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

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

Ann Murray
National Falls Programme Manager
NHSScotland
ann.murray3@nhs.net

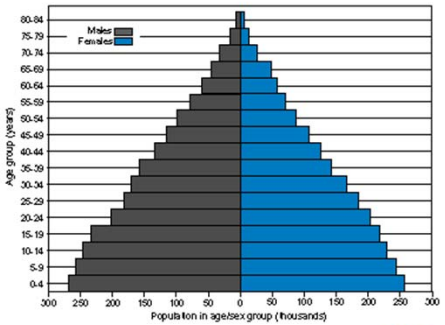
Falls Prevention and Management in Scotland

The next twenty minutes…

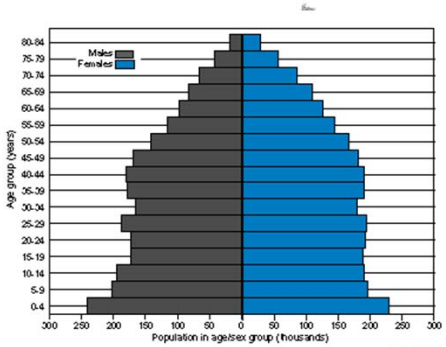
- The strategic direction provided by national policy.
- Role of the National Falls Programme in supporting the translation of policy into practice.
- The local response to national policy and improvement drives.
- Reflections on the journey so far.
- *Focus on falls in the community setting.*

