



Northumbria Healthcare
NHS Foundation Trust



OUR

FALLS STRATEGY

2020 - 2023



building a caring future

HOSPITAL | COMMUNITY | HOME

www.northumbria.nhs.uk

Foreword from our Director of Nursing

Falls have a dramatic impact on individuals, families and the health and social care system. A fall in hospital can be devastating. The human cost of falling includes distress, pain, injury, loss of confidence, loss of independence and increased morbidity and mortality. Falling also affects the family members and carers of people who fall, and has an impact on quality of life, health and social care costs. (NHSI Cost and Incidence of Falls in Hospital 2017)

Falls represent significant cost to trusts and the wider healthcare system, with annual total costs to the NHS alone from falls among older people estimated by the National Institute for Health and Care Excellence (NICE) in 2015 at £2.3 billion.

Falling is not an inevitable part of growing old and the risk of falls can be reduced by organisations and the public working together. Northumbria Healthcare NHS Foundation Trust hospital and community teams work with our partners North Tyneside CCG, Northumberland CCG, I-CARE frailty, North East Ambulance Service, GP's and the Voluntary Care Sector to support people to live longer, age well and maintain functional ability and independence in North Tyneside and Northumberland. In the next three years we will seek to improve the integration of falls prevention across health and social care boundaries.

The impact of the integrated strategy will be measured by a reduction in people attending the Emergency Department (ED) with a fall, a reduction of people attending ED with a hip fracture, a reduction in the number of patients who fall in hospital, a reduction in the number of people who suffer a hip fracture after falling in hospital, improved access to falls specialist advice and ensuring all relevant staff have had falls prevention training.

This strategy was produced following consultation with regional and local stake holders. It is aligned with current NICE guidelines, the National Falls Prevention Coordination Group, Public Health England Falls and Fractures consensus statement, regional falls prevention strategies and the National Service Framework for Older People.

Thank you
Elaine Henderson
Director of Nursing

Introduction

Northumbria Healthcare NHS Foundation Trust has had great success in falls prevention in hospital by carrying through the work of the previous Falls strategy. We have shown a sustained reduction in falls and in harm from falls. Between April 2016 and March 2019 we have achieved:

- 36% reduction in falls per 1000 beds days
- 58% reduction in the number of falls related registered Serious Incidents
- 30% reduction in hospital falls resulting in hip fractures

This has been due to several interventions, investment in leadership, investment in the falls team, use of falls care bundles, the development of an observational policy, development of AFLOAT and use of Bay Watch. The Falls Team won the Trust Quality Improvement award and was a finalist in the HSJ Patient Safety awards and the Academic Health Science Network's Bright Ideas in Health awards for its work on AFLOAT. It is seen as one of the national leaders in falls prevention through our work with the NHS England National Falls Collaborative.

However, people continue to fall and be harmed from falls at home and in hospital. Whilst acknowledging our success over the last 3 years we know that continuing to reduce falls and harm from falls over the coming 3 years will require a more integrated approach from our teams. Falls prevention advice should be consistent and evidence based. It should be carried out by a skilled workforce whether the patient is seen in hospital, at home or in clinic.

Falls prevention measures must be flexible enough to deal with the increase in the proportion of the population who are frail and living with long term conditions including dementia, but be sustainable within the current public expenditure programme. It is hoped that this strategy will enable us to continue to deliver excellent falls prevention assessment, advice and interventions.

Our strategy has three strategic aims which are:

- To produce an integrated falls pathway that wraps around the patient whether they are being cared for at home, in hospital or in one of our falls clinics
- To provide integration of falls prevention, fracture liaison and bone health services
- To ensure that falls prevention is embedded within other frailty related and syncope pathways.

These three strategic aims will be delivered by focussing on our ten key priorities which are:

- Reduce in-patient falls per 1000 bed days
- Reduce in-patient falls that result in hip fracture
- Reduce falls in patient's homes and in care homes
- Reduce the number of people who attend the Emergency Department following a fall
- Reduce out-patient waiting times and number of visits
- Increase integration with acute and community frailty services to develop a model of Enhanced Care Support
- Provide excellent patient and staff experience
- Develop a skilled workforce
- Ensure seamless transitions of care
- Reduce variations in care quality

