

# York Health & Care Partnership Nursing Team

## Reducing the Risk of Falls in Care Homes



<https://www.valeofyorkccg.nhs.uk/about-us/supporting-our-partners-in-care-quality-assurance-and-improvement-team/>

### Overview

Falls can have a devastating effect on individuals and those around them. Physical injuries from falls can cause permanent disability which in some cases can be life threatening. Falls can affect a person's quality of life, they may suffer loss of confidence and consequently fear physical and social activity.

In addition to the pain, distress, discomfort and psychological impact a fall can have on an individual they also have a huge financial implication to health and social care organisations, with an estimated cost to the NHS of £6 million a day.



Care home residents are three times more likely to fall than elderly people living in their own homes



Injury rates are considerably higher for care home residents, up to 20% of falls result in a hip fracture



Vulnerable group of people, often frail with multiple falls risk factors. In an often unfamiliar environment

### Objectives & Approach



Reacting to Falls Prevention... The NHS York Health & Care Partnership way!

Reducing falls using a multifaceted, person centered, peripatetic approach

Training

Resources

Support



[www.reactto.co.uk](http://www.reactto.co.uk)

Care homes encouraged to ensure all staff attend React to Falls prevention training

All staff, residents and family encouraged to be involved in falls prevention

The development of a falls prevention prompt tool to assist in recognition of individual falls risks

Support to implement a 'days between board' with certificates awarded to celebrate the teams journey

Support to review falls policies/risk assessment/care planning/falls evaluation and embedding

### Results

Positive Post training evaluation highlighted an improvement in carer confidence regarding the recognition and management of an individuals falls risks. In addition staff felt valued for their for their input. This has resulted in a 'step change' reduction in falls incidence



### Conclusion—What has been achieved?

An example of what can be achieved by working collaboratively and developing positive relationships between the NHS and private health and social care providers; where all staff are recognised and valued for their contribution

### Next steps/Development

The Programme and resources focus on an individuals risk and are therefore applicable for use across all care settings and can be used by health & social care professionals and informal carers alike. The training approach has been transferable to other programmes of work and builds on collaboration and networks