

Clinical Excellence Division



April No Falls Event Guide 2017

Stay Strong, Stay Safe, Stay On Your Feet®



Acknowledgements

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April No Falls 2017 Guide

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For more information contact:

Patient Safety and Quality Improvement Service, Department of Health, GPO Box 48, Brisbane QLD 4001, email psqis@health.qld.gov.au, phone 07 3328 89236

An electronic version of this document is available at www.health.qld.gov.au/stayonyourfeet/

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1. Background

April No Falls is a national and international campaign, which aims to educate and raise awareness of falls prevention and help those at risk of falling to stay on their feet.

This campaign incorporates key messages from:

- Queensland Stay On Your Feet®—a statewide falls prevention program aimed at reducing the frequency and severity of fall-related injuries among older people.
- Ageing with Vitality: Your Guide to Healthy Active Living- based on health, active ageing principles.
- Australian Government Department of Health and Ageing – Choose Health: Be Active
- Australian Commission on Safety and Quality in Health Care – National Safety and Quality Health Standards National guidelines
- Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals, Residential Aged Care Facilities and Community Care 2009.

April No Falls supports the National Safety and Quality Health Service Standards—Standard 10: Preventing falls and harm from falls. The 2017 theme focuses on strength and balance strategies to reduce the risk of deconditioning and falling in hospital and in the community care setting.

What is a fall?

A fall is an event, which results in a person coming to rest unintentionally on the ground or other lower level¹. Falls are one of the largest causes of harm in care resulting in significantly serious consequences including disability and sometimes death.²

How many people have falls?

Falls have significant physical and emotional impacts on older people, At least one in three older people have a fall each year with 30% of these requiring medical attention. Falls are the leading cause of injury leading to hospitalisation for older people. Every day as the result of a fall:

- 36 older people in Queensland are admitted to hospital (10 of these for hip fracture)
- At least one older person dies
- More than 32 hospital inpatient incidents are reported

In Qld hospitals 75% of patients risk assessed were found to be at risk of falling (QBA 2016).

Consequences of falling

Falls lead to individual physical and social costs, such as:

- increasing the fear of falling
- restricting activity
- reducing quality of life and independence
- negatively impacting on family and carers³.

Further information

stayonyourfeet@health.qld.gov.au www.health.qld.gov.au/stayonyourfeet

¹ Australian Institute of Health and Welfare, 2009

² Australian Commission on Safety and Quality in Healthcare; Preventing Falls And Harm from Falls in Older People Best Practice Guidelines for Australian Hospitals

³ Close, J. C. T, Lord, S. R., Antonova, E., et al. Emerg Med J (2011). Doi: 10.1136/emered-2011-200380.



2. Calls to action

Promoting mobility to reduce the risk of functional decline, falls and increased hospital length of stay

Staff	Patient/carers/ family members
<ul style="list-style-type: none"> • Assess mobility of patients and follow the Falls Assessment and Management Plan • Encourage patients to mobilise if it is safe for them to do so, to reduce the risk of functional decline in hospital. • Implement interventions based on the person's fall risk factors • Declutter patient areas to reduce risk of slips trips and falls. • Attend local events and Statewide April No Falls 2017 videoconference • For more information go to April No Falls 2017 web page and utilise resources. • Promote April No Falls in local services and/or organisation. • 'Like' the April No Falls messages on the Queensland Health Facebook page. • Subscribe to Twitter and retweet messages. • View the YouTube clip(s). <p>Complete the Preventing Falls and Harm from Falls online education.</p>	<p>Incorporate exercise into your daily routine⁴⁵:</p> <ul style="list-style-type: none"> • Incorporate 30 minutes of physical exercise into your daily routine • maintain social engagement • eat a balanced diet and keep hydrated • regular sleep habits • healthy toileting routine • wear safe shoes. <p>Ensure the home is safe.</p> <ul style="list-style-type: none"> • Complete the Queensland Stay On Your Feet® checklist to identify risks and implement management strategies. <p>Involve healthcare professionals to help manage mobility, medication, pain and continence.</p> <p>Do a regular check with your:</p> <ul style="list-style-type: none"> • health practitioner • continence therapist • optometrist • podiatrist • dentist. <p>Access other falls prevention resources: www.health.qld.gov.au/stayonyourfeet</p>

