# Interaction between falls and deconditioning – a practical example

A patient case study reviewing the interaction between falls, deconditioning and exploring practical solutions to improve outcomes

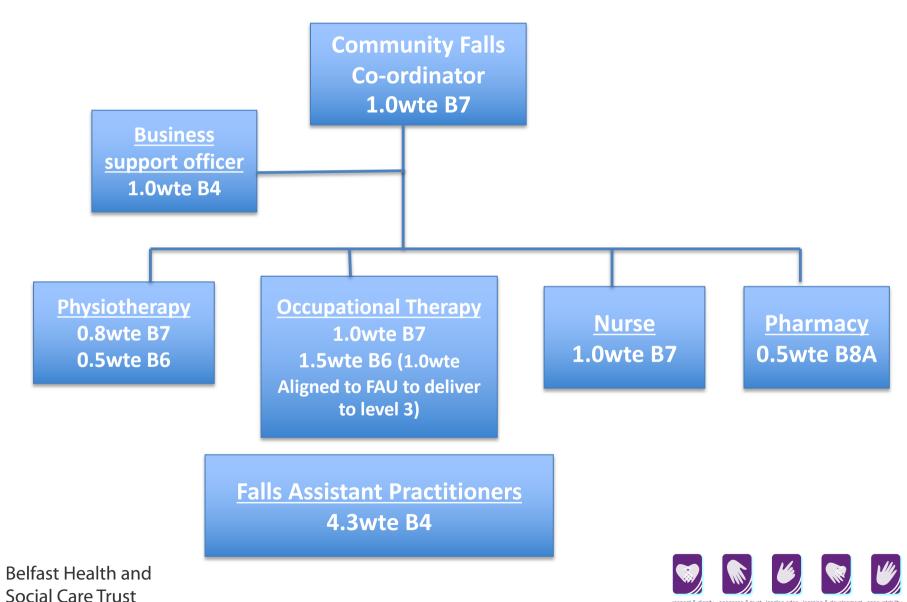
## Éamonn Doherty





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## The Team (FSL: 11.4wte)



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## **Mission Statement**

To provide an enhanced multi-disciplinary community facing Falls service that offers timely, safe and effective multi-factorial Falls assessment, intervention and prevention for service users within the BHSCT in line with NICE Guidelines:

*"Older people who present with a fall, or report recurrent falls in the past year, or demonstrate abnormalities of gait and/or balance should be offered a multifactorial falls risk assessment" NICE* 

CFPMS helps achieve the following quality statements (QS) as outlined by NICE recommendations:

- QS1 Identifying people at risk of falling
- QS2 Multifactorial falls risk assessment for older people at risk of falling
- QS3 Multifactorial intervention
- QS7 Older people who present for medical attention because of a fall have a multifactorial falls risk assessment
- QS8 Strength and Balance training
- QS9 Home hazard assessment and interventions

\*QS 4,5,6 are related to inpatient treatment only





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## Patient Journey:

- GP Referral with 3 falls and numerous near misses in past 3/12
- Triaged within 1 day of referral
- Routine waiting list
- Assessed by team nurse within 4/52

#### <u>Falls Hx</u>

- X 2 falls over night
- X fall at back door whilst putting bin out

#### Multifactorial risks identified

- Poor sleeper since husband RIP – getting up in dark
- Reduced social interaction since husband passed
- Anxiety++ restricting going outdoors – unable to get to shopping centre
- Varifocals difficulty with depth perception at back door
- Knee OA pain increased on back of deconditioning

#### Agreed Rx Plan

- Environment advice & referral to Home
   Safety Repair
   Service – issued
   touch lamp for
   night time use
- Eye check explored and obtained single lens glasses
- PT & FAP HEP with view to S&B class
- OT grab rail and explore anxiety management / confidence building
- \*\* declined onward referral for grief counselling

#### <u>Outcome</u>

- Impact of grab rail and improved depth perception with single lens reduced anxiety - able to get back to outdoor ADLs
- Anxiety also supported with relaxation – use of CD and imagery
- HEP targeted elements of deconditioning improving pain – no pain relief required at DC
- All above facilitated outdoor mobility +/- stick
- Attended & completed full12/52
   S&B programme incentivised activity with pedometer
- Walking twice weekly to local shopping centre – weekly meet with 2 class participants lessening impact of grief

	Measure	Pre Class	Post Class	
	10 x sit to stand	40.34 secs	22.45 secs	
	4 Stage Balance	2/4	4/4	
	ABC Scale	63%	87%	





- Self Referrals accepted for Community S&B programmes for moderate low risk fallers
- ✤ CFS 3-4
- ✤ X6 community Venues:



### Andersonstown; Girdwood; Avoneil;

### Olympia; Lorag; Hanwood

"My sedentary lifestyle was not right for me - I have went from being inactive to active and I feel so much better"

#### Top tips to prevent falls

lashe provides useful information to they you reduce your risk of having a full. However, it possible to proved over full. It is vitably important not to genore a full if it does occur and possible to proved over full. It is vitably important not to genore a full if it does occur and possible to proved over full. It is vitably important not to genore a full if it does occur and the advectory of the state 1. Keep active 2. Avoid taking risks

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HSC Belfast Health and Social Care Trust

Never take unnecessary risks - stop, think and as

sall?

for help if you need it.

