

National Falls Prevention Coordination Group (NFPCG) Eye Health/ Vision and Falls prevention, Task & Finish Group 2021-2022

Email to support the dissemination of new resources:

Title: New resources on Falls and Vision impairment from the National Falls Prevention Coordination Group (NFPCG)

The National Falls Prevention Coordination Group, (hosted by National Healthcare Public Health in NHSEI) has developed a suite of [new resources](#) to help reduce the incidence of falls related to vision-impairment in older people. The aim is to promote the importance of good eye health and vision with Healthcare professionals and Eye care professionals and increase the uptake of eye examinations by the public. The resources include a 'how to' [video](#) to support the use of the Royal College of Physicians [Bedside Vision tool](#) for hospital inpatients and the care sector, posters for waiting areas and letters/ information sheets for Healthcare professionals and Eye care professionals and guidance from the College of Optometrists on [The importance of vision in preventing falls](#).

We would greatly appreciate your support to disseminate these resources to appropriate target audiences, particularly those from 'hardly reached' populations (the NHSEI Core20PLUS5 approach to reducing health inequalities may help to identify these populations - go to: <https://www.england.nhs.uk/about/equality/equality-hub/core20plus5/>); and to those across your wider networks.

Best wishes

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On behalf of the NFPCG Eye Health Task & Finish Group

Summary of links and resources produced by the NFPCG:

- 1) *RCP Bedside Vision Check video*
A [Video](#) has been produced on the use of the Royal College of Physicians (RCP) [Bedside vision assessment tool](#). This video developed by the School of Health Sciences at the University of Liverpool demonstrates how the RCP 'Look out! Bedside Vision Check for falls prevention is used with patients admitted to hospital. In this video, you will see a ward nurse conducting the bedside vision check in a few minutes with a patient and document the findings from the check.
- 2) *Posters for Eye Care professionals and other Healthcare professionals:*
<https://edshare.gcu.ac.uk/9943/>
These are different versions of the poster (as PDFS). For example there is one that can be printed and placed in a waiting area of an Optical practice to raise awareness about falls prevention in their older patients or members of the public. It directs people to talk to the eye care professional if they have had a fall, so that vision can be assessed in light of this (with particular reference to contrast sensitivity, depth

perception, visual field, cataracts and visual acuity) and a discussion about how local falls services may be able to help with other risk factors and offer potential solutions. Other versions of the poster are for community-based health professionals such as Pharmacists or Healthcare professionals in [GP practices](#) or for display in community buildings that may be regularly accessed by older people (click on Tags link to access)

3) *Letter for Healthcare professionals and Eye care professionals*

<https://edshare.gcu.ac.uk/9944/>

A brief letter for Healthcare professionals and Eye care professionals from the NFPCG detailing two simple things they can do to support customers or patients with visual impairment who might be at risk of a fall. It also covers the main areas of vision impairment that might lead to an increased risk and how to find the local falls services to direct members of the public or patients to if they want more support to reduce their risk of falls in the future.

4) *The importance of vision in preventing falls'(a report from the College of Optometrists 2020)*

<https://www.college-optometrists.org/coo/media/media/documents/falls/the-importance-of-vision-in-preventing-falls.pdf>

Other resources:

a) *Thomas Pocklington 'Eyes Right' Toolkit*

An instructional video (5 mins) to go with Bedside vision assessment tool. This tool is designed to screen near and distant vision at high and low contrast. It can be used by anybody, and particularly useful for use in community settings.

<https://www.youtube.com/watch?v=Vln3LQYqueg>

b) Health Innovation Network (HIN) South London, VISIBLE resource (Vision Screening to Improve Balance & Prevent Falls)

<https://healthinnovationnetwork.com/visible/>

https://healthinnovationnetwork.com/wp-content/uploads/2018/05/VISIBLE_Final_amended_PROOF-3.pdf

c) Guidance document from Public Health England: [Preventing falls in people with learning disabilities: making reasonable adjustments](#)

d) Vision Rehabilitation Services may be accessible through local councils

e) National Eyecare hub on the Future NHS collaboration [platform](#), which is freely available.