

Falls Prevention & Management in Older People

Reducing falls and harm from falls

10% card payments discount*
15% group booking discount**

Monday 17th September 2018 De Vere W1 Conference Centre, London



Chair and Speakers include:

Carrie Tyler

Falls Practitioner

Broomfield Hospital, Mid Essex Hospital Trust

Prof Cameron Swift

Emeritus Professor and Consultant Physician

King's College London

& Specialist Committee Member,

Falls Prevention Quality Standard NICE

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 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, 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 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, 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

Carrie Tyler (AM Chair) *Falls Practitioner* Broomfield Hospital, Mid Essex Hospital Trust

10.10 Changing care systems for people with frailty

Dr Zuzanna Sawicka

Consultant Geriatrician Mid Yorkshire NHS Foundation Trust
Clinical Lead Future Hospital Development Site Royal College of Physicians

- 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

10.35 Preventing Falls in Older People: Learning from the Welsh Experience

Speaker to be confirmed

- Prudent healthcare Primary approach to improving care and services for older people in Wales – The Future Generations Act
- Falls Brief Intervention - Supporting the Steady on Stay Safe Campaign our Falls Champions
- learning from the National Welsh Programme for Falls prevention Steady on Stay Safe

11.00 Driving improvement: preventing deconditioning

Dr Amit Arora

Consultant Geriatrician
University Hospital of North Midlands NHS Trust

- identifying and grouping interventions that lead to successful outcomes
- quality Improvement methodology
- linking with #endPIparalysis – getting patients moving and preventing deconditioning
- our experience

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

12.00 The Serene Side Room Concept: Increasing Patient's Wellbeing to Reduce Falls in Acute Hospital Wards

Carrie Tyler

Falls Practitioner
Broomfield Hospital, Mid Essex Hospital Trust

- Purpose and background of the project
- Utilising a Swarm approach to falls in the acute setting to evidence good practice and reduce the negative effects of the environment
- The importance of human factor approach for both patients and staff
- Appropriate staff training and ensuring confidence in working a one to one shift and with patients walking with risk
- The results of a project pilot on an orthopaedic rehabilitation ward and on the frailty unit in the emergency short stay ward

12.30 Improving falls prevention and management in practice: Learning from a National falls collaborative

Sharon Pipe

Falls Lead Portsmouth NHS Foundation Trust

- improving falls prevention and management in practice
- the role of the falls collaborative in Portsmouth
- demonstrating improvement

13.00 Questions & answers, followed by Lunch at 13.10

Chair (PM)

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

14.00 Improving secondary prevention of falls

Dr Theodora Giokarini

Consultant Orthogeriatrician

with Paula Tucker

Deputy Chief Nurse Innovation & Improvement
Surrey and Sussex Healthcare NHS Trust

- reducing future falls risk: education and training of frontline staff
- identifying and reducing repeat fallers
- our experience

14.30 Assessment and prevention before and after falling: Ensuring compliance with the National 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

15.00 Reducing falls at home and in the community

Ann Murray

Falls Programme Lead
Active and Independent Living Programme, NHS Scotland

- helping elderly people stay happy, healthy and remain in their home safely
- improving physical activity: active ageing, up and about and the online falls assistant
- learning from the Scottish experience

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

16.00 Delivering an integrated falls management & fracture liaison service

Christina Heaton

Consultant Nurse
Bridgewater Community NHS Foundation Trust

- a nurse consultant led integrated multidisciplinary service
- providing specialist assessment, diagnosis and treatment for patients who suffer with falls, reduced balance and fractures
- results and challenges

16.30 Understanding the root causes of falls, and developing individual multidisciplinary assessment

Dr Wallace Tan

Chair of Falls Group, and Consultant Geriatrician
Croydon University Hospital NHS Trust

- 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
- learning from the national audit of inpatient falls at a local level

17.00 Questions & answers, followed by close

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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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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date Monday 17th September 2018

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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