OVERVIEW OF MAJOR FALLS PREVENTION ACTIVITIES IN NSCCH 2006 -2010

Margaret Armstrong
NSCCH Coordinator NSW Fall Policy 2010

Governance NSW Health Fall Policy Implementation

- **NSCCH Area Falls Management Committee** – meets 3-4 times per year. Chair: Director Population Health, Planning and Performance. Reps from NSCCH, private hospitals, local Gov, NGO’s.
  - Oversees all NSCCH falls prevention activities in settings of Acute, Community and Residential Care and responsible for implementation of previous NSW Health falls policy.

- **NSCCH Acute/Sub Falls Prevention Committee** – meets bi-monthly. Chair: Senior Nursing: Divisional Manager Rehabilitation and Aged Care
  - Oversees implementation of Acute/Sub-Acute falls prevention action plan in NSCCH facilities. Links with private facilities as well.

- **NSCCH Community Falls Prevention Committee** – meets bi-monthly. Chair: Director Health Promotion
  - Oversees implementation of Community falls prevention action plan in NSCCH community health facilities and community service providers for older people.
  - Representation for Residential Care facilities on this committee as well.
  - Various community falls prevention working groups convened and report to this committee,
  - **NSCCH Education Network** – provides for area wide education seminars for the combined settings of acute, community and residential care.
  - Reports to area falls committees – acute and community.

NSCCH Falls Prevention Committees

- **NSCCH Area Falls Management Committee**
  Chair: Director Population Health, Planning and Performance.

- **NSCCH Acute/Sub Falls Prevention Committee**
  Chair: Senior Nursing: Divisional Manager Rehabilitation and Aged Care

- **NSCCH Community Falls Prevention Committee**
  Chair: Director Health Promotion

- **NSCCH Facility/Sector Falls Committees**

- **NSCCH Education Network**

- **CC Community falls prevention network**

ACUTE/SUB-ACUTE

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<tr>
<th>Month</th>
<th>Notifications per 1000 Bed Days</th>
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<tr>
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<td>Jan 2011</td>
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Up=4.699  LCL=1.936 UCL=5.462
Overview of major achievements

• Development of area wide falls risk screening tool, risk level implementations, stickers, signs, brochures, ward resource folders, post fall management protocol, standardised education and orientation packages for staff on NSCCH Intranet
• Sharing of these initiatives/resources with private NSCCH facilities.

Overview of major achievements

• Ongoing review of accreditation standards and opportunities for improvement for facility falls prevention.
• Ongoing review of IMMS data to monitor falls incidents area wide and to standardise falls prevention initiatives.
• Evaluation of acute falls policy implementation- ‘BuMM’ audit carried out in every acute and sub-acute facility in Sept 2009. Review by Aug 2010

Overview of major achievements

• April Falls Day awareness raising activities for both patients and staff in NSCCH facilities.
• Partner organisations also have linked April Falls Day activities – such as Mater Private and Sydney Adventist Hospital.
• ‘Quickscreen’ falls risk assessment provision and training to some facilities.
• Partnerships with committees such as NSCCH Restraint Policy working group and Fracture Prevention sub-group for falls prevention representation
Overview of major achievements

- Development and implementation of GE2008_023 Falls Prevention and Management for Community Service Providers in NSCCH Guideline 2008
- Development of area wide falls risk screening and assessment tools, brochures, resource folders, and standardised education and orientation packages for staff on NSCCH Intranet
- Development of resource information and education package for Guideline
Overview of major achievements

• Development of OT and Physio protective equipment standardised resources.
• Dissemination of guidelines, resource folders and protective equipment sheets to NSCCH community health, Gov and NGO community service providers.
• Provision of education sessions to community service providers on falls prevention.

Stepping On

• Stepping On groups for 65 plus
• Run in a number of venues across Northern Sydney in 2010
  - Brooklyn, Hornsby, Manly, Mona Vale, Turramurra, Berowra, Epping, Hunter’s Hill, Ryde, Hornsby
• 9808 9685 or 0401 715 845

Overview of major achievements

• Equipping and training community service providers in ‘Quickscreen’ falls risk assessment kits.
• April Falls Month Community Seminars and expos.
• Educational Seminars 3 x per year in both CC and NS.
• DoH funded projects in NSCCH:
  – ‘Stepping On’ – Falls Prevention Program
  – ‘SOYF’ Falls prevention project – Health Promotion.

Falls Guidelines: Service Provider Resource Pack

• Falls prevention facts sheets – English and CALD languages.
• Resource ordering information.
• Staff training and orientation talks.
• Client education talks
• Resource CD
• Staying Active Staying Safe DVD
• Screening Tools
• Assessment Tools
• Other resources

April Falls Month 2010

‘Falls Prevention is Everyone’s Business’ Community forums and expos
RESIDENTIAL CARE

Overview of major achievements

- Rollout of Community Guidelines to service providers within independent facilities.
- Sharing of acute facility resources for coordinated transition in to NSCCH facilities
- ‘Quickscreen’ Kit provision and training to aged care facilities.
- April Falls Day/Month activities.
- ‘Basic Steps’ workshops.

‘Basic Steps’ Training Workshops.

- Sally Castell health promotion project officer rolling out training for Diversional Therapists and Physio aides across NSCCH residential care facilities.
- Project January – June 2010