

Falls Prevention in Bedford

BBC Older People's Board 10.02.23

Sarah Pearson, Senior Commissioner Older Person's Services,
BLMK ICB



Falls prevention a national and local priority

- For individual - distress, pain, injury, loss of confidence, loss of independence and death.
- For system - significant use of health and social care resource
- The **risk** of falling increases with **age**, 1/3 over 65, 1/2 over 80 fall at least once a year, 10% hospital admissions
- 32,000 pop 65+, 10yr growth – 24%
- A fall is the result of the **interplay of multiple risk factors >400**
- Require multidisciplinary assessment and intervention
- NICE clinical guideline and quality standard, Prevention
- Falls and fractures in older people are often **preventable**

Risk Factors for Falls

Medical

- Polypharmacy
- Postural hypotension
- Medical condition e.g. PD
- Poor Hydration
- Anaemia

Physical

- Reduced balance
- Walking problems
- Reduced muscle strength arms/legs
- Poor vision
- Poor hearing
- Loss of sensation in the feet



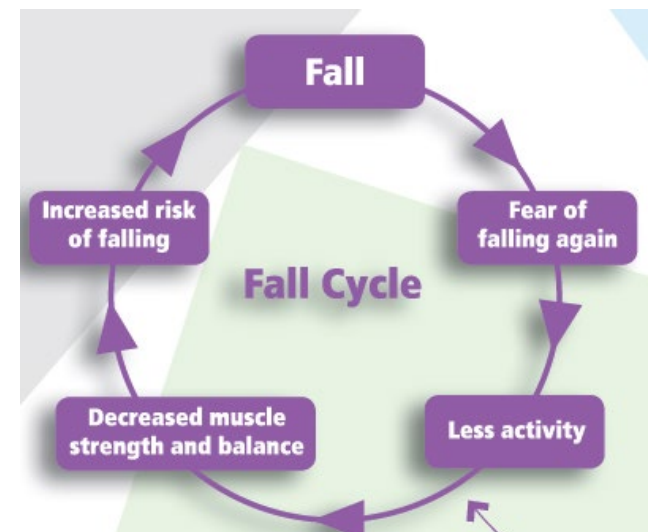
Psychological

- Reduced motivation/depression
- Memory problems/confusion e.g. dementia

Environmental

- Unsafe walking aids
- Inappropriate footwear
- Home hazards – lighting, dogs, loose mats, grandchildren, wires, hosepipes
- Transfers – bath, stairs bed, chair

Improving Your Health and Wellbeing



Public Health Outcome indicator Falls, 2021, Bedford is lowest in region, top 10% nationally

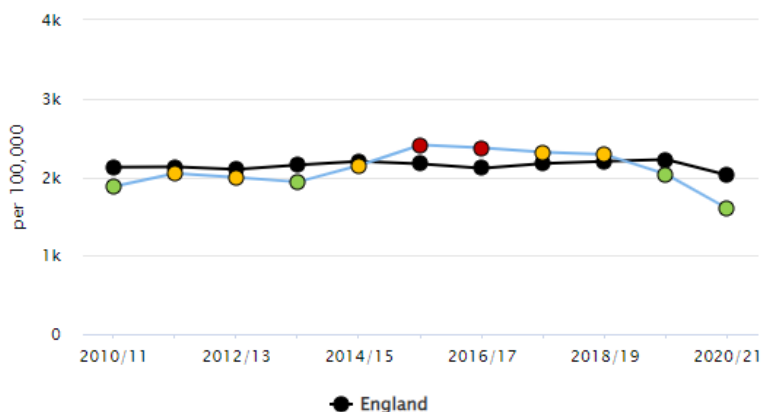
Trends for **Bedford** **All in East of England region** Display **Selected indicator** **All indicators**

Emergency hospital admissions due to falls in people aged 65 and over

Directly standardised rate - per 100,000

Show confidence intervals Show 99.8% CI values

► [More options](#)



Recent trend: ↓ Decreasing & getting better

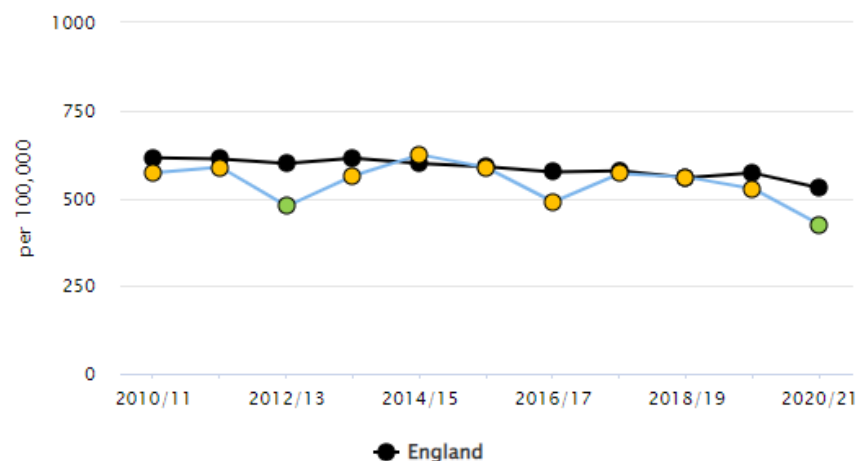
| Period | Bedford | | | | East of England | England |
|---------|---------|-------|--------------|--------------|-----------------|---------|
| | Count | Value | 95% Lower CI | 95% Upper CI | | |
| 2010/11 | 468 | 1,877 | 1,710 | 2,057 | 1,886 | 2,126 |
| 2011/12 | 532 | 2,048 | 1,876 | 2,231 | 1,917 | 2,128 |
| 2012/13 | 536 | 1,995 | 1,829 | 2,173 | 1,973 | 2,097 |
| 2013/14 | 537 | 1,937 | 1,776 | 2,109 | 2,025 | 2,154 |
| 2014/15 | 620 | 2,148 | 1,981 | 2,325 | 2,026 | 2,199 |
| 2015/16 | 710 | 2,409 | 2,234 | 2,594 | 1,989 | 2,169 |
| 2016/17 | 712 | 2,371 | 2,199 | 2,553 | 1,974 | 2,114 |
| 2017/18 | 715 | 2,316 | 2,148 | 2,493 | 2,026 | 2,170 |
| 2018/19 | 720 | 2,286 | 2,122 | 2,461 | 2,065 | 2,199* |
| 2019/20 | 665 | 2,036 | 1,883 | 2,197 | 2,094 | 2,222 |
| 2020/21 | 535 | 1,595 | 1,463 | 1,737 | 1,946 | 2,023 |

Source: Hospital Episode Statistics (HES), NHS Digital for the respective financial year; England d. Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of NHS Digital. All rights reserved. Local Authority estimates of resident population, Office for National Statistics (ONS) Unrounded mid-year population estimates produced by ONS and supplied to the Office for Health Improvement & Disparities.

Trends for **Bedford** **All in East of England region**Display **Selected indicator** **All indicators**

Hip fractures in people aged 65 and over

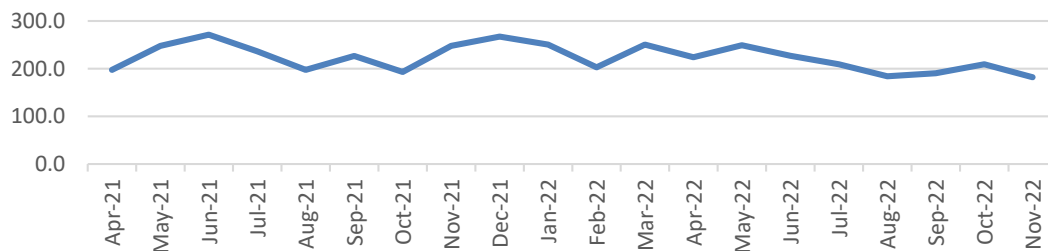
Directly standardised rate - per 100,000

[Show confidence intervals](#) [Show 95% CI values](#)[► More options](#)Recent trend: ➡ No significant change

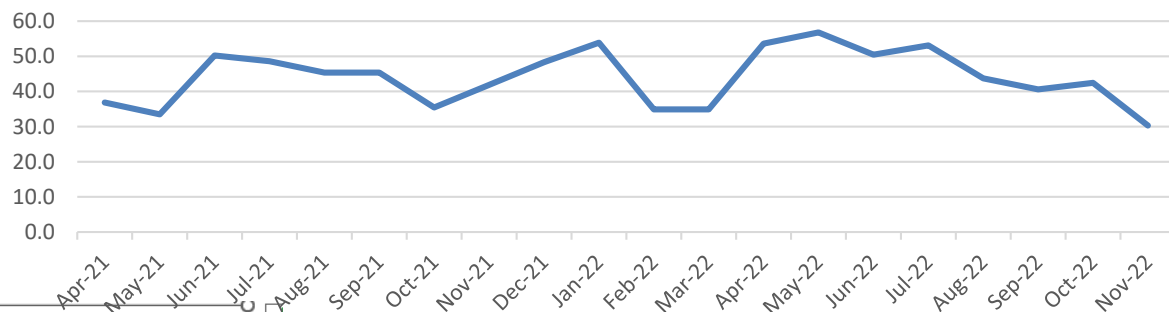
| Period | Bedford | | | | | East of England | England |
|---------|---------|-------|-------|----------------|----------------|-----------------|---------|
| | | Count | Value | 99.8% Lower CI | 99.8% Upper CI | | |
| 2010/11 | ● | 142 | 573 | - | - | 607 | 615 |
| 2011/12 | ● | 156 | 588 | - | - | 597 | 612 |
| 2012/13 | ● | 131 | 477 | 358 | 622 | 601 | 599 |
| 2013/14 | ● | 156 | 564 | 434 | 719 | 616 | 614 |
| 2014/15 | ● | 179 | 624 | 489 | 783 | 582 | 599 |
| 2015/16 | ● | 174 | 587 | 458 | 739 | 583 | 589 |
| 2016/17 | ● | 146 | 490 | 373 | 629 | 579 | 575 |
| 2017/18 | ● | 178 | 570 | 446 | 715 | 577 | 578 |
| 2018/19 | ● | 175 | 560 | 438 | 703 | 563 | 559* |
| 2019/20 | ● | 175 | 527 | 411 | 664 | 556 | 572 |
| 2020/21 | ● | 145 | 425 | 323 | 548 | 508 | 529 |

Source: Hospital Episode Statistics (HES), NHS Digital for the respective financial year, England. Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of NHS Digital. All rights reserved. Local Authority estimates of resident population, Office for National Statistics (ONS) Unrounded mid-year population estimates produced by ONS and supplied to the Office for Health Improvement & Disparities.

Falls Emergency Admissions - Rate per 100,000 (65+ population) by Place

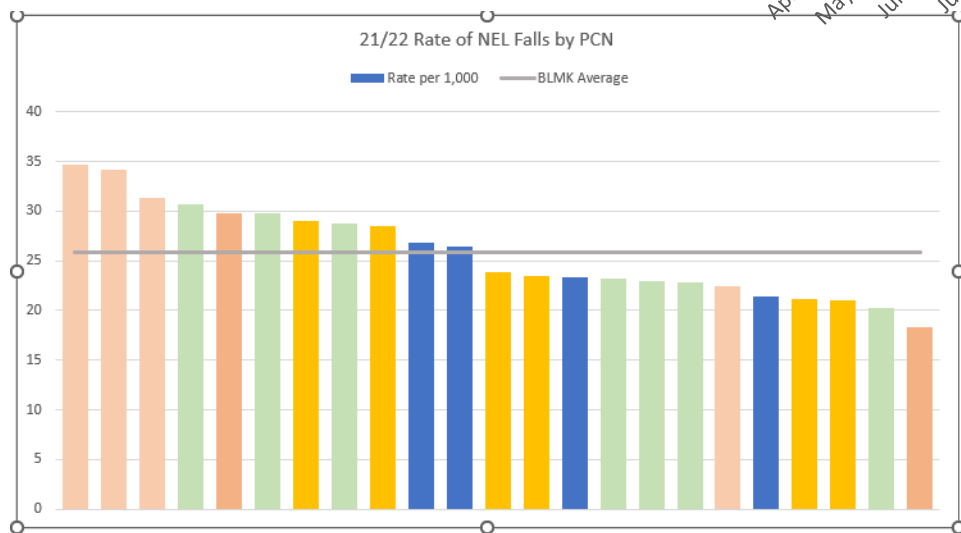


Hip Fracture Emergency Admissions - Rate per 100,000 (65+ population) by Place



21/22 Rate of NEL Falls by PCN

Rate per 1,000 — BLMK Average



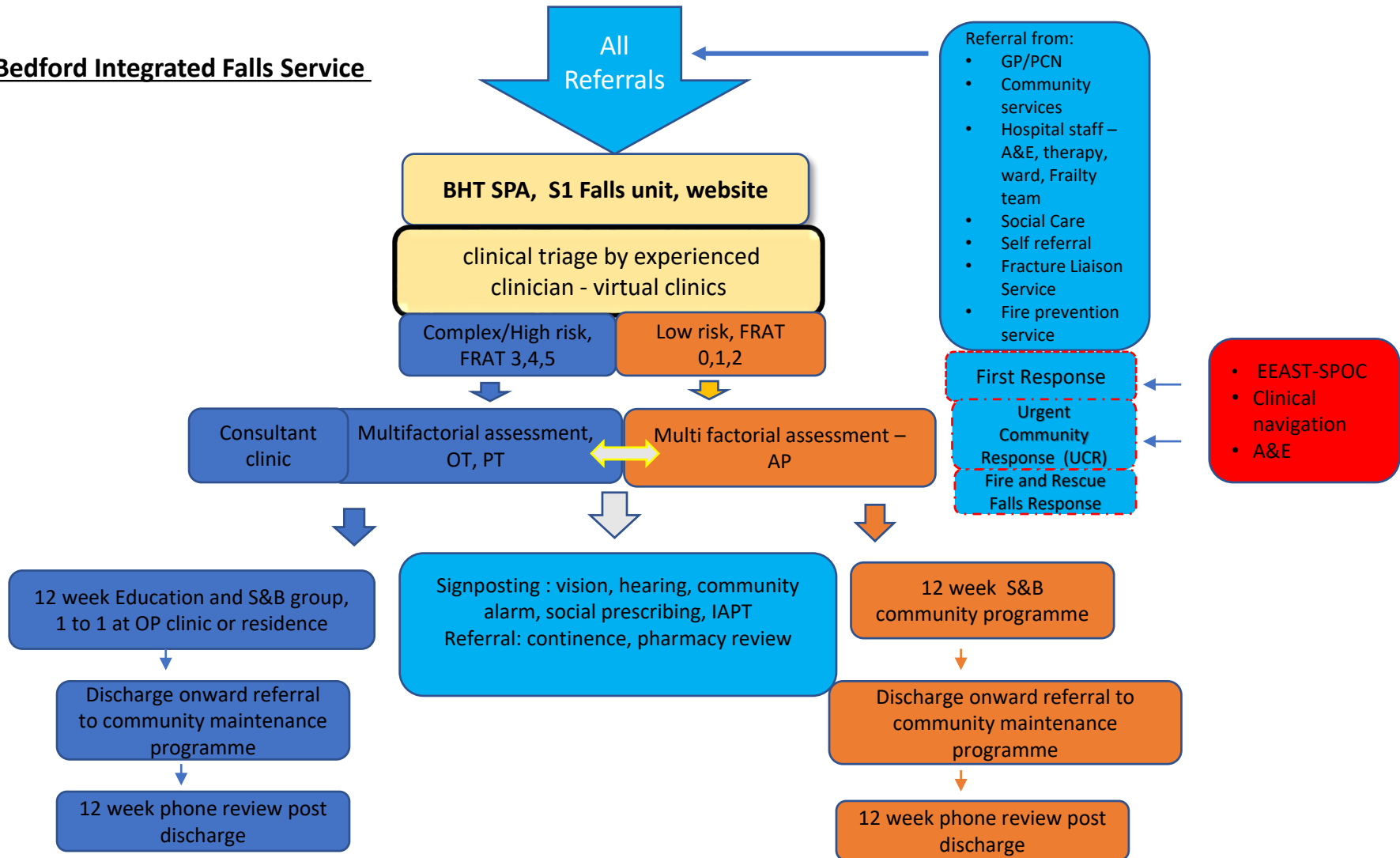
Fall prevention services, programmes and projects

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|---|--|
| Bedford Hospital Falls Service | Physio led, now MDT, consultant, OT Single point of access, triage , assessment and intervention Range of strength and balance programmes, low risk offer, continue with Live Longer Better SystMone unit |
| Fracture Liaison Service at Bedford Hospital | Secondary prevention of fractures, >50 yrs, fragility fracture, reduce falls and fracture risk, osteoporosis treatment, falls risk reduction, circa 50 referrals per month. |
| BBC First Response Service | Falls support workers, assessment at home following clinical assessment, equipment, advice, onward referral, telecare, continence, handyman, reduce risk. New pathways, 50 referrals pm |
