Falls Learning / Teaching Tools Workshop

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Aims

• To identify the wide range of tools, currently available, to assist in the prevention of falls in older people

• To identify their target group(s)

• To identify the gaps
Plan

• Web-based tools
• CD/DVD-based tools
• Video tools
• Paper tools
• Training Courses
WEB-BASED TOOLS

- ProFaNE
- Help The Aged – Falls Practitioners
- RioMed Software
- Balance Training
- Other sites……
Welcome to the ProFaNE Online Community

The ProFaNE Online Community is an active working group of Health Care Practitioners, Researchers and Public Health Specialists dedicated to the prevention of falls in Europe and beyond. Read more about the ProFaNE Network

Ever find yourself short of time? We know how hard it is to keep up with developments in Falls Prevention, so, we do it for you! A regular Newsletter is available to everyone who registers that will help you keep up to date with all the latest publications, events and new resources relevant to falls prevention. To subscribe to the ProFaNE Community Update Newsletter all you need to do is Register with the ProFaNE Community!

The ProFaNE Resource Map is now available for anyone to use. This section of the web site is devoted to presenting geographically oriented information about Falls Prevention resources and information pertinent to Falls Prevention within Europe. With approximately 180 map views and over 350 resources, assessment measures and organisations listed, this is one of the richest resources for Falls Prevention available on the web.

The annual ProFaNE newsletter is now available with a great overview of what has happened in the ProFaNE community over the last year; key publications, reports from the network meeting and work package meetings, dissemination events, news of the website developments, future meetings and lots of pictures to enjoy.

Read all about what has been happening in ProFaNE over the last year
www.profane.eu.org

- Basic layout – accessibility
- Public availability
- ProFaNE members only section
- Discussion Board – public and private
- Resources – database and entry
- Plus – Weekly e-newsletter
Are falls clinics common?
Referrals from emergency wards?
Bone health assessment done routinely?
Calcium and vitamin D prescribed in Care Homes?
Register FREE at

www.profane.eu.org

If you want to become a Network Associate to a particular Work Package, contact me......

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Assessments

Video clips of physiotherapy exercises, interviews

Functional assessment

3D animation

Please select an exercise.

Exercise 1
Exercise 2
University of Derby – EIFFEL project
University of Derby – EIFFEL project
Resources About Falls

Working with older people to prevent falls

This is a dedicated section for further information on falls and healthy ageing, including Help the Aged resources, information leaflets and useful links.

Help the Aged research and reports
Help the Aged exercise materials
Other exercise materials
Information leaflets
Factsheets
Research and statistics
Guidance
Posters
Presentations
Links to external documents

Help the Aged research and reports

National Falls Awareness Day 2005 Evaluation Report
Following the success of July's campaign this report includes an overview of the objectives of the day, what happened, successes, lessons learnt and what next.

Download a full report (pdf) or a two-page summary (pdf) of the day.

Keeping falls prevention on the agenda
The Help the Aged Preventing Falls team recently consulted with leading falls practitioners and others following the end of the NSF milestones in April. A number of priorities were highlighted which will give direction for the future work of the Preventing Falls programme.

A document showing the results of consultation is available here (pdf)

Minority Ethnic Elders Falls Prevention Year One Progress Report
www.laterlifetraining.co.uk
Later Life Training
Promoting Independence in Later Life

Home Page  About Us  Courses  Course Details  Directory  Publications  Useful Links  Contact Us  Evaluation  Active Older People  News  Site Map

Resources  (Click on the arrows)
Falls Prevention Older People - How to Reduce Falls
Falls Prevention Classes
Discussion Boards
Self Help Website
Charities and Information on Exercise and Older People
Local Primary Care Trusts Falls Websites
Books and Videos on Exercise and Older People
Other Sites

Exercise Training Courses for working with Older People - Scroll down this page

Further opportunities for training in physical activity related areas that might be appropriate include:

BACR This training course aims to equip students with the
• Identify patients from fracture clinics who have
  – Fallen and/or sustained a low trauma fracture
    • Age and gender
    • Fracture type
• Make recommendations to GPs based on NICE
  • Treat
  • Refer for DEXA
• No additional work for
  • Orthopaedic surgeons
  • Secretaries

• [link] www.fitos.net
Falls and Fracture Risk Calculator

• Calculates patients falls and fracture risk
  – 5yr risk of hip fracture based on Dr D Black
  – Falls risk based on Cryer and Feder score
    • (5 questions)

• Make recommendations on
  – Treatment
  – Referral to specialist services

• E:\Falls and Fragility Fracture Toolkit.htm
  – Free calculator email: claire.wyatt@riomed.com
  – Call Claire on 02380 277044
Cellma

- Software designed to deliver integrated falls and osteoporosis services between hospitals and the community
  - Falls registers
  - Fracture registers
  - Falls risk and fracture risk assessment
  - Specialist assessment relating to falls and fractures carried out by all healthcare professionals
Cellma

– Automatically generate letters to GPs/healthcare professionals
– Automatically generate audit reports
  • Weekly
  • Monthly
  • Annually

• E:\Cellma - Flash Demos\index.htm
More information

• FITOS
  – www.fitos.net

• Falls and fracture risk calculator
  – www.riomed.com

• Cellma
  – www.cellma.net
  – Telephone 02380 277044
  – Email: claire.wyatt@riomed.com
Why do I need to improve my balance?

