

IMPLEMENTING A FALLS PREVENTION PATHWAY – MULTIDISCIPLINARY CROSSDIVISIONAL APPROACH

Alison Wellwood, Falls Coordinator, CHEast

alison.wellwood1@hse.ie

Grainne Duffin, Physiotherapist Manager – Wicklow

grainne.duffin@hse.ie

Why?

- Falls prevention improves health outcomes and reduces healthcare costs.
- New world guidelines for falls prevention and management in older adults exist (Montero–Odassa et al, 2022).
- Older adults identified at high risk of falls should receive a Multifactorial Falls Risk Assessment (MFRA).
- A review was undertaken in November 2022 of existing practices.
- It was noted that across healthcare divisions many variations of falls risk stratification existed, and implementation of a Multifactorial Risk Assessment (MFRA) was not consistent.

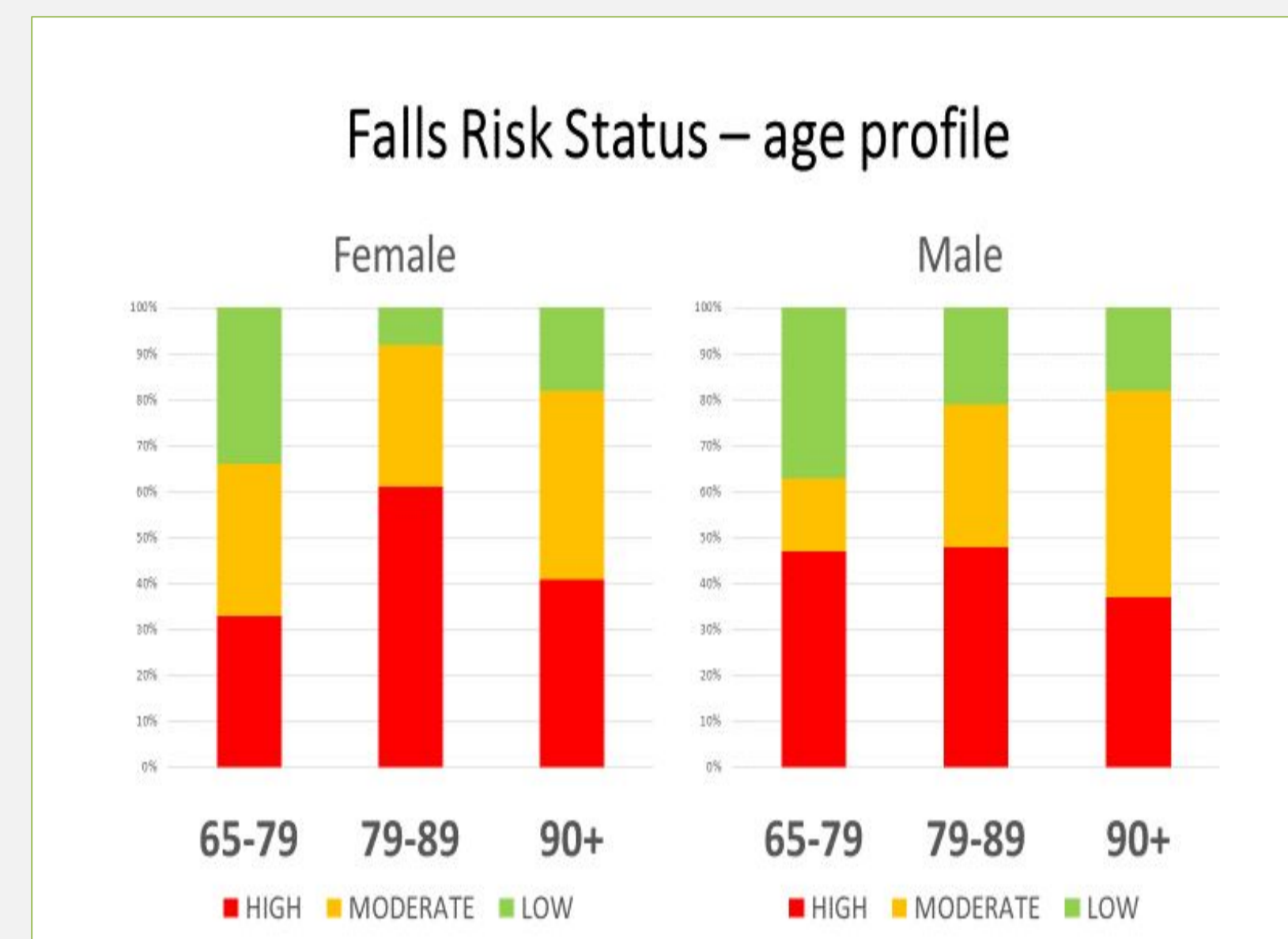
Objectives:

- Establish the need for a falls management programme
- Develop a falls pathway
- Implement a falls management programme (e.g MFRA on all identified at high risk of falls)
- Monitor and evaluate the impact of falls management programme.

