

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

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respect & dignity



openness & trust



leading edge

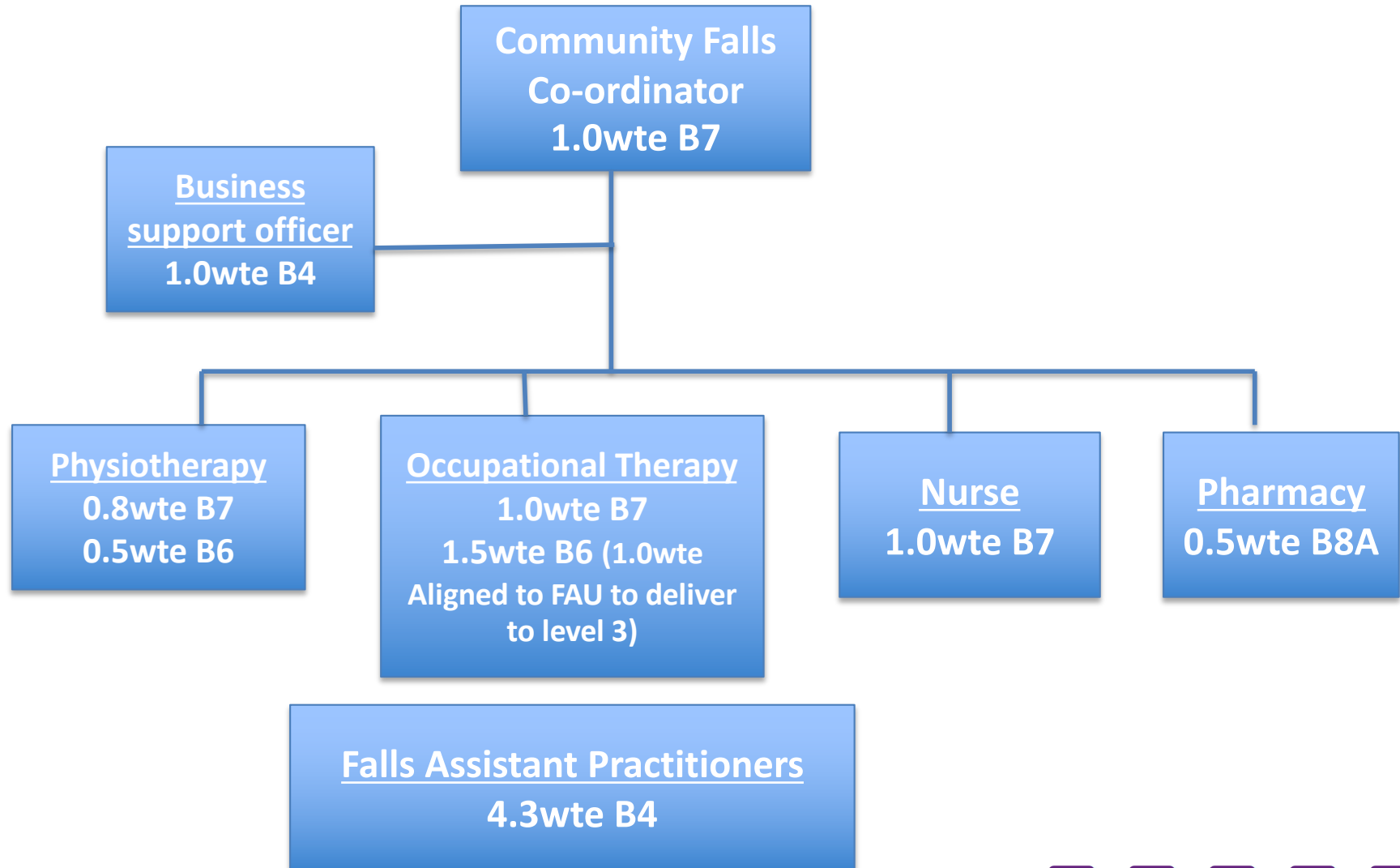


learning & development



accountability

The Team (FSL: 11.4wte)



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*



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

- Falls Hx**
- 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

- Outcome**
- 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 full 12/52 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”



“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](#)

Strength & Balance – Apr 22- Dec 22

183 referrals



Avg response time 8 weeks

216 S&B Classes Delivered (1295 contacts)
Avg 144 / month

131 Face to face Ax's
(41 remain on w/list)



63% complete 12/52 programme **KPI = 40%**



123 Accepted on to 12 week programme



KPI = 100%
commenced with 16 weeks (PHA)

70% Improvement in Timed sit-stand test

82% achieve Level 3 balance test

64% Improved confidence

76% improvement in 360 turn test

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](#)