We hear a lot about how to keep our heart and lungs healthy, but not so much about how to keep our balance system healthy. Your balance system includes all the senses in your body that tell you how you are moving, the brain which puts this information together, and the muscles that control your movements.

This complex system needs plenty of regular ‘practice’. As children we develop good balance by practising balancing activities - walking along walls, jumping, spinning and climbing.

As adults we tend not to give our balance system the practice it needs. Health problems can also weaken the balance system. The result is that our balance becomes less good.

But you don’t have to do handstands to keep your balance system healthy! These pages will explain some easy ways to improve balance by carrying out ‘balance training’.

What is balance training?

There are many different ways to carry out the physical activities that keep your balance system healthy. You just need to practice moving around freely in all directions, and increase the strength in your legs and body.

You can do as much or as little as you want. Just a few minutes once or twice a day can make a big difference, but you may find you want to do more!

Who can benefit from balance training?
www.falls-and-bone-health.org.uk
Preventing Accidents to Older People

Falls Prevention

Background
Falls represent the most frequent and serious type of accident in the over 65s age group. They are a major cause of morbidity and death in older adults.

Falls experienced by older people are more common among those with a longstanding illness or disability and the injuries sustained are generally more serious than those experienced by younger persons.

Types and locations of falls
The largest proportion of falls is due to falls from stairs or steps with over 60% of deaths resulting from accidents on stairs. 15% of falls are off a chair or out of bed on the same level e.g. falling over a mat or a rug.

Risk factors for falls
Research has indicated a wide range of multiple risk factors for falls. These include:

- Physical ability and lack of mobility, balance and gait disorders
- Nutritional status – vitamin D and calcium deficiency
- Medication – analgesics, antidepressants etc.
- Acute and chronic diseases and disorders including stroke and heart disease
- Female gender
- Environmental hazards
- A history of previous falls

can the home ever be safe?

About RoSPA  Safety  Training, Audit & Consultancy  Join RoSPA  Resources  Homes & Events

Falls and Hip Fractures Among Older Adults

How serious is the problem?

- More than one-third of adults ages 65 years and older fall each year (Hornbrook 1994; Hausdorff 2001).

- Among older adults, falls are the leading cause of injury deaths (Murphy 2002) and the most common cause of nonfatal injuries and hospital admissions for trauma (Alexander 1999).

- In 2003 more than 1.8 million seniors age 65 and older were treated in emergency departments for fall-related injuries and more than 421,000 were hospitalized (CDC 2005).

What outcomes are linked to falls?

- In 2002, nearly 13,000 people ages 65 and older died from fall-related injuries (CDC 2004). More than 60% of people who die from falls are 75 and older (Murphy 2000).

- Of those who fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death (Sterling 2001).

- Among people ages 75 years and older, those who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer (Donald 2000).

- Falls are a leading cause of traumatic brain injuries (Jager 2000).

- Among older adults, the majority of fractures are caused by falls (Bell 2000).
Facts about reducing risks to prevent falls

Many older adults believe they can do nothing to prevent falls. "My bones are just too old" is a commonly held belief. However, accidental falls don’t just happen. In fact, they are often associated with specific risks. Although older adults probably can’t prevent all falls, they can minimize some of these risks.

Using a combination of approaches is most likely to reduce the risk of falling.

Active Living, Safer Centres, and Safer Communities on this website provide details on the two approaches known to be most effective for falls prevention: regular physical activity and environmental modifications. This section explores general ways that you can help older adults in your organization and community to reduce their risk of falling.

“A weekly exercise programme focusing on balance, plus exercises at home helped to prevent falls among Australians aged 70 years and over living at home and in good health.”

BMJ volume 325, July 2002
CD/DVD BASED TOOLS

- Off His Legs – Kiss of Life Multimedia
- Falls and Bone Health – "" –
EXERCISE VIDEO TOOLS

• Active For Later Life Falls Prevention – Classroom Resources Video + CD

• HEBS Taking Positive Steps

• Be Strong, Be Steady – Help The Aged
Be Strong Be Steady
Active For Later Life
Active For Later Life
Active For Later Life
PAPER TOOLS

• Strength and balance exercises for healthy ageing – Help The Aged (FREE)

• Falls in Older People – Lord et al.
  - Cambridge Univ. Press

• Strong Bones Book - Dinan & Bassey
  – Carroll and Brown Publishers
OTAGO home exercise programme

Otago exercise programme to prevent falls in older adults
PAPER TOOLS

• Fall Proof! – Human Kinetics Books

• Staying Steady – Help The Aged
Policy Documents

- Cochrane Review
- NICE guidelines
- All Party Parliamentary Osteoporosis Group (APPOG): Falling Short
- World Health Organisation Health Evidence Network Document: Falls risks and prevention
- National Service Framework for Older People: Department of Health
  - www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/OlderPeoplesServices/OlderPeoplePromotionProject/OlderPeoplePromotionProjectArticle/fs/en?CONTENT_ID=4002293&chk=jzp37j
Courses

• BTEc, Postgraduate Certificate and MSc in Falls and Osteoporosis
  – University of Derby

• Falls awareness one day courses
  – ROSPA
  – Later Life Training

• OTAGO Exercise Programme
  – Later Life Training in collaboration with Campbell and Robertson

• Exercise in the Prevention of Falls and Injuries Instructor Training Course (part of continuum)
  – Later Life Training
• What tool(s) would aid your knowledge / understanding of falls prevention?

THESE SLIDES WILL BE AVAILABLE TO DOWNLOAD FROM www.laterlifetraining.co.uk (publications link)