

# Developing a positive approach to Falls Prevention in Older People

## Implementing the High Impact Action: Staying Safe – Preventing Falls

Thursday 21 October 2010 Manchester Conference Centre, Manchester

### Topics include:

- ✓ High Impact Action: Staying Safe – Preventing Falls
- ✓ Measuring and monitoring falls as a nursing outcome indicator
- ✓ An update from the National Patient Safety First Campaign
- ✓ Implementing programmes to encourage active healthy lifestyles in older people
- ✓ Identifying and reducing risk factors associated with falls in a mental health context
- ✓ Developing innovative projects to raise awareness of falls prevention
- ✓ Developing a proactive approach to engaging care homes residents in falls prevention
- ✓ Evaluating the effectiveness of falls prevention strategies in an acute hospital
- ✓ Looking forward: implementing the recommendations from the 'Older People's Experiences of Falls Prevention Services' audit 2010

### Chair and keynote speakers:

#### Heléna Herklots

*Services Director  
Age UK*

#### Sue Harriman

*Chair, Falls Workstream and Director  
of Clinical Delivery and Excellence  
Hampshire Community Health Care*

#### Frances Healey

*Head of Medical Specialties  
National Patient Safety Agency (NPSA)*



## Developing a positive approach to

# Falls Prevention in Older People

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“Falls are a major cause of disability and mortality for older people in the UK and the problem is likely to increase with an ageing population.”

NHS INSTITUTE FOR INNOVATION AND IMPROVEMENT, HIGH IMPACT ACTIONS FOR NURSING AND MIDWIFERY 2009

The conference begins with an opening address on the High Impact Action: Staying Safe – Preventing Falls and why ‘Staying Safe – Preventing Falls’ was selected as a high impact action. **Sue Harriman** *Chair, Falls Workstream and Director of Clinical Delivery and Excellence* Hampshire Community Health Care will follow and discuss measuring and monitoring falls as a nursing outcome indicator, learning from each incident to make significant improvements to the quality of patient care and national developments.

Through a series of presentations delegates will have the opportunity to hear from a variety of healthcare professionals on topics including; the national patient safety first campaign falls stream, implementing programmes to encourage active healthy lifestyles in older people and identifying and reducing risk factors associated with falls in a mental health context.

The conference concludes with a presentation from **Jackie Riglin** *Falls Prevention Coordinator, Clinical Specialist Physiotherapist* Cambridgeshire Community Services NHS Trust and *Clinical Associate for Falls* Royal College of Physicians who will discuss implementing the recommendations from the ‘Older People’s Experiences of Falls Prevention Services’ audit 2010, improving the quality of patient care, identifying and sharing good practice and the next steps in developing the use of patient experience in the future.

In February 2010 HQIP commissioned the ‘Older People’s Experiences of Falls Prevention Services’ audit, it has been found that 76% of patients felt that their experience of falls prevention services had been positive and 24% reported less than positive experiences, the majority of issues were related to communication between patients and healthcare professional.

HQIP, NEWS RELEASE, FALLS AUDIT REPORTS POSITIVE FINDINGS, BUT IDENTIFIES WORK STILL TO BE DONE, MARCH 2010



## 10.00 Chair's introduction

### 10.10 High Impact Action: Staying Safe – Preventing Falls

**Heléna Herklots**  
Services Director  
Age UK

- background and overview to policy and practice
- Integrated approaches to falls prevention
- NHS/voluntary sector collaboration, nationally and locally
- the role of the older person

### 10.40 Measuring and monitoring falls as a nursing outcome indicator

**Sue Harriman**  
Chair, Falls Workstream and Director of Clinical Delivery  
and Excellence  
Hampshire Community Health Care

- measuring and monitoring falls as a nursing outcome indicator
- learning from each incident to make significant improvements to the quality of patient care
- developments nationally: an update on the national nursing outcome indicators
- implementing the indicators in practice

11.10 Question and answers, followed by coffee and exhibition at 11.20

### 11.50 An update from the National Patient Safety First Campaign

*Falls has been introduced as a new stream of the National Patient Safety First Campaign*

**Frances Healey**  
Head of Medical Specialties  
National Patient Safety Agency (NPSA)

- the national patient safety first campaign falls stream
- the 'How to Guide for Falls'
- changing the culture around what is avoidable and preventable
- key interventions for falls: measuring and monitoring the impact

### 12.20 Implementing programmes to encourage active healthy lifestyles in older people

**Mark Peters**  
Principle Trainer and Therapist  
Balanced Approach

- introducing the concept of controlled exercise
- what is tai chi really and why are specifically focused tai chi programmes needed?
- the use of a mind and body approach to falls through the application of tai chi, NLP and CBT

12.50 Questions and answers, followed by lunch and exhibition at 13.00

### 14.00 Identifying and reducing risk factors associated with falls in a mental health context

**Richard Watterston**  
Principal Physiotherapist Older People Services  
and Trust Falls Lead  
South West Yorkshire Partnership NHS Foundation Trust

- common issues that contribute to falls in the elderly patient with dementia
- working in partnership with local services to identify frequent risk factors associated with falls and improve the efficiency of the falls pathway
- establishing a trust falls network: our falls programme in South West Yorkshire

### 14.30 Developing innovative projects to raise awareness of falls prevention

**Speaker to be announced**

- raising awareness: promoting safety and well-being in older age
- identifying high risk fallers

### 15.00 Developing a proactive approach to engaging care homes residents in falls prevention

**Carol Jones**  
Osteoporosis Prevention Officer  
Osteoporosis Dorset

- developing a proactive approach to engaging care homes residents in falls prevention
- tips for success from our experiences at Osteoporosis Dorset

15.30 Questions and answers, followed by tea and exhibition at 15.40

### 16.00 Evaluating the effectiveness of falls prevention strategies in an acute hospital

**Trisha Bain**  
Deputy Chief of Quality and Standards  
Rotherham Hospital NHS Foundation Trust

- developing a whole systems approach to falls
- improving the patient experience to reduce the risk of falls
- our experience in Rotherham

### 16.30 Looking forward: implementing the recommendations from the 'Older People's Experiences of Falls Prevention Services' audit 2010

**Jackie Riglin**  
Falls Prevention Coordinator, Clinical Specialist  
Physiotherapist Cambridgeshire Community Services NHS Trust  
and Clinical Associate for Falls  
Royal College of Physicians

- implementing the recommendations from the 'Older People's Experiences of Falls Prevention Services' audit 2010
- improving the quality of patient care: identifying and sharing good practice
- next steps: developing the use of patient experience in the future

17.00 Questions and answers, followed by close



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