Methods:

- Cross-divisional stakeholder engagement was undertaken.
- A project team (n=14) incorporating multiple disciplines - physiotherapy, occupational therapy, podiatry, dietetics, and nursing was established.
- A communication strategy for co-designing project documentation was agreed with project team.
- A falls pathway was developed based on new world guidelines, outcome measures were agreed, and a service user education booklet designed and produced.

Results:



N = 213 (89 male, 124 female)

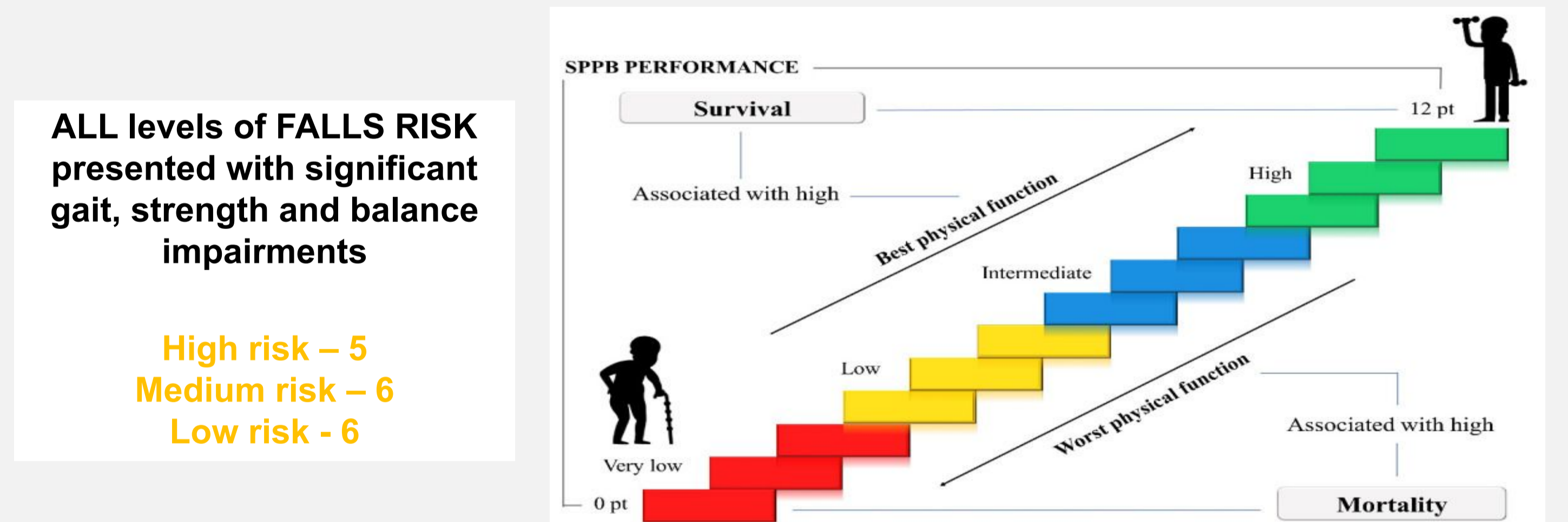
High-risk participants profile

- 57% aged 80 and above
- 66% had a fall in their own home
- 17% had a fracture due to a fall
- 64% identified as frail

Health measure EQ-5D-5L frequency of reported problems;

- mobility (92%),
- self-care (69%),
- usual activities (87%),
- pain and discomfort (65%),
- anxiety and depression (58%)

Short Physical Performance Battery Test; Gait, Strength and Balance Impairments



Service User Engagement Process – survey and focus group

Under-reporting of falls

“embarrassed to report”
“felt foolish”
“might say it a few days later”

Feeling safe at home

“what do I do if I can’t get up?”
“pendant alarms make me feel more secure”

Service User Engagement Themes

Information sources

“ease of access to good information”
“booklet very helpful”

