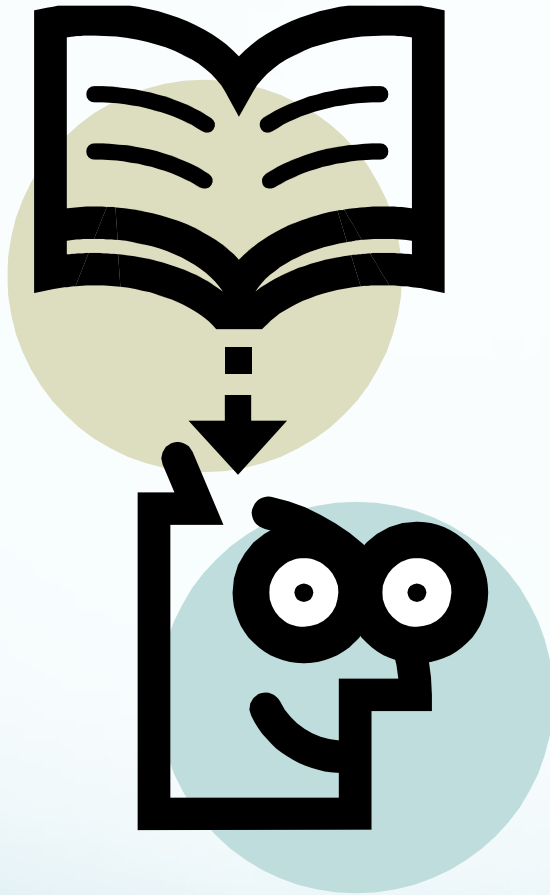
<http://www.nice.org.uk/page.aspx?o=233391>

<http://www.cdc.gov/ncipc/factsheets/nursing>



<http://www.profane.eu.org>

<http://www.americangeriatrics.org>



Thank you

Questions?