Try not to rush or get up too quick Avoid over

any mobility aids you have been provided with

4. Take care of your bones

Make sure your daily diet has enough calcium b

**£** 

reaching or standing on a chair. Remember to use

#### Although you may be nervous after a fall, it is important to keep moving to help keep your muscles strong. Try to avoid long periods of sitting, get up and walk at least every hour within your home. If you

and walk at least every hour within your home. If you are able, go for a walk outside a few times a week. Please see overleaf for more information on strength & balance exercise classes. 3. Mind your health + medicines Know what is normal for you, contact your GP if there is a change in your health. Take you e in your nealth. Take your prescribed but if you think a aking you feel unsteady ther

trying to eat a good portion of milk, dairy or for y enjoying daily short periods in amages the cells that built bone in our bodies. 5. Check your vision + hearing 6. Eat a balanced diet

It is important to have regular eye tests and wea A varied and balanced diet is important for reducing glasses recommended by your optician. Hearing los your risk of falls. Aim to eat regular meals including make you less aware of your environment and fruit and vegetables. Unless you have been advised triple your risk of falling. It is important to wear you otherwise, try to drink 6-8 glasses of water or fluids a hearing aids and speak to your GP if you are having difficulty with your hearing. day. Avoid drinking more than the recommender units of alcohol

#### 7. Look after your feet Be sure to wear well-fitted shoes or slippers - avoid slip-on or backless footwear. Report any pain or

GP or podiatrist.

8. Stay safe at home The most common place for a fall is in or around the home so it is important to make sure your home is hazard-free and well lit. Try to keep walk-ways changes in sensation (tingling or numbness) to you clutter free, remove or secure mats and rugs, take extra time and care in wet areas such as the bathroom. Keep your personal alarm or mobile hone with you at all times





"I now have the confidence to get back to driving and can collect my grandchildren from school"

#### Falls Prevention Exercise Programme – YouTube

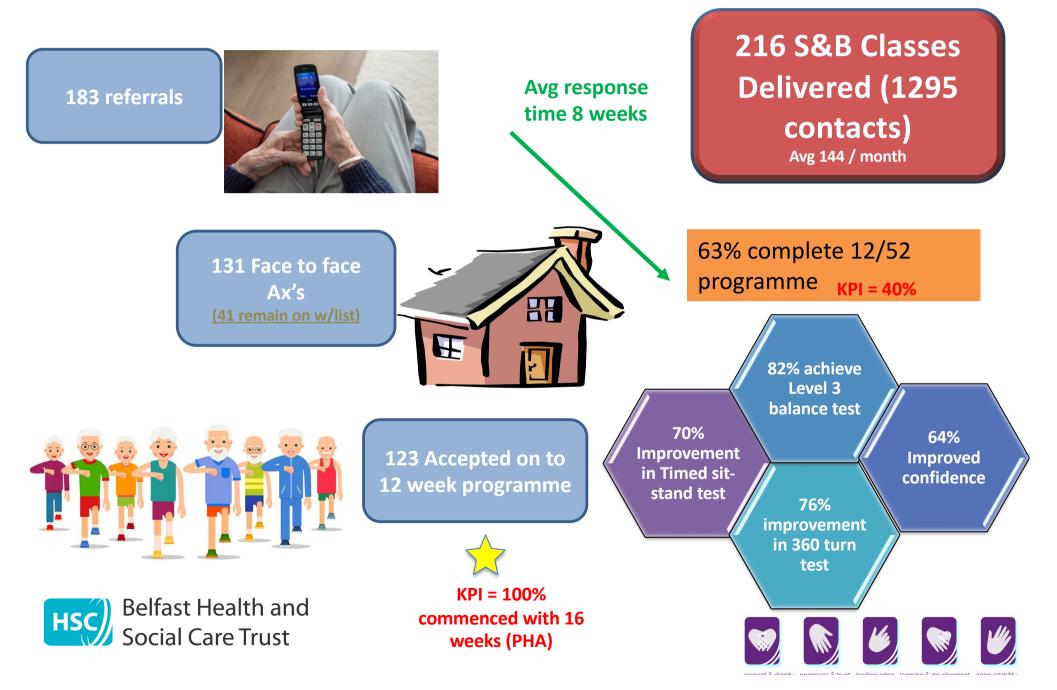
Falls Prevention Staying Safe and Staying Well at Home – YouTube



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# Strength & Balance – Apr 22- Dec 22



## **Decondition Prevention Strategies**

Incentivise activity



- Linking participants in physically and socially
- Training our venue staff step downs

OCN NI Level 3 Award in Planning and Leading a Physiotherapy Designed Exercise Programme in Fall Prevention and Strength and Balance Training