

Falls & Fracture Prevention Service

Lindsay Pyne, Head of Adult Therapies



The Team

- Team Lead – on secondment to SEL Falls Project Manager role
 - Consultant Geriatrician (1 session per week)
 - Physiotherapist - 3.2wte (increased)
 - Occupational Therapist – 0.6wte
 - Fracture Liaison Nurse – 1.0wte (role to move to King's)
 - Assistant Practitioners – 2.0wte
 - Admin – 0.6wte (new pilot role)
- (OT & Physio students in line with Fair Share expectation)

Covid pandemic – where are we now?

- Following the Health & Wellbeing Board in Feb'22, all areas are back to full capacity:
- Falls Therapy Clinics
- Home Visits for Initial Assessments
- Falls Consultant Clinic
- Vestibular Clinic

- Balanced Lifestyle Groups – now in 3 locations
- Home Visits for exercise/intervention

Information

- Referrals: 90 per month (increased by 10% in last 12 months)
- Caseload: 320 patients (not including Fracture Liaison Nurse)
- Waiting List: approx. 12 weeks
- Clinical Outcomes: Therapy Outcome Measure (Activity & Participation) & Tinetti (Gait & Balance)
- Patient feedback: Friends & Family Test 99.5%

Falls Pathway

- All referrals filtered in our Single Point of Access (SPA)
- Urgent referrals seen by Rapid Access To Therapies (RATT) in 2 hours or 24 hours or 2 days
- Referrals for ongoing assessment and interventions to Falls Team (Current work ongoing to streamline & reduce unnecessary duplication)

Falls Team priorities

- Worked on the team roles and capacity expectations within the team (eg. upskilling Assistant Practitioners to complete non-complex assessments, streamlining & simplifying assessment process)
- Worked on the streams of the team's work:
 - Multifactorial assessment & investigations
 - Rehabilitation
 - Home environment & safety
 - Vestibular
 - Education
 - Prevention
 - Best practice NICE guidance & World Falls Guidelines (published Oct'22)
- Keen to work more closely with partner organisations eg. CareLink and London Ambulance Service

Falls Prevention Working Group

- Standardising identification and stratifying Falls Risk - questions to be asked by all clinical staff during Initial Assessments of those over the age of 65 (NICE best practice)
- Auditing the compliance with these questions
- Internal referral template to simplify process of referring to Falls Team
- Falls Prevention Training for clinical staff (tailored & blended innovative approach creating interactive online training)
- Lanyard cards for staff in case of patient fall at home during their visit

Falls Pick Up Service

- NHS England implementing Falls Pick Up Services by December'22.
- Bromley Healthcare started this service 29/11/22 with 4 month pilot taking referrals from 999/111
- Service to run 8am-8pm, 7 days a week
- Therapist & Nurse to visit patient within 2 hours, use equipment eg. Raizer to lift patient, complete assessment, step up to ongoing rehab or care package, escalate to 999 if required
- Pilot to be reviewed March'23

Ambulance Care Home Focus

- NHS England – identifying top 20% of Care Home falls numbers & using a bespoke approach to reduce falls & conveyances.
- System wide approach to identify and focus on Bromley Care Homes & Extra Care Housing settings where falls rates are high.
- Link to FinCH

Falls in Care Homes (FinCH) Implementation Study

- Bromley Healthcare Falls Team hosting 2x Physio Trainers (1wte) who are training Care Home staff in the 'React to Falls' checklist to identify falls risk and actions to reduce.
- Phase 1: FinCH study care homes (16 in Bromley) – training nearly complete, monthly review visits planned
- Phase 2: Non-study homes (40+ in Bromley – funded by Bromley ICB) – to commence training in Jan'23, prep taking place now
- Action Falls Collaborative event took place 28/11/22
- Anecdotal feedback – one home has had 0 falls since using the React to Falls checklist.



The University of
Nottingham

UNITED KINGDOM · CHINA · MALAYSIA



React To Falls

SEL Falls Project Manager

- Bromley Healthcare hosting this role – 6 month secondment now extended for another 6 months, review next week with potential to extend further.

Project areas:

- Map current SEL falls services in primary, secondary care, & third sector provision
- Support and streamline implementation of Falls Pick Up services in all 6 SEL Boroughs
- Now working on a Falls Core Offer for SEL, Falls Best Practice Leads met in November to start work on this
- Identifying & successful bidding for funded training opportunities for upskilling and bringing together staff
- Now linking Assistive Technologies across SEL into this project.

**Thank You for your attention,
time for questions...**