Managing Falls and Fractures in Care Homes for Older People: DVD Education Pack
Facilitator notes

• This education pack should be used in conjunction with the Managing Falls and Fractures in Care Homes for Older People Good Practice Self Assessment Resource and accompanying DVD.

• Familiarise yourself with the resource, supporting documents and DVD before using this education pack.

• Print off information for facilitator and for staff before delivering the education.

• Delivering the education in full will take 2–3 hours. It is recommended that the training be delivered in full, however, if this does not meet the needs of your care home each section can be delivered individually (see appendices), for example use of case study on its own to facilitate discussion.

• Please