Setting the scene

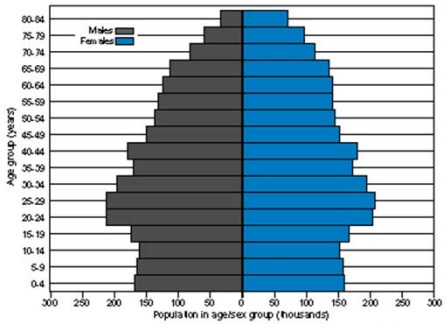
Scotland at a glance



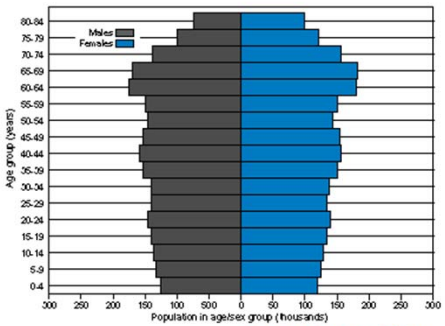
1911



1951



1991



Projection to 2031

- 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

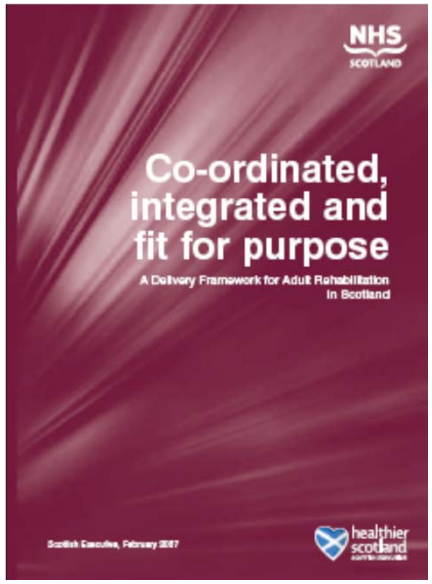
Where we were in 2007

"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

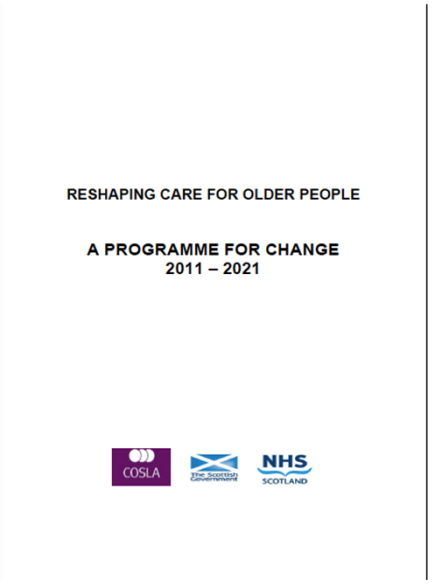


2007
A Delivery Framework for Adult Rehabilitation in Scotland

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

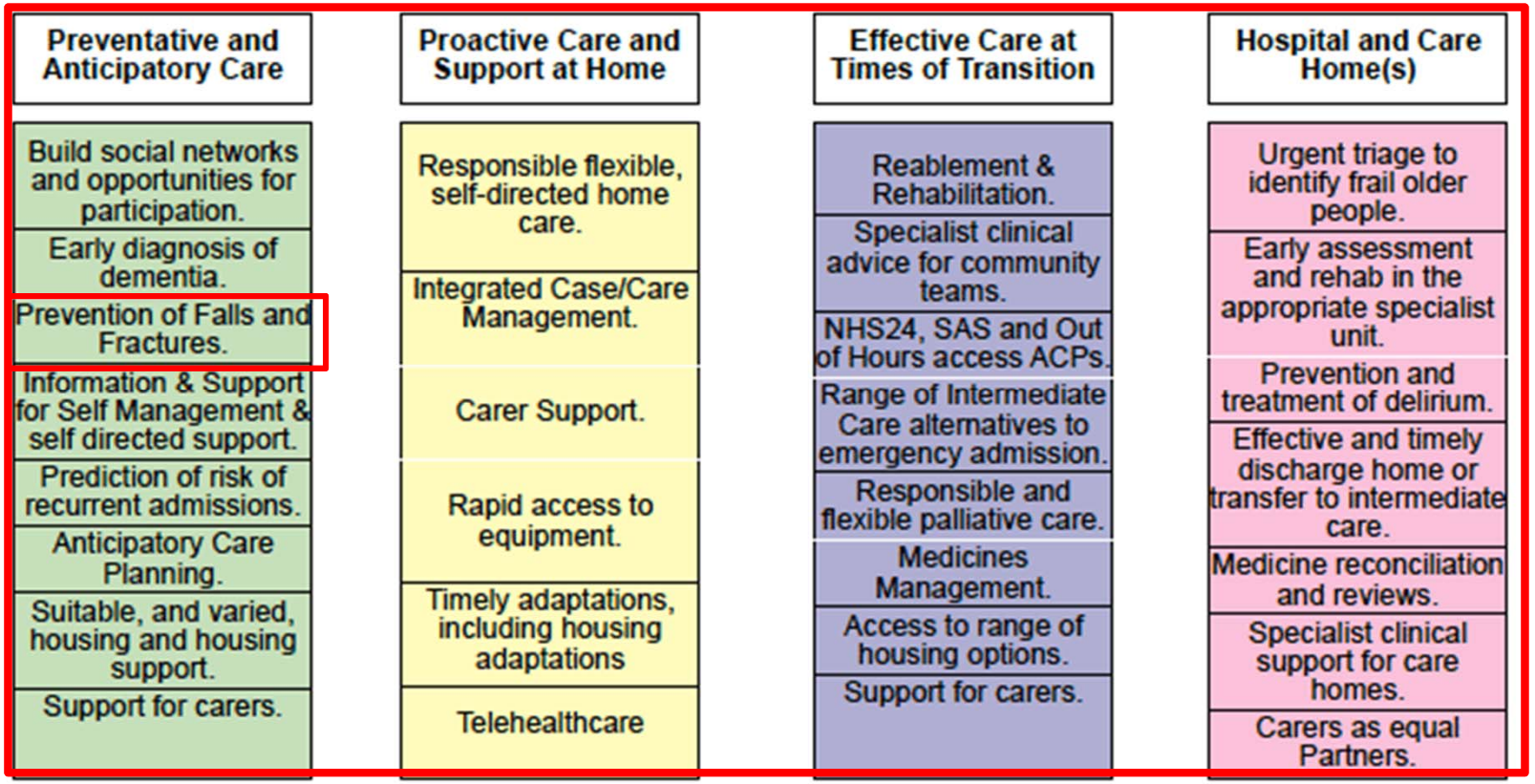
Change Fund
£370million
2011-2015

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



Preventative and Anticipatory Care	Proactive Care and Support at Home	Effective Care at Times of Transition	Hospital and Care Home(s)
Build social networks and opportunities for participation.	Responsible flexible, self-directed home care.	Reablement & Rehabilitation.	Urgent triage to identify frail older people.
Early diagnosis of dementia.	Integrated Case/Care Management.	Specialist clinical advice for community teams.	Early assessment and rehab in the appropriate specialist unit.
