

# Falls Prevention & Management in Older People

## Reducing falls and harm from falls

Wednesday 6 December 2017 Manchester Conference Centre, Manchester

10% card payments discount\*  
15% Group booking discount\*\*



### Speakers Include:

**Dr Martin Vernon**

*National Clinical Director for Older People & Integrated Person Centred Care NHS England & Consultant Geriatrician and Clinical Director Central Manchester University Hospitals NHS Foundation Trust*

**Dr Umesh Prabhu**

*Consultant Paediatrician Medical Director for more than 15 years & Medical Adviser for International Recruitment*

### Supporting Organisations



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*"Falls represent significant cost to trusts and the wider healthcare system, with total costs to the NHS from falls among older people alone estimated at approximately £2 billion." NHS Improvement July 2017*

*"The number of people aged 65 and over is projected to rise by over 40% in the next 17 years to more than 16 million. Thirty percent of people aged 65 and over will fall at least once a year. For those aged 80 and over it is 50%. A fall can lead to pain, distress, loss of confidence and lost independence. In around 5% of cases a fall leads to fracture and hospitalisation.... Effective, planned, evidence based approaches to falls and fracture risk reduction are of key importance to the health and wellbeing of people living in our communities and those that care for them." Professor Martin J Vernon National Clinical Director for Older People, January 2017*

*"Falls cause distress and harm to patients and pressures on NHS services. Evidence from the Royal College of Physicians suggests that patient falls could be reduced by up to 25 to 30% through assessment and intervention." NHS Improvement January 2017*

*"Falls and fall-related injuries are a common and serious problem for older people, particularly those who have underlying pathologies or conditions. Falls are a major cause of disability and the leading cause of mortality resulting from injury in people aged 75 and older in the UK." NICE, January 2017*

This conference focuses on falls prevention and management in older people, reducing falls and harm from falls, and monitoring progress against the National Quality Standard. The conference will also discuss the NEW Quality Standard for Falls Prevention published in January 2017 as well as advice for implementing the Quality Statements in practice, and learning from National Falls Improvement Collaborative Sites.

Sessions throughout the day will focus on developing effective multidisciplinary assessment, reducing harm from falls and improving the use of post fall protocols for every patient and secondary prevention. The conference will also discuss key elements in the reduction of falls in your service including assessment of syncope and underlying health issues, developing personalized falls prevention care plans, frailty as falls, falls prevention in acute, community and mental health settings, and improving the systems for falls monitoring and learning.

#### Benefits of attending

- Network with colleagues who are working to improving falls prevention and management in older people
- Understand the national context including the National Quality Standard and National Falls Improvement Collaborative
- Develop your skills and improve competence in falls prevention and management
- Understand how to improve reporting and learning from falls
- Improve your skills in the development of falls prevention and improvement programmes
- Examine your role within falls prevention and management
- Learn from established in the development of multidisciplinary assessment, post fall protocols and falls prevention personalized care plans
- Understand the impact of mental health issues, medication, syncope, comorbidity and blood pressure on falls, and how these can be mitigated
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

*"I think you need, what I call 'binocular vision', when you are looking at the falls phenomenon. You need to perceive that it is a threat, but also, that it is a signal. It is one of the symptoms of frailty. We need to do that because there's evidence falls can be prevented, and we can use these signals to identify underlying health needs. We need to take the evidence that comes out of the assessment process and treat it, and deal with it. Intervention at the right time." Prof Cameron Swift, Emeritus Professor and Consultant Physician King's College London & Specialist Committee Member, Falls Prevention Quality Standard, NICE*

## 10.00 Chairman's Introduction

### Prof Cameron Swift

*Emeritus Professor and Consultant Physician King's College London & Specialist Committee Member, Falls Prevention Quality Standard, NICE*

## 10.05 Changing care systems for people with frailty

### Dr Martin Vernon

*National Clinical Director for Older People & Integrated Person Centred Care NHS England  
& Consultant Geriatrician and Clinical Director  
Central Manchester University Hospitals NHS Foundation Trust*

- ensuring all clinicians acquire the knowledge and skills appropriate for safe and competent care of older people with comorbidities and frailty
- improving integration and joined up working

## 10.30 The National Falls Improvement Collaborative

### Zoe Packman

*Head of Professional Development NHS Improvement*

- lessons from the the National Falls Collaborative

## 11.00 Assessment and prevention before and after falling: The 2017 Quality Standard update for Falls in Older People

### Prof Cameron Swift

*Emeritus Professor and Consultant Physician King's College London  
Specialist Committee Member, Falls Prevention Quality Standard,  
NICE*

