

NEWSLETTER

Falls Injury Prevention

Welcome to the first HNE Health Falls Injury Prevention Area Newsletter for 2009.

See the recently updated HNE Health Falls Injury Prevention website. Please advise if you are not able to connect
<http://www1.hnehealth.nsw.gov.au/hnepf/Falls/FallsInjuries.cfm>



To capture the attention of health workers and the general public, NSW Health has declared 1 April as *April Falls Day*. Activities include:

- Best Practice Guidelines in Hospitals Presentation, *Royal Newcastle Centre* on 1 April
- *Rankin Park Centre*: On 1 April, a display in the foyer, a quiz for staff and patients, a one hour 'challenge to balance session'; over the month updating falls prevention information given to patients, and providing falls specific prevention/ intervention in-services to staff
- *Tamworth Hospital*: Staff falls prevention quiz and ward poster displays
- *The Maitland Hospital*: Staff falls prevention quiz, presentation on the Best Practice Guidelines in the hospital setting to held on three occasions: 2, 8 & 23 April from 2-3pm
- *Narrabri District Health Service*: 2pm, 1 April, yoga on the front lawn run by Faye Barrett, local yoga open to all interested people
- *Newcastle Cardio-Pulmonary Rehab Unit*: For the week of April Falls Day, additional posters will be displayed to increase the falls prevention focus for clients. Staff are welcome to have a look at the outpatient programs in that week
- *Manning Hospital*: Staff falls prevention quiz, slogan for the day competition, 1 April staff encouraged to wear something yellow, 2 April Grand Rounds Presentation: Falls Injury Prevention

Hunter New England Health is working with communities, hospitals and residential aged care facilities to reduce the risk of fall injury

For information or comments please contact Patsy Bourke on (02) 6767 8206 or patsy.bourke@hnehealth.nsw.gov.au

ISSUED: 1 April 2009

FALLS INJURY PREVENTION PLAN UPDATE

Standard screening and assessment tools. The Working Parties have made some decisions regarding screening (quick recognition) and assessment (more detailed risk identification) tools to be used in clinical settings. It is important that what is used is what has been tested by researchers. This requires using the correct tool for the relevant setting. This is necessary to correctly identify those at falls risk.

Decisions made to date:

- Acute/Subacute – Modified Ontario STRATIFY with Sydney scoring. This will be included in the new Initial Adult Inpatient Screening Tool that will be rolled out following completion of the associated education package.
- Residential Aged Care – the Peninsular FRAT, also to be rolled out when the accompanying education package is completed.
- Emergency Department – FROP.com screen – a three item tool to identify those people who require follow-up. This will be particularly useful for early intervention for at risk people not admitted to hospital. This will be part of the new ED Adult Assessment, treatment and observation form.

WEBSITES OF INTEREST



The proceedings from the 3rd Biannual **ANZ Falls Prevention Society Conference** held in Melbourne in October, 2008 are available at:

<http://www.anzfpconference.com/>

Falls Injury Prevention

The **Position Statement on Calcium and Bone Health** for the Australian and New Zealand Bone and Mineral Society, Osteoporosis Australia and the Endocrine Society of Australia, is available at http://www.mja.com.au/public/issues/190_06_1_60309/san10083_fm.html

Physical Activity Recommendations for Older Australians

For the first time, the Australian Government has developed physical activity recommendations specifically for older Australians. To view the media release and summary, click on the link: <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr09-je-je025.htm>

On 12 March 2009, the *Catalyst* program on ABC1 covered low Vitamin D levels in people over 60 (about 80% are deficient in Vit D) and the importance of supplementation. Diabetics are more likely to be Vit D deficient. You can watch the segment and see the transcript at <http://www.abc.net.au/catalyst/stories/2514231.htm>

CEC APRIL FALLS DAY

For 27 April 2009, the Clinical Excellence Commission has invited each AHS to present innovative Falls Injury Prevention work to senior CEC and NSW Health staff. Ian O'Dea, Service Manager for Rankin Park Centre will present on the pilot that is providing community based follow-up to non-admitted fall presenters at ED. More information will be provided on this work in the next newsletter.



THE NSW FALLS PREVENTION NETWORK MEETING will be held at the Mathews Building at the University of NSW on 17 June from 9.30am - 4pm. HNE Health will be well represented. Dr. John Ward will report on the outcomes of the Prevention of Falls Injuries in Residential Aged Care Study funded by a NSW Health Promotion Demonstration Research Grant Scheme. Other presenters will

include: Melanie Kingsland, Community session; Ian O'Dea, on the ED pilot, in the Hospital session, and Mandy Harden in the Residential Aged Care session. If you are interested in attending, please see <http://www.powmri.edu.au/fallsnetwork/> for details and to register and also advise Patsy Bourke.

INTRODUCTION Michelle Hill

Michelle joined HNE Population Health as a Project Officer in February 09. Based in the Tamworth office, Michelle is a member of the Population Health team working on improving physical activity options for falls prevention.

Michelle and the team will be in contact with many site and program managers throughout the year to determine what is required to build relevant local physical activity options. They are also currently supporting a 10 week fall prevention exercise pilot in Armidale, in order to refine a training package for future physical activity providers.



The Physical Activity team: l) to r) Melanie Kingsland, Program Manager; Sue Green and Michelle Hill, Project Officers

HNEH AGED CARE FORUM ON 7 MAY

Aptly titled the *Antique Roadshow - Valuing Older People*, the Aged Care Forum will be held at the Tamworth University Department of Rural Health on Thursday 7 May 2009. It will target HNE Health staff working in the ACAT, TACP, ASET, ARRCS, Dementia, MHSOP, MPS and CCRC sectors, and Commonwealth Carelink.

For more details contact Aged Care and Rehabilitation Services Clinical Network Manager, Viki Brummell, on (02) 6739 0100 or email Viki.Brummell@hnehealth.nsw.gov.au