Prevention of Falls and Fractures.	Carer Support.	NHS24, SAS and Out of Hours access ACPs.	Prevention and treatment of delirium.
Information & Support for Self Management & self directed support.	Rapid access to equipment.	Range of Intermediate Care alternatives to emergency admission.	Effective and timely discharge home or transfer to intermediate care.
Prediction of risk of recurrent admissions.	Timely adaptations, including housing adaptations	Responsible and flexible palliative care.	Medicine reconciliation and reviews.
Anticipatory Care Planning.	Telehealthcare	Medicines Management.	Specialist clinical support for care homes.
Suitable, and varied, housing and housing support.		Access to range of housing options.	Carers as equal Partners.
Support for carers.		Support for carers.	

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
Active and Healthy Ageing: An Action Plan for Scotland 2014-2016

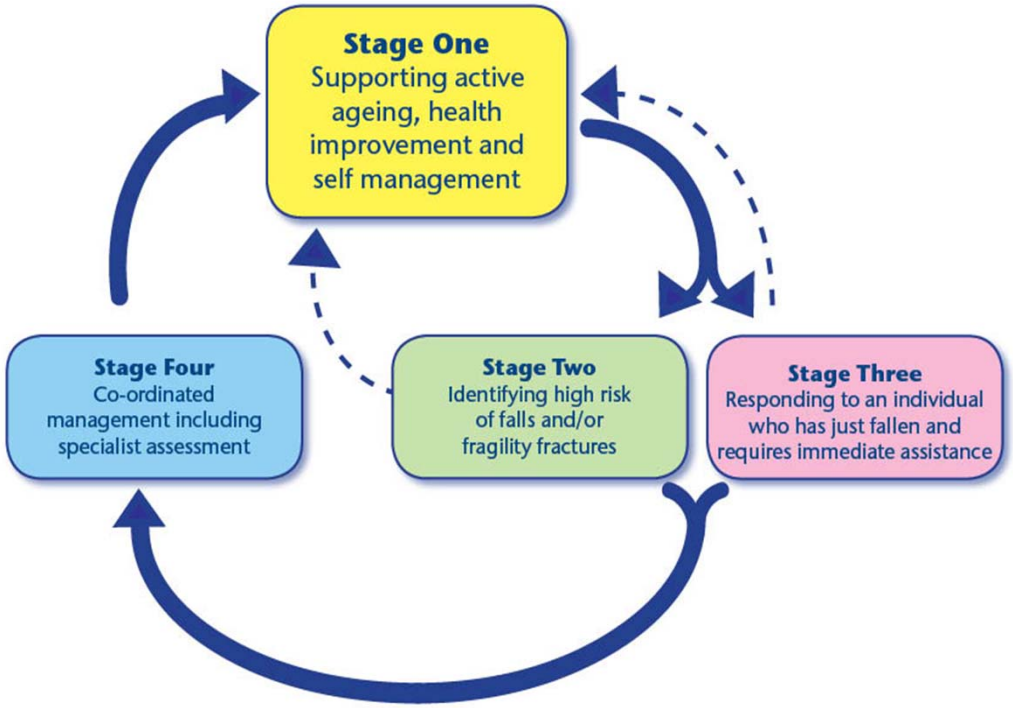
Evaluation Support Scotland | jit joint improvement team | The Scottish Government

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)

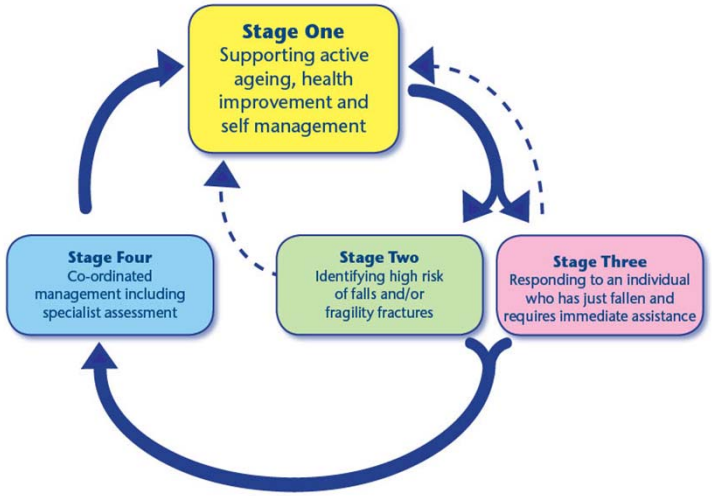
http://www.scotland.gov.uk/Resource/0045/00459959.pdf

