

Setting up & Running an Effective

Falls Service

Reducing Falls and Harm from Falls

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Tuesday 26th April 2016 ICO Conference Centre, London



Chair and Speakers Include:

Julie Windsor

*Patient Safety Lead, Older People & Falls
NHS England*

Professor Cameron Swift

*Emeritus Professor and Consultant Physician
King's College London*



Aintree University Hospital **NHS**
NHS Foundation Trust



National
Osteoporosis
Society

Bedford Hospital **NHS**
NHS Trust



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“Falls are a major concern for patient safety and a marker of care quality. A significant number of falls result in death or severe or moderate injury, at an estimated cost of £15 million per annum for immediate healthcare treatment alone” NHS England 2015

“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. People aged 65 and older have the highest risk of falling. Around 30% of adults who are over 65 and living at home will experience at least 1 fall a year (approximately 2.5 million people in England). This rises to 50% of adults over 80 who are either at home or in residential care. Most falls do not result in serious injury, but annually approximately 5% of older people living in the community who fall experience a fracture or need hospitalisation... The human cost of falling includes distress, pain, injury, loss of confidence, loss of independence and mortality.

Falling also affects the family members and carers of people who fall. Falls are estimated to cost the NHS more than £2.3 billion per year “

NICE March 2015

This conference focuses on setting up and running effective falls services and falls clinics. Through national updates, practical case studies and extended in depth sessions the conference will look at what excellence in falls services looks like, setting up and running an effective falls service, improving referrals, developing proactive preventative programmes such as exercise and balance training, delivering the individual multidisciplinary assessment, medication assessment, meeting the psychological needs of those who have fallen, developing links between community and acute falls services including in-reach and out reach, and how to measure and monitor the quality of your falls service.

Follow conference developments on twitter #NHSFalls

10.00 Chairman's Introduction

Julie Windsor

*Patient Safety Lead, Older People & Falls
NHS England*

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

10.30 What does excellence in falls services look like? Critical elements of an effective Falls Service

Professor Cameron Swift

*Emeritus Professor and Consultant Physician
King's College London*

- what do consultants want when they refer someone to falls service
- the critical elements of an effective falls services
- how can falls services be improved? learning from the national audit

11.00 Question and answers, followed by coffee and exhibition

11.35 EXTENDED SESSION

Setting up and running a Falls Service/Clinic and developing an effective service

Michelle Nolan

*Falls Prevention Nurse
Aintree University Hospital NHS Foundation Trust*

- setting up and running an effective falls service
- communicating the service and ensuring appropriate referrals, ensuring all those who have fallen or are at risk of falls are referred to the service
- the support you will need and the role of the falls service in educating and training frontline staff
- developing competence for the role
- an overview of our falls services and clinics

12.30 Meeting the psychological needs of those who have fallen: managing fear of falling and supporting people to regain confidence after a fall

Dr Steve Parry

*Consultant Physician
The Newcastle Upon Tyne Hospitals NHS Trust*

- understanding fear of falling and the psychological impact of a fall
- interventions and tools that can help
- supporting people to regain confidence after a fall

13.00 Question and answers, followed by lunch and exhibition

14.00 EXTENDED SESSION

Developing individual multidisciplinary assessment services for those who have fallen or who are at risk of falling

Dr Parul Shah

*Associate fellow of The Higher Education
Academy) Consultant Physician General and Elderly Medicine
with special interest in Falls and Syncope Clinical Lead for Frail
Elderly Northampton General Hospital*

- identifying the root cause and contributing factors to a fall
- a step by step guide to effective individual multidisciplinary assessment
- what should a multifactorial assessment include?
- reducing future falls risk

14.45 Medication assessment and recommendations

Kandarp Thakkar

*Chief Pharmacist
Bedford Hospital NHS Trust*

- assessing medications within falls services and clinics
- understanding which medications contribute to falls
- working with falls services to improve practice

15.15 Question and answers, followed by tea

15.50 Developing proactive prevention programmes such as exercise and balance training

Jackie Rigin

*Falls Prevention Therapy Lead, Clinical Specialist Physiotherapist
Cambridgeshire and Peterborough NHS Foundation Trust*

- encouraging older people to take part in physical activity essential for healthy ageing
- motivation and compliance with exercise programmes
- improving the public health messages from falls services

16.20 Developing links between acute and community falls services

Claire McIntyre

*Team Lead and Specialist Falls OT
Westminster Rehab Services*

- developing links between acute and community falls services
- improving the access of patients to specialist falls assessments
- providing in-reach services including case finding roles in A&E and fracture clinics

16.50 Question and answers, followed by close

Effective Falls Service

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The PDF will be sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

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Venue

ICO Conference Centre, 22 Berners Street, London, W1T 3DD. A map of the venue will be sent with confirmation of your booking.

Date

Tuesday 26th April 2016

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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