⁴ Meyer, C Hill, S Sow B Synnot A Hill K The Gerontologist (2013) Translating Falls Prevention Knowledge to Community-Dwelling Older PLWD: A Mixed-Method Systematic Review. 10: 1093

⁵ Shaw F (2003) Vol 6 Num 7.



3. Ideas for events and activities

There are a variety of events and activities you can choose to do locally during the month of April.

Plan your month:

- Design and display a calendar of events with scheduled activities.
- Involve your Public Affairs Officer to promote events.
- Consider which local community organisations or businesses may be interested in partnering with your health service.
- Hold an official launch day and invite staff.
- Organise a stand in your healthcare facility foyer to promote Stay On Your Feet® resources.
- Know your baseline data before the month starts and review the data after the month ends. Data might include:
 - clinical incidents
 - staff and patient feedback
 - number of resources used.

During the month conduct staff education on:

- National Safety and Quality Health Service Standards Standard 10: Preventing Falls and Harm from Falls
- Falls and Assessment Management Plan (FAMP)
- ED Falls Risk Screening Tool use, including ED specific interventions and referral pathways

Scheduled events may include:

- iLearn@QHealth falls prevention online education promotion
- hold a competition for the ward with the most staff who have completed the iLearn@QHealth falls prevention module
- promote the suite of Queensland Stay On Your Feet® resources
- focus on inpatient education—ensure every patient receives a Queensland Stay On Your Feet® BeSafe brochure
- organise a best-dressed, best themed ward competition
- find a falls prevention super hero
- create a ‘spot the hazard’ display.

Engage your patients/community:

- Vision focus:
 - partner with a local business to have optical checks
 - conduct eyewear cleaning
 - distribute vision impairment information and resources.



- Partner with a pharmacist to:
 - conduct medication reviews
 - organise a medication dump point where people can leave out of date or unused medications.
- Partner with a podiatrist to conduct foot health checks and safe shoe reviews.
- Partner with a physiotherapist to:
 - conduct balance check on staff and patients
 - provide information on where to access local exercise programs
 - explain the benefits of health exercise
 - organise a Tai Chi or Otago Exercise Program demonstration for staff and patients.
- Partner with a local walking group and organise a 'memory walk':
 - make signs to carry
 - write a slogan or chant to say while walking
 - take note of uneven footpaths or other hazards to report back to the local council.
- Partner with a local information technology store to:
 - hold an 'exergaming day'—use Wii and Gameboys for 10 pin bowling, and other balance, coordination and memory games
 - use iPads and play Brainy Apps and other cognitive exercise games.
 - Partner with a local dementia or Alzheimer's group and:
 - organise morning tea with a theme such as 'healthy brain food' or 'food for vitality'
 - have a community speaker on Tai Chi or Yoga
 - have a trivia night with "exercise/ageing with vitality" theme
- Access and distribute April No Falls 2017 Queensland Stay On Your Feet® resources:
 - crossword
 - word search
 - memory game
 - bingo game.
 - Use the crossword puzzles and word finder puzzles as activities to engage patients in waiting rooms



4. Measure the success of your event

It is important to measure the success of your event to:

- ensure you are reaching your target audience
- identify what impact it had on staff, patients residents and clients
- identify improvements for next year.

You can evaluate your event through simple measures, such as:

- the number of resources distributed, such as the Falls Assessment and Management Plan (FAMP) and Queensland Stay On Your Feet® BeSafe brochures ordered
- the number of people who attended your event or participated in an activity
- staff and patient feedback
- debrief sessions to evaluate activities held and what could be improved on for the following year
- a short survey report on data prior to April to compare clinical incidents.