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.



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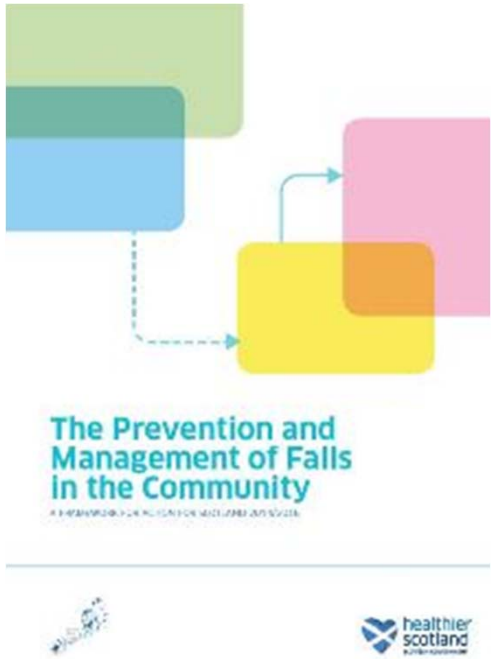

A Framework for Action for Scotland 2014/2016

http://www.scotland.gov.uk/Publications/2014/10/9431

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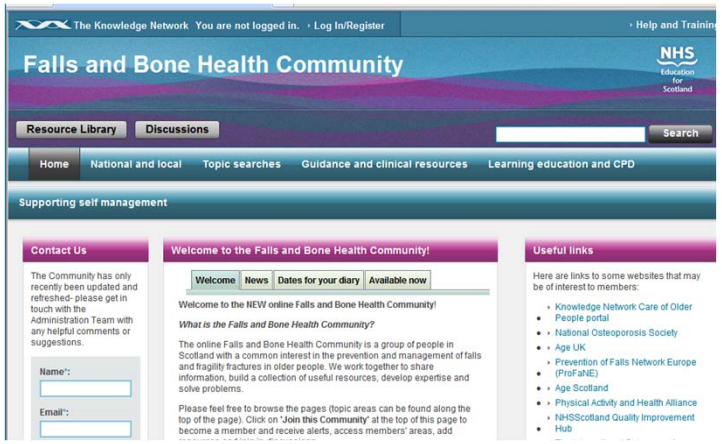

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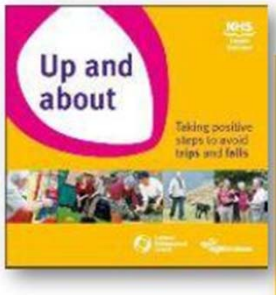

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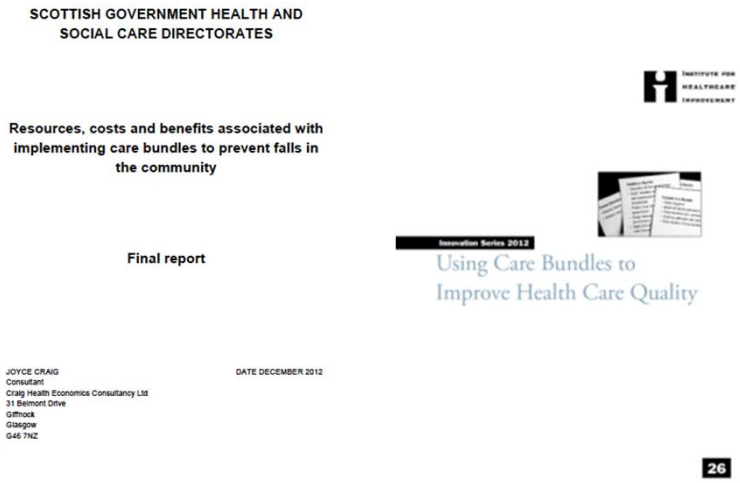

