Falls Prevention and Management in Scotland: the Impact of Local and National Policies

Falls prevention: Evidence into Practice European Seminar
Glasgow, 19 November 2014

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Falls Prevention and Management in Scotland
The next twenty minutes...

- The strategic direction provided by national policy.
- Role of the National Falls Programme in supporting the translation of policy into practice.
- The local response to national policy and improvement drives.
- Reflections on the journey so far.
- *Focus on falls in the community setting.*
Setting the scene
Scotland at a glance

- Population 5.2 million
- Approximately 17% 65 years or over
- National Health Service
- Health and Social care devolved to Scottish Government
- 14 territorial NHS boards; 35 Community Health Partnerships
- 32 local authorities
- Integration: 32 health and care Partnerships by April 2015
- Ageing population
  50% increase in people aged over 60 years by 2033
Why falls matter
Scale and cost (Scotland)

In people 65 years and over:

- Largest single presentation to the Scottish Ambulance Service (over 35,000 attendances).
- One of the leading causes of Emergency Department attendance.
- Responsible for over 390,000 emergency bed days.
- Implicated in up to 40% care home admissions.
- Highest reported incident in hospital settings.

Costs to health and social care services in Scotland estimated to exceed £471m each year (est. rising to £666m by 2020):
  - 45% long term care
  - 40% NHS
  - 15% care at home

(Hip fracture £39,500) (Craig 2012)
Falls Prevention and Management
Where we were in 2007

“The future is already here – it’s just not very evenly distributed.”

William Gibson
Falls Prevention and Management in Scotland
Policy context: creating the conditions

2007
A Delivery Framework for Adult Rehabilitation in Scotland
Older people one of three priorities.

2007
Health Department Letter
**Actions**
Falls Leads.
Combined Falls & Bone Health Strategy.
Integrated pathway.
*Community of Practice.*

2010
Reshaping Care for Older People. A Programme for Change 2011-21
**Change Fund**
£370million 2011-2015

2012
The National Delivery Plan for Allied Health Professions in Scotland 2012-2015
**Actions**
Pathway development. Implementation Plans.
Falls Prevention and Management in Scotland
Policy context: Reshaping Care for Older People

<table>
<thead>
<tr>
<th>Preventative and Anticipatory Care</th>
<th>Proactive Care and Support at Home</th>
<th>Effective Care at Times of Transition</th>
<th>Hospital and Care Home(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build social networks and opportunities for participation.</td>
<td>Responsible flexible, self-directed home care.</td>
<td>Reablement &amp; Rehabilitation.</td>
<td>Urgent triage to identify frail older people.</td>
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<tr>
<td>Information &amp; Support for Self Management &amp; self directed support.</td>
<td>Rapid access to equipment.</td>
<td>Responsible and flexible palliative care.</td>
<td>Effective and timely discharge home or transfer to intermediate care.</td>
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<tr>
<td>Prediction of risk of recurrent admissions.</td>
<td>Timely adaptations, including housing adaptations</td>
<td>Medicines Management.</td>
<td>Medicine reconciliation and reviews.</td>
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<tr>
<td>Anticipatory Care Planning.</td>
<td>Telehealthcare</td>
<td>Access to range of housing options.</td>
<td>Specialist clinical support for care homes.</td>
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<tr>
<td>Suitable, and varied, housing and housing support.</td>
<td>Support for carers.</td>
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<td>Carers as equal Partners.</td>
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</tbody>
</table>

**Policy Goal:**
To optimise the independence and wellbeing of older people at home or in a homely setting.
Falls Prevention and Management in Scotland

Policy context: Recognising synergies

2014

2014
Third Sector Contribution to Reshaping Care for Older People
The National Falls Programme in Scotland (2010 – present)

What are we trying to accomplish?

- To reduce the personal, system and societal costs associated with falls in Scotland.

- For every health and social care partnership area in Scotland (32 partnerships) to have a local integrated falls prevention and management and fracture prevention pathway for older people in operation by the end of 2016.

- People have the opportunity to receive the right care and support, at the right time, in the right place to prevent harm from falls, every time.

The Up and About Pathway (2010)

The National Falls Programme in Scotland
What are we doing?

The Falls Programme Manager in partnership with Falls Leads network and a range of stakeholders:

• Co-create a shared vision.

• Provide practical guidance.

• Share good practice, learning and experience; provide peer support.

• Identify & deliver national work streams. “Do once for Scotland”

• Nationally and locally, make falls prevention and management part of the conversation, when it needs to be.

• Monitor progress and provide accountability.

The Up and About Pathway (2010),
The National Falls Programme in Scotland

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http://www.scotland.gov.uk/Publications/2014/10/9431
The National Falls Programme in Scotland

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In addition ...

In hospitals

Falls prevention in Acute Care
Falls Prevention and Management in Scotland

Impact

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<tr>
<th>Is there a pathway for falls and fracture prevention and management in operation in your CH(C)P?</th>
<th>YES</th>
<th>WiP</th>
<th>No</th>
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<td>2010</td>
<td>9 (24%)</td>
<td>24 (63%)</td>
<td>5 (13%)</td>
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<td>2012</td>
<td>22 (58%)</td>
<td>16 (42%)</td>
<td>-</td>
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Measurement Framework

Includes:
- Scottish Ambulance Service presentations
- Scottish Ambulance Service conveyances to hospital
- Emergency admissions following a fall
- Emergency bed days following a fall
- Admissions with hip fracture

Stories:
- Service users
- Service providers
The National Falls Programme in Scotland
How do we know a change is an improvement?

Scottish Ambulance Service Pathways
Scotland
- Reduction in conveyances to hospital (86% down to 70%).

Community Falls Bundles
Fife
- Increase in percentage of people receiving strength and balance training.

Up and About in Care Homes
Three partnership areas
- Reduction in number of falls.
- Reduction in rate of ED attendances.
**Invigor8 & Motiv8**
Strength and Balance Exercise Programme (50 weeks)

**Positive Steps Programme**
Stage One: Supporting active ageing, health improvement and self management
Stage Two: Identifying high risk of falls and/or fragility fractures
Stage Three: Responding to an individual who has just fallen and requires immediate assistance
Stage Four: Co-ordinated management including specialist assessment

**Active Case Finding**
Emergency Department Osteoporosis Service AHP Services/Social Work Optometry

**Referral Pathways**
Community Alarm Service Scottish Ambulance Service

**Integrated Care and Enablement Teams**
Multifactorial screening and interventions

**Osteoporosis Service**
Case finding DXA scanning

**Ayrshire & Arran November 2014**

**Enablers**
- Multiagency Falls and Bone Health Steering Group;
- Falls Co-ordinator;
- RCOP Change Fund;
- Local Implementation Plan (AHPs);
- Learning Sessions, elearning, Falls Educator;
- Data for improvement and monitoring.
A Framework for a Whole System, Integrated Approach to Falls Prevention and Management

**WHAT? (Approaches and interventions)**

1. Technology/eHealth/Data sharing
2. Public Awareness & Co-production
3. Organisational development and improvement support
4. Data for improvement, information & evaluation
5. Workforce development/Skill Mix/Integrated working
6. Evidence based guidance to inform practice
7. Funding & Commissioning
8. Leadership & Governance: national/local
9. Policy context (National & Local)

**HOW? (Enablers)**

- Stage One: Supporting active ageing, health improvement and self management
- Stage Two: Identifying high risk of falls and/or fragility fractures
- Stage Three: Responding to an individual who has just fallen and requires immediate assistance
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**Policy context (National & Local)**
Thank you for listening
For more information, please contact:

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ann.murray3@nhs.net

http://www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme