

Falls Networking day

Wednesday 30 May 2018

Welcome and aims of the day – New Acute Care Portfolio Lead, Geraldine Jordan, welcomed delegates to the event which built on the previous Networking day in September. Delegates heard about the findings from a series of case studies, undertaken with NHS boards, to explore the factors contributing to successes in reducing falls and falls with harm and discussed next steps for improvement activity around falls. Delegates were asked to explore falls reduction in the person-centred context of maintaining bone health, mobility, cognitive and psychological wellbeing and to begin working in their teams to understand the impact of communication, education and multidisciplinary team working for falls reduction across the patient journey.



Delegates were introduced to the revised [falls driver diagram](#) and asked to consider which change ideas they could test within their boards.

Falls case studies – Samantha McEwan, Associate Improvement Advisor shared the outcomes from the recent falls case study visits, to NHS Fife, NHS Highland, NHS Tayside and NHS Lanarkshire, and their key success factors. Available to view on mobile devices via [Twitter](#).

Delegates heard **Case study flash reports** from the four NHS boards that had taken part in the study visits. [NHS Fife](#) spoke about making links with frailty and how a powerful patient story helped engage staff. [NHS Highland](#) shared their work on Delirium that had an impact on reducing falls. A ‘pick and mix’ approach to testing context specific changes and measuring these at the bedside helped to reduce falls in [NHS Tayside](#). Falls were reduced in [NHS Lanarkshire](#) through a focus on individualised care, meaningful activity and awareness about impact of postural hypotension and polypharmacy. Materials and resources shared by the NHS boards are available on the ihub website [here](#).



Sit less move more: deconditioning, function and falls risk – Professor Dawn Skelton asked delegates to think about how to reduce the risk of deconditioning, whilst in hospital and once discharged, using exercise to improve strength and balance. Available to view on mobile devices via [Twitter](#).

Kirsty Stenhouse, Fracture Liaison Practitioner, NHS Forth Valley, spoke about the importance of good [Bone health](#) and the steps that can be taken to help improve bone strength. Available to view on mobile devices via [Twitter](#). Delegates viewed **Ella’s story**, a patient story shared by NHS Fife via a video developed with NHS Education for Scotland (NES). The video is available [here](#) along with other resources developed by NES.



Stands were provided by the [National Osteoporosis Society](#) to promote bone health, and Health Protection Scotland, to promote the [National Hydration Campaign](#)

The Acute Care portfolio is endorsed by Scottish Patient Safety Programme (SPSP) - a coordinated campaign of activity to increase awareness and support the provision of safe, high quality care, whatever the setting.