| Urgent Community Response – Falls pathway | National requirement Dec 2022, support to ambulance services, reducing long lies – no injury/minor injury falls |
| Bedfordshire Fire and Rescue Service Falls Response | Prevention team, trained by EEAST, clinical triage by EEAST, model rolled out across region. Home safety checks |
| BBC Live Longer Better Programme | Comprehensive programme older adults – athletics track, John Bunyan Centre, Harpur Suite : seated yoga, dance, walking football. EngAGE – isolated older people, care homes, supported living |

Falls prevention in Care homes

| | |
|-------------------------------------|--|
| Falls prevention awareness champion | Falls prevention continuous process, identify and reduce risk, react to a fall. Standardised training BLMK |
| Hydration Champion | Wellbeing, falls and uti risk Approaches to staying hydrated : events, equipment, variety Safety Cross |
| Raizer Chair | Reduce long lie, improve patient experience and outcomes, 30 +19 homes Link ISTUMBLE, Falls and hydration champion, whzan |
| EngAGE | BBC Activity programme – virtual and in person for care homes, supported living |

Bedford Integrated Falls Service



Next steps

- Raise awareness of falls service – single point of access for referrals
- Closer working with PCNs, community groups, integration of all partners
- Understand variation
- Information available in accessible form
- Monitor impact of MDT team and consultant clinic
- Population primary prevention offer