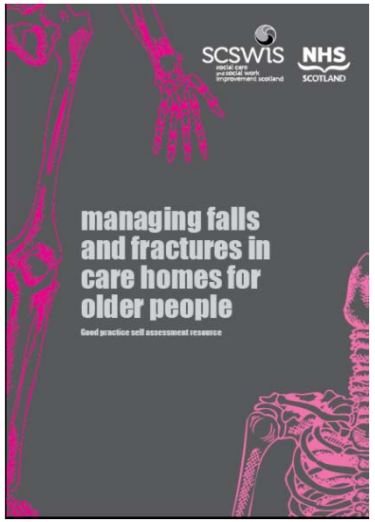

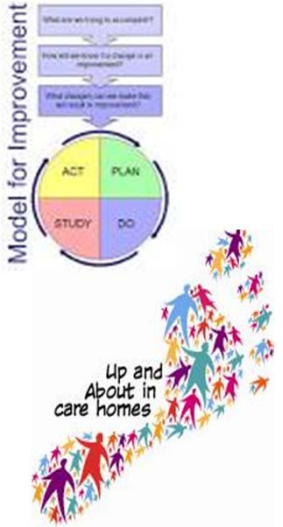

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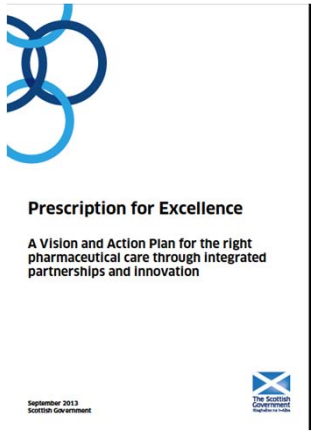

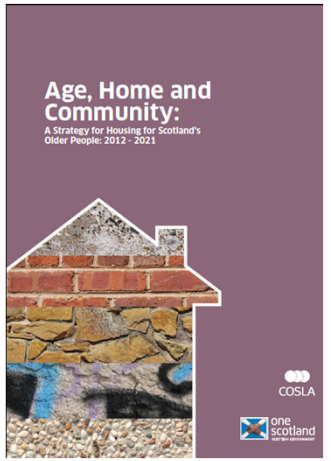

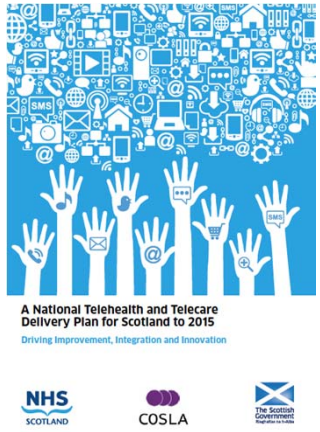

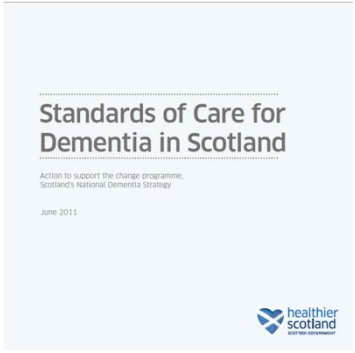

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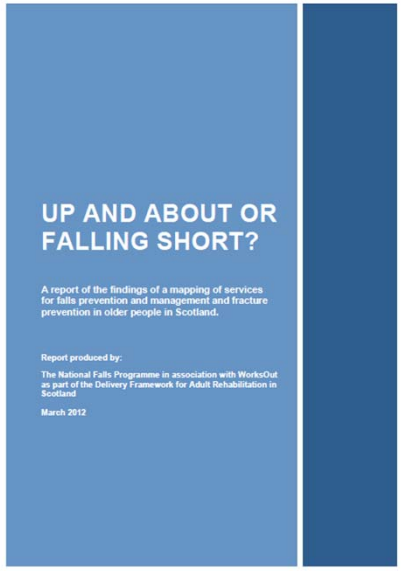