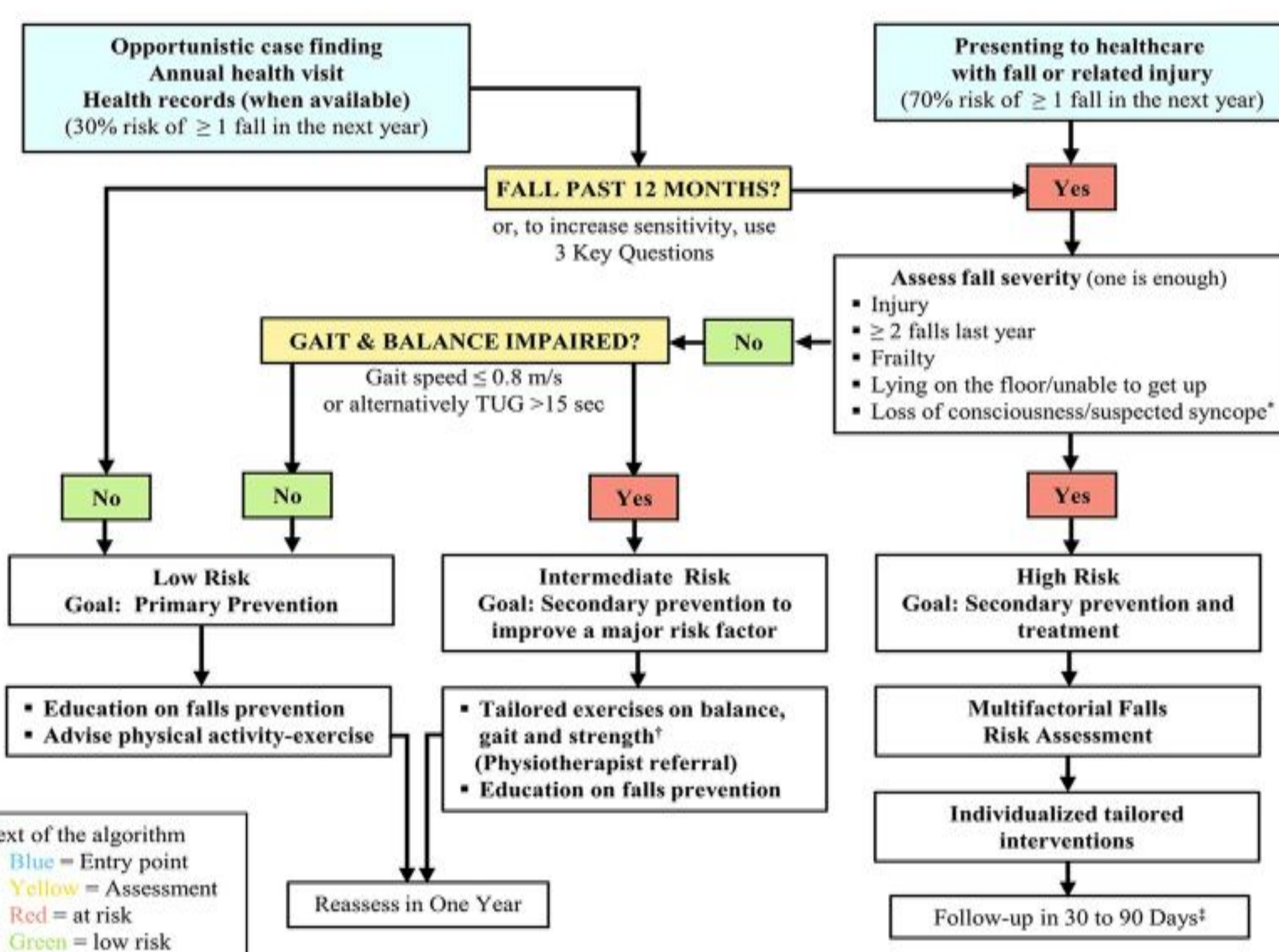
Impact of falls

“I have a fear of falling again”
“worried the next fall will be more serious”

Conclusion:

- 46% of older adults were identified as high risk of falls, and crossed all divisions of our healthcare system
- Indicating falls risk stratification, implementation of MFRA and falls interventions are every healthcare professional’s responsibility.
- 67% of participants were not referred into the service due to a fall or fall related injury, but were falls-risk stratified through opportunistic case finding.
- Service user priority “feeling safe at home”
- Significant strength, gait and balance impairments in ALL participants, at every level of falls risk.

Algorithm for risk stratification, assessments and management/interventions for community-dwelling older adults
World guidelines for falls prevention and management for older adults Age Ageing, Volume 51, Issue 9, September 2022



Montero-Odasso et al. (2022) World guidelines for falls prevention and management for older adults: a global initiative. Age and Ageing, Vol 51, Issue 9 <https://doi.org/10.1093/ageing/afac205>

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PROJECT MANAGEMENT OFFICE: John Nwobo, General Manager & Portfolio Lead, Ciara Woods, Support Officer