Our Impact; Delivering joined up Person Centred Care

• Integrated Falls Service
  South Eastern ICPs

Dr Chris Leggett; Chairperson
Down ICP

#ICPchange
SE ICP Falls Prevention Service

- Falls are the most frequent and serious accident in people over 65.

- Falls are the MAIN cause of disability & death in people over 75.

- FEAR of falling dramatically reduces quality of life.
SE ICP- Falls Prevention Service

- Strokes/TIAs and heart attacks are falling.
- Fractures from falls are RISING.
- Fragility fractures cost UK over £2 billion/year.
SE ICP- Falls Prevention Service

Watch the video at: http://www.hscboard.hscni.net/integrated-care-partnerships-falls-prevention-south-east/

Strength & Balance Programmes can reduce Falls by 55%.
SE ICP Falls Multi-professional working group

- Patient & Carer representative
- Falls Co-ordinator
- Physiotherapists
- OTs
- GPs
- Pharmacists
- NIAS
- ICP Project Manager
SE ICP Falls Prevention Strategy

- 170 NIAS referrals to Falls Prevention Team
- 1284 assessments completed April 2015-16
- Strength & Balance Programmes for those at risk of Falls
- Raising awareness of programme benefits: Pharmacies/GPs/Community/Carers
- Reducing falls, Reducing Fear, Reducing Fractures
- Saving NHS Resources
Benefits of the service

Clients completing the strength & balance programme
- 67% improve on FES-I (fear of falling outcome measure)
- 54% improve on TUAG (balance and mobility outcome measure)

Pharmacy – Medication review
- 61% recommendations made to GP by falls pharmacist were implemented
73 year old lady referred from GP. No history of falls but significant fear of falls. Completed 12 week strength and balance program.

“My confidence has grown, my balance is so much better now and I don’t have the same fear of falling. Since starting the class I can get to the bathroom in time.”