Grouping	Question	Descriptor	CHP 1	CHP 2	CHP 3
HDL compliance	1.1	Combined board-wide strategy	5	5	5
	1.2	CH(C)P Improvement Plan	5	5	3
	1.3	Appointed CH(C)P Falls Lead	4	4	4
	1.4	Recognised local pathway in place	3*	3*	2
Delivering Up and About	2.1	Physical activity opportunities	4	5	5*
	2.2	Emergency Dept. referral pathway	4*	3*	3*
	2.3	SAS referral pathway	3*	3	3
	2.4	Community Alarm referral pathway	3*	2*	2*
	2.5	Secondary care referral pathway	4*	4	4
	2.6	Primary Care screening tool	4*	3	3*
	2.7	Social Care screening tool	3	3	3*
	2.8	Screening tool in shared assessment	3	3	3
	2.9	Uninjured faller pathway	3	1	2
	2.10	Mulitfactorial Falls Risk Screen tool	4*	4*	4*
	2.11	Person-centred approach	4	1	4
	2.12	Strength and balance exercise	4	5	5
	2.13	Medical assessment	5	5	5
	2.14	Syncope service	5	5	5
	2.15	Home hazard assessment	4	5	3
	2.16	Access to DXA locally	5	5	5
	2.17	Review pre-discharge	2	1	4
Integration with osteoporosis services	3.1	Fracture Liaison Service	1	1	5
	3.2	Links between FLS and falls services	3	3	1
Care Homes	4.1	Access to services for care homes	4	5	4
	4.2	Care home data re hip fractures	1	1	1
	4.3	Care home data re falls admissions	4	4	4
Training	5.1	Training for primary care staff	4	2*	4*
	5.2	Training for social care staff	4	4*	4*
Service user involvement	6	Service users involvement in service improvement	4	1	2

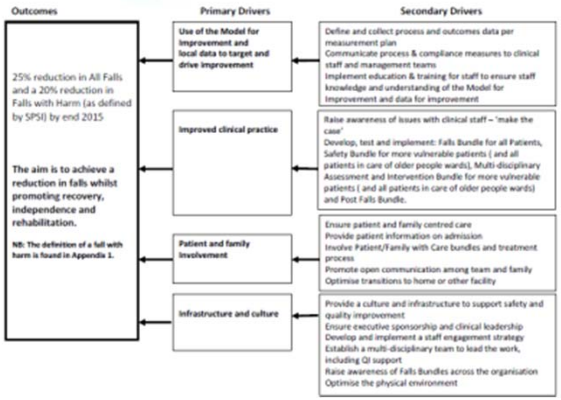
In addition …

In hospitals

MSK & Orthopaedic Quality Drive
Spread & Sustainability of Five High Impact Workstrands

NHS SCOTLAND

Hip Fracture Care Pathway - Optimising care of frail older people

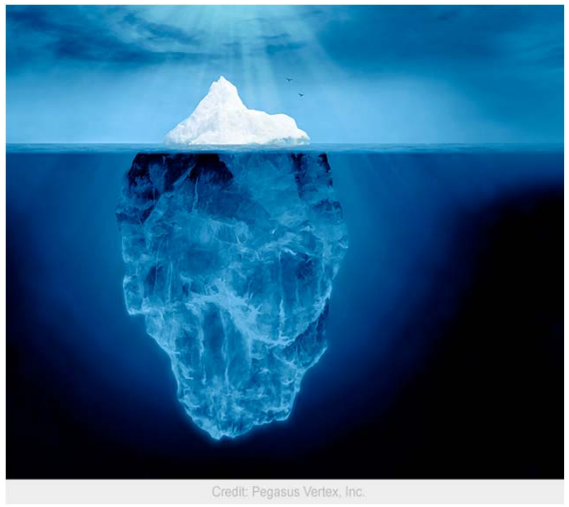


Falls prevention in Acute Care

Falls Prevention and Management in Scotland

Impact

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



Credit: Pegasus Vertex, Inc.