- the quality standard for falls assessment and secondary prevention in older people: where are we now?
- the new Quality Standard for Falls Prevention
- implementation challenges and successes
- monitoring progress against the national standard
- meeting the Quality Statements in practice

11.30 Questions & answers, followed by tea & coffee at 11.40

## 12.00 A Collaborative Regional Approach to reducing falls

### Dr Anna Winfield

*Specialty doctor in Elderly Medicine  
Leeds Teaching Hospitals NHS Trust*

- the reducing patient falls programme: a collaborative approach
- supporting and coaching frontline teams
- case study: supporting frontline teams in Leeds Teaching Hospitals to reduce falls
- lessons from the Yorkshire and Humber Patient Safety Collaborative

## 12.30 Understanding the root causes of falls, and developing individual multidisciplinary assessment and post falls protocols

### Dr Umesh Prabhu

*Consultant Paediatrician  
Medical Director for more than 15 years  
Medical Adviser for International Recruitment*

- identifying the root cause and contributing factors to a fall
- frailty presenting as falls - a different challenge?
- falls and syncope: managing underlying health issues and comorbidity
- a step by step guide to effective individual multidisciplinary assessment
- reducing future falls risk: education and training of frontline staff
- implementing an individual post fall protocol in practice

13.00 Questions & answers, followed by Lunch at 13.10

## Chair (PM)

**Dr Umesh Prabhu** *Consultant Paediatrician, Medical Director for more than 15 years, Medical Adviser for International Recruitment*

## 14.00 The 'Falls Life Cycle' a holistic approach to preventing and managing patient falls in acute and community settings

**Sandy Saulick** *Senior Practice Development Nurse*

**& Faisal Ahmed** *Risk Advisor*  
(Chelsea and Westminster NHS Foundation Trust and London North West Healthcare NHS Trust)

- bridging the gap between Clinical Practice and Governance
- falls prevention and management using an assessment tool and the process for managing incidents when they occur
- analysing incidents to understand patterns in falls
- 'Mind Set' of an incident reporter – barriers to reporting

## 14.30 Reducing falls and harm from inpatient falls

### Bernadette George

*Lead Nurse, Patient Safety and Risk Royal Devon and Exeter NHS Foundation Trust  
Lead for the Falls Clinical Community NHS Quest*

- developing a multifaceted approach to reducing inpatient falls
- improving Falls assessment and management across the Trust
- the development of falls prevention teams and falls champions across the trust
- improving the dissemination of learning from falls root cause analysis
- our experience and the impact on falls and harm from falls

## 15.00 Improving the use of falls prevention personalised care plans

### Sally Hall

*Lead Allied Health Professional (AHP) Nursing & Quality  
Kent Community Health NHS Foundation Trust*

- developing the use of a falls prevention personalised care plan: ensuring the plan is in place, is shared by the team with the patient and their family
- ensuring medication, blood pressure review and vision checks
- learning from our experience as a falls improvement collaborative

15.30 Questions & answers, followed by tea & coffee at 15.40

## 16.00 Falls and Mental Health: reducing falls in older people with dementia

### Valerie Provan

*Nurse Consultant  
Cumbria Partnership NHS Foundation Trust*

- why are people with dementia at higher risk of falls
- recognising and managing delirium
- assessing and managing falls risk
- reducing falls in dementia

## 16.30 Improving falls reporting and learning in a mental health setting

### Christine Kapopo

*Nurse Consultant  
Enfield Mental Health Services for Older People (MHSOP)  
& Falls Collaborative Lead  
Barnet Enfield and Haringey NHS Foundation Trust*

- improving falls risk assessment and improved falls interventions
- developing the role of falls champions and falls huddles
- improving staff patient and carer education on falls prevention

17.00 Questions & answers, followed by close at 17.10

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Please also ensure you complete your full postal address details for our records.

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### This form must be signed by the delegate or an authorised person before we can accept the booking

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For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)

### Venue

Manchester Conference Centre, Weston Building, Sackville Street, Manchester, M1 3BB. A map of the venue will be sent with confirmation of your booking.

**Date** Wednesday 6 December 2017

### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
 £300 + VAT (£360.00) for voluntary sector / charities.  
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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