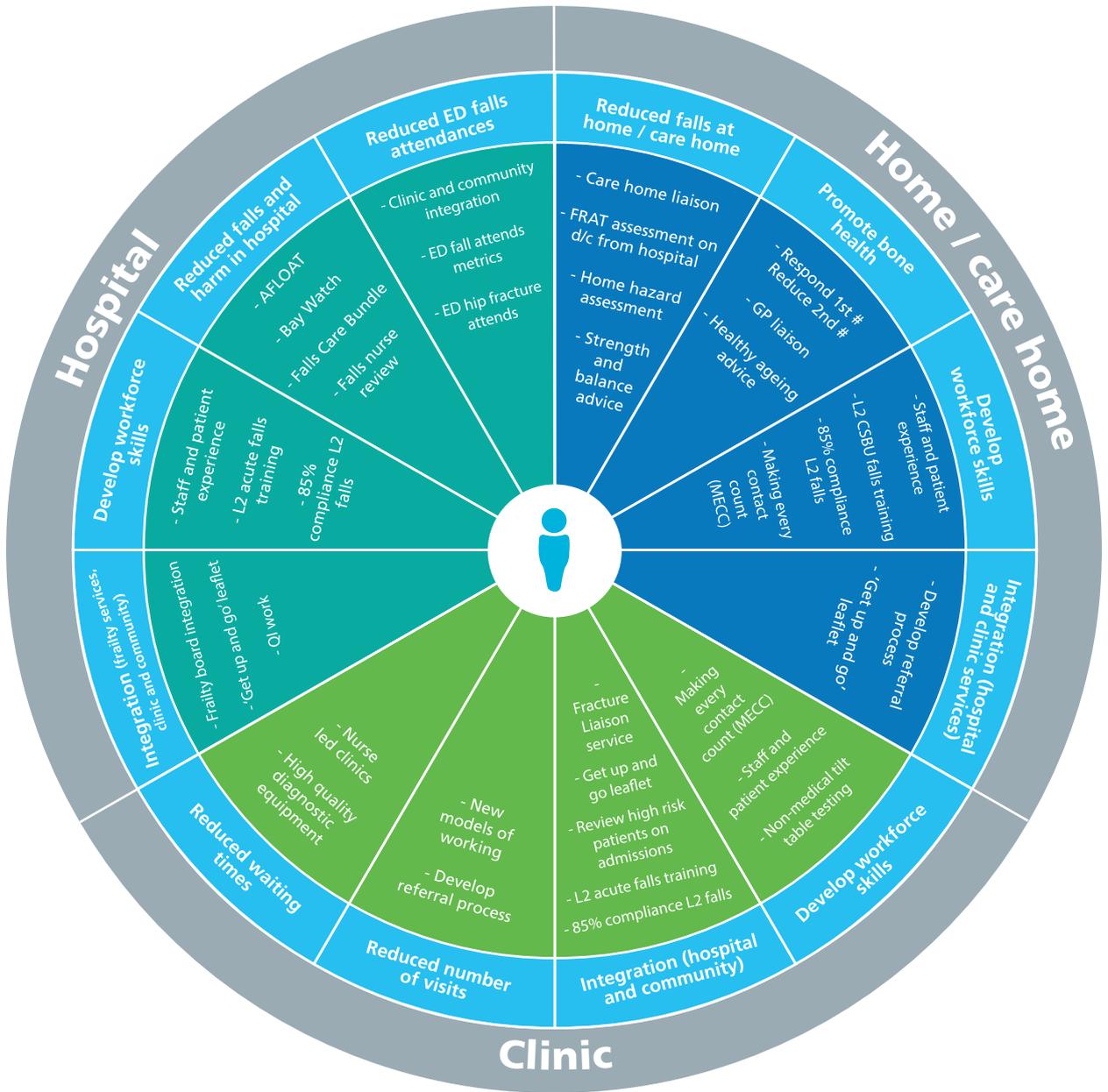
Each of these priorities has a detailed set of actions with the responsible person clearly defined. Progress on the actions, priorities and strategic aims will be monitored over the next 3 years at our Strategy Group meeting. Our aim is to ensure that our population receive expert advice and treatment whether they are in hospital, at home or being seen in our clinic.

This document sets out the background and our key aims. The strategy graphic pulls these strands together as a visual concept. The wheel diagram visualises the patient at the centre of care and what they should expect from our teams. It also allows team members to see how their work relates to other arenas of care provision.

Best Wishes

Dr David Richardson, Consultant Geriatrician and Clinical Falls Lead

David Dawson, Falls and Frailty Matron



FALLS SERVICE THREE YEAR STRATEGY

2020 - 2023

VISION

To be a national leader in providing an integrated falls service for patients: providing safe and high quality caring services, delivered in partnership with our patients and care partners.

MISSION

We will integrate falls services for our patients whether they are seen at home, in hospital or in clinic settings in order to reduce falls and reduce harm from falls.

KEY OBJECTIVES

Reduce falls in hospital and in patient's home

Reduce serious injuries associated with falls

Fully integrated service

Improved patient access

High quality training

Excellent staff experience

Excellent patient experience

STRATEGIC AIMS

An integrated falls pathway that wraps around the patient at home, in hospital and in our clinics.

Integration of falls prevention, fracture liaison and bone health services.

Falls prevention embedded within frailty and syncope pathways

OUR PRIORITIES

Reduce in-patient falls per 1000 bed days

Reduce in-patient falls with hip fracture

Reduce falls in patient's home/care home

Reduced ED attends following a fall

Reduced out-patient waiting times

Integration with frailty services to develop a model of Enhanced Care Support

Excellent patient and staff experience

Developing a skilled workforce

An integrated service with seamless transitions of care

Reducing variation in care

KEY ENABLERS

IT

FINANCE

OUR STAFF

OUR PATIENTS

OUR PARTNERS