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

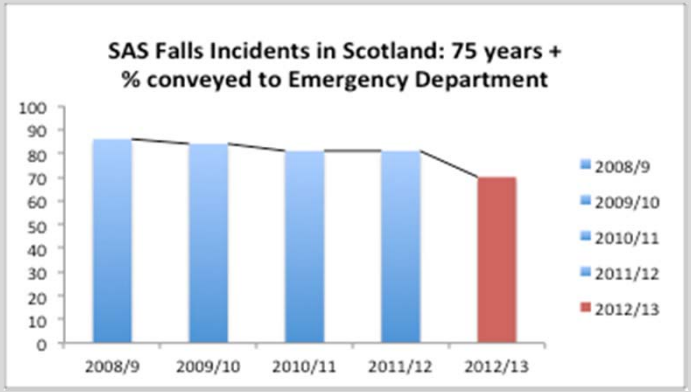
The National Falls Programme in Scotland

How do we know a change is an improvement?

Scottish Ambulance Service Pathways

Scotland

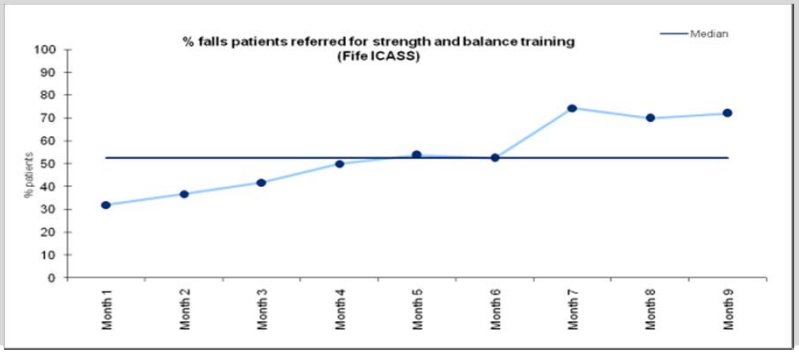
- Reduction in conveyances to hospital (86% down to 70%).



Community Falls Bundles

Fife

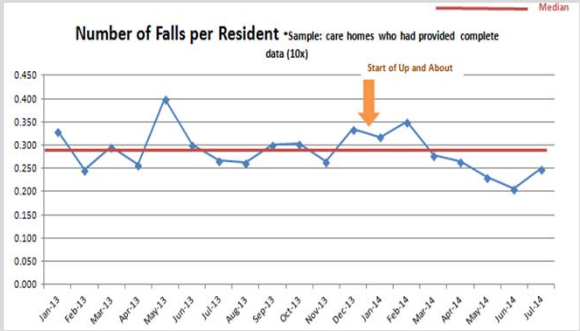
- Increase in percentage of people receiving strength and balance training.



Up and About in Care Homes

Three partnership areas

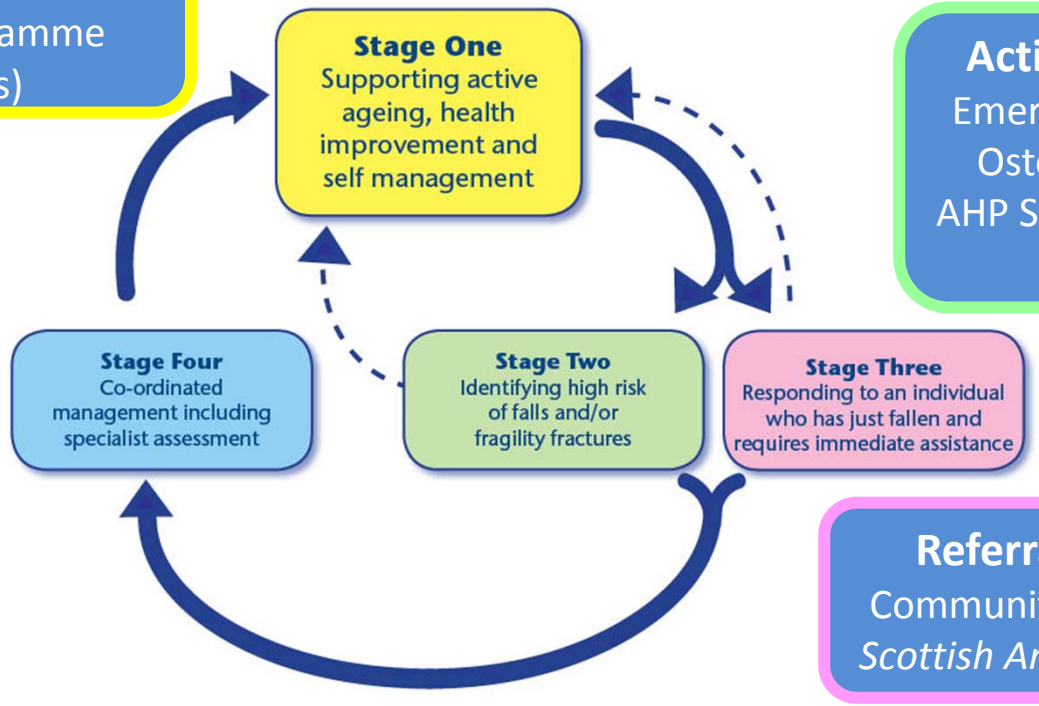
- Reduction in number of falls.
- Reduction in rate of ED attendances.



