Queensland Stay On Your Feet® model for falls prevention in older people across the health continuum

<table>
<thead>
<tr>
<th>Healthy active ageing (low risk)</th>
<th>Starting to feel unsteady (at risk)</th>
<th>Increased risk</th>
<th>Vulnerable (ongoing risk)</th>
<th>Frail (high risk)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Awareness</strong></td>
<td><strong>Primary prevention</strong></td>
<td><strong>Secondary and Tertiary prevention</strong></td>
<td><strong>Tertiary prevention</strong></td>
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<tr>
<td><strong>Guiding principle</strong></td>
<td><strong>Support healthy active ageing and untargeted multifactorial interventions.</strong></td>
<td><strong>Support healthy active ageing, targeted and untargeted multifactorial interventions and primary health care assessment and management.</strong></td>
<td><strong>Screen and assess falls risk, and manage targeted single or multiple risk factors to prevent falls and regular reassessment.</strong></td>
<td><strong>Assess falls risk, and manage targeted single or multiple risk factors to prevent falls and regular reassessment.</strong></td>
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<tr>
<td><strong>Key resources</strong></td>
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### Falls Risk

**Screening**
- Use Queensland Stay On Your Feet® Checklists:
  - How you stay active and independent?
  - How to Stay On Your Feet®.

**Screening & Assessment**
- Refer to *Preventing falls and harm from falls in older people – for screening and assessment tools.*

**Assessment**
- Use Falls Risk for Older People – Community Setting (FRROP-Com) or Physiological Profile Assessment (PPA).
- Check gait and balance, ask about falls in last 12 months, use Timed Up and Go test.

### Health professionals multi disciplinary approach

- Community nurses
- Dieticians/nutritionists
- Exercise physiologists
- General practitioners
- General practice nurses
- Health promotion officers
- Indigenous health care workers
- Occupational therapists
- Optometrists
- Pharmacists
- Physiotherapists
- Podiatrists
- Other health care providers.

### Interventions

- Address health determinants:
  - Physical activity (balance and strength exercises with progressive intensity)
  - Remove environmental hazards in the home and public places
- Manage chronic conditions:
  - Conduct annual eye tests and remove cataracts
  - Support good nutrition for bone and muscle strength and energy
- Improve walking pattern:
  - Promote older people in a positive, healthy active way
- Incorporate falls prevention and healthy active ageing into organisation’s core business, strategies, systems and services
- Develop supportive environments in the community infrastructure and services eg. hand rails, access to physical activity
- Develop social and community support networks
- Enhance communication between health care providers, families and carers and the individual
- Enhance integration between settings
- Follow up and review risk factors and interventions.

### In the community

- **Low risk**
- **High risk**

<table>
<thead>
<tr>
<th>Inpatient services</th>
<th>Community health professionals</th>
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<td><strong>Occupational Therapy</strong></td>
<td><strong>Community health professionals</strong></td>
</tr>
<tr>
<td><strong>Medical Social Work</strong></td>
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<td><strong>Pharmacists</strong></td>
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<tr>
<td><strong>Podiatrists</strong></td>
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<td><strong>Psychologists</strong></td>
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</tr>
<tr>
<td><strong>Social workers</strong></td>
<td><strong>Community health professionals</strong></td>
</tr>
</tbody>
</table>

### In hospital

- **In-patient**
- **Pre-admission**
  - Patient and staff education (including ambulatory and paramedic staff)
  - GP administered tests and screening.
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  - GP administered tests and screening.
- **Admission**
  - GP notification of unplanned admission
  - Falls risk screening on admission
  - Patient orientation.
- **In-patient**
  - Mobility assessment and appropriate aids and assistance
  - Falls risk screening on admission
  - Patient orientation.
  - Medical Social Work
  - Podiatrists
  - Social workers
  - Occupational Therapy
  - Medical Social Work
  - Podiatrists
  - Social workers
  - Occupational Therapy
  - Medical Social Work
- **Discharge**
  - Early discharge planning
  - Discharge assessments
  - Discharge planning
  - Early discharge planning
  - Early discharge planning
  - Early discharge planning

### In-home support

- **Post hospital rehabilitation program**
- **Rehabilitation**
  - Post hospital rehabilitation program
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning

### Residential aged care

- **Rehabilitation**
  - Post hospital rehabilitation program
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning

### Quality improvement

- **Quality improvement**
  - Post hospital rehabilitation program
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning
  - Discharge planning

### National and state standards

- **National and state standards**
  - WHO Health Promotion Standards in Hospitals (Green Box)
  - Standards EQuIP; Falls Management Continuity of Care and Medicines Management
  - Queensland Health Promotion Officers
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### Local and state guidelines

- **Local and state guidelines**
  - Queensland Stay On Your Feet® Community Good Practice Toolkit 2007
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### Policy and planning

- **Policy and planning**
  - Queensland Health Promotion Officers
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### Other resources

- **Other resources**
  - Queensland Stay On Your Feet® Community Good Practice Toolkit 2007
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### Key resources

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### Notes

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