Possible survey questions:

Staff:

- Following this session/event/activity, my knowledge of falls prevention has improved.
- Reflecting on this session/event/activity, I will be able to action relevant falls prevention strategies in my workplace.
- Reflecting on this session/event/activity, I intend to change my falls prevention practices.
- The session/event/activity was well organised.

Patient, resident and client:

- Following this session/event/activity, my knowledge of falls prevention has improved.
- Reflecting on this session/event/activity, I will be able to action relevant healthy active ageing and/or falls prevention strategies in my life.
- Reflecting on this session/event/activity, I intend to make changes to be more active and/or prevent falls.
- The session/event/activity was well organised.
- Ensure you include a comments section for each of the surveys.



5. Media snippet examples



Mackay hospital feels burden of preventable falls

<v> D1T5348 B-43 DO



back

Falling for tai chi

SENIORS have been urged to take up activities like tai chi to reduce their risk of having a fall.

Cairns and Hinterland Hospital and Health Service says its No Falls campaign aims to raise awareness about falls and ways in which seniors and their carers reduce the risk of falls at home, in hospital and in residential care.

Cairns Base Hospital senior physiotherapist Keith Layton said that in the last 12 months, emergency staff at the hospital had treated hundreds of fall-related injuries, including 156 broken hips.

over the age of 65 suffer a fall at least once a year with approximately one-third of these people requiring medical treatment," Mr Layton said.

He said most falls occurred at home during the cooler months and could have a big impact on a person's mobility and independence.

"Falls can negatively impact a person's confidence and quality of life," he said.

"Poor balance, lack of lower limb strength, poor vision or taking multiple medications can all contribute to a person's risk of having

a fall." Mr Layton said risk factors could be reduced by identifying potential hazards in the home and by staying active.

"We encourage older people within the community to identify hazards in the home and to maintain a healthy and active lifestyle.

"Maintaining strength and balance with activities like tai chi is one way to reduce your risk of a fall."

He said falls were not an inevitable part of ageing and could be prevented.

"Remaining active, independent and on your feet is essential."



Keep active: Rehabilitation worker Keith Layton with patient Albert Sheppard, 83, at the Cairns Base Hospital. Picture: BRENDAN FRANCIS

News

Prevent falls

DANIEL BATEMAN
daniel.bateman@news.com.au

THE steps you can take to stop yourself becoming seriously injured in a fall are no joke.

The Townsville Hospital and Health Service is celebrating April No Falls this month, raising awareness of fall prevention, to reduce the risk of falls during hospital admission and following discharge home.

Falls prevention clinical nurse consultant Donna Waterhouse said she had had an overwhelming response from community groups keen to be involved in getting the message out to residents.

"We are really happy with the amount of displays we have available to clinicians and the community," she said.

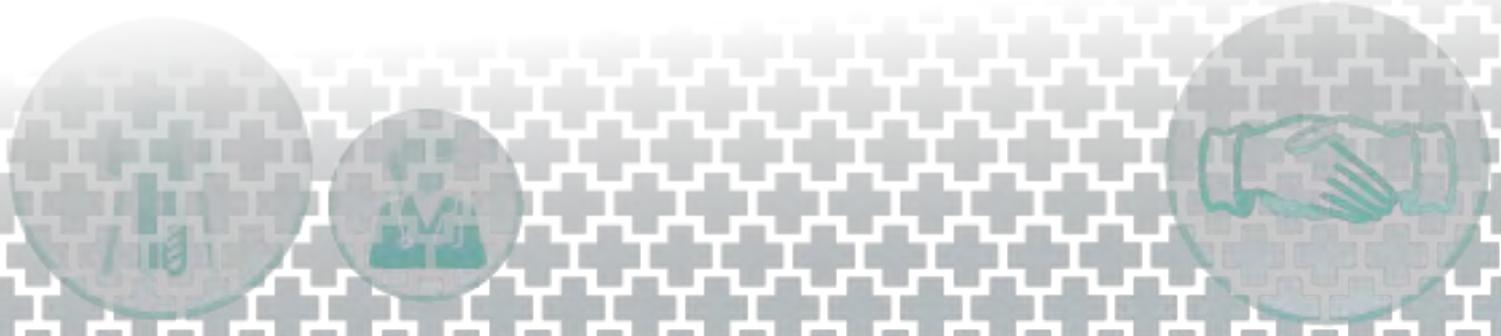
"We will have tai chi, yoga and zumba demonstrations, as well as a variety of information displays for people to ask questions and get their information."

Ms Waterhouse said risks in and around the home and community, and at-risk people, could help reduce the likelihood of having a fall, which may affect their mobility and future independence.

"Falls can occur at any age, but the frequency and severity of falls-related injury increases for people 65 years and older and is the leading cause of hospitalisations," she said.

Demonstrations are being held in the foyer at Townsville Hospital each Tuesday and Thursday throughout the month.

MOVE IT: Donna Waterhouse, Beryl Smart, Denise Soric, Kara Rowley and Kerrie Dudley practise tai chi. Picture: FIONA HARDING



Motivate wards to enter the best themed ward competition



Having a great time on the Wii console



**Use orange and lots of it and grab all their attention
Caboolture**



Tai Chi at Gold Coast University Hospital



6. Resources

Falls injury prevention resources

- Clinical forms
 - Falls Assessment and Management Plan
 - Post Fall Clinical Pathway
 - Post Fall Clinical Flowchart
 - Residential Care Facility Falls Assessment and Management Plan
 - Residential Care Facility Post Fall Clinical Pathway
 - Community Falls Assessment and Management Plan
- Falls Injury Prevention Model Implementation Standard
- Falls Injury Prevention Model Policy
- Emergency Department Model Implementation Guide

These resources are available at [Stay On Your Feet® website](#).

Printed copies of the clinical forms are available for purchase via OrderMax. To order printed copies visit: <http://www.officemax.com.au/>

Online education

Preventing falls and harm from falls online education is available to HHS staff.

The program includes:

- introduction to falls injury prevention
- impact of falls on patients, families and the healthcare system
- falls prevention strategies
- post fall management.

iLearn to stop falls

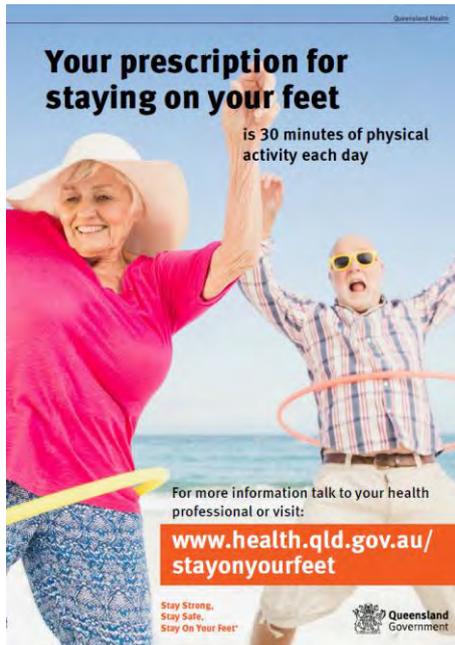
<https://ilearncatalogue.health.qld.gov.au/course/305/psu-c-ilearn-to-stop-falls>

This course will offer you the opportunity to practice your knowledge of how to prevent fall

To access iLearn@QHealth visit <https://ilearn.health.qld.gov.au>



Promotional posters and games



For information on more resources, please click the link below

https://www.health.qld.gov.au/_data/assets/pdf_file/0027/642483/soyf-resources.pdf