Invigor8 & Motiv8
Strength and Balance Exercise Programme (50 weeks)

Positive Steps Programme

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



Integrated Care and Enablement Teams
Multifactorial screening and interventions

Osteoporosis Service
Case finding
DXA scanning

Referral Pathways
Community Alarm Service
Scottish Ambulance Service

Enablers

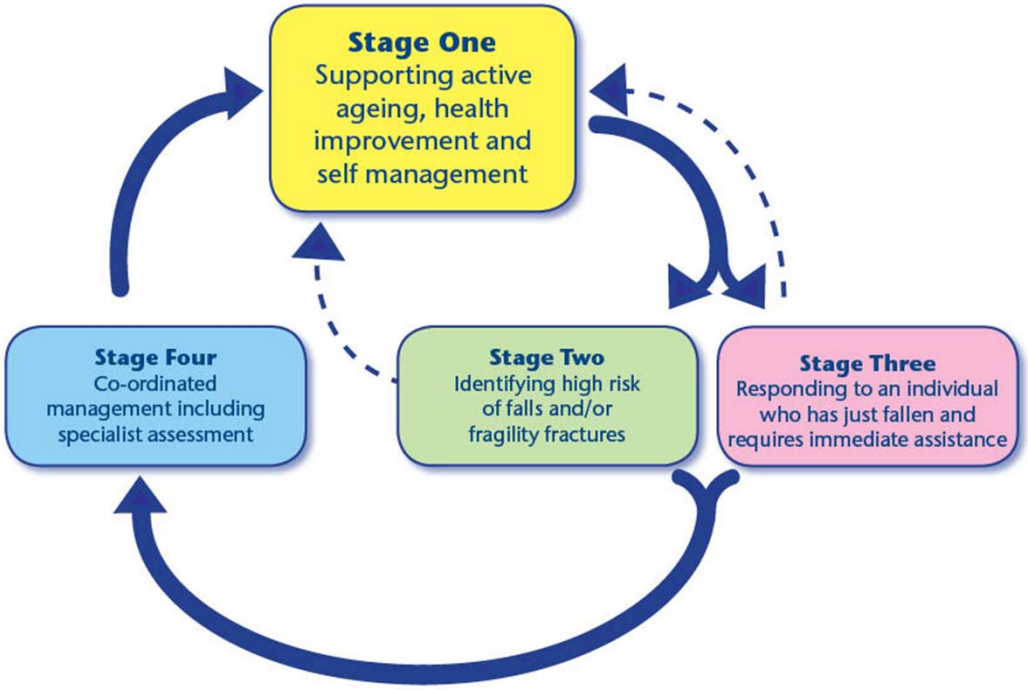
- Multiagency Falls and Bone Health Steering Group;
- Falls Co-ordinator;
- RCOP Change Fund;
- Local Implementation Plan (AHPs);
- Learning Sessions, elearning, Falls Educator;
- Data for improvement and monitoring.

smartcare

Ayrshire & Arran
November 2014

A Framework for a Whole System, Integrated Approach to Falls Prevention and Management

WHAT? (Approaches and interventions)



HOW? (Enablers)

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

WHAT? (Approaches and interventions)

HOW? (Enablers)

Thank you for listening

For more information, please contact:

Ann Murray

National Falls Programme Manager

ann.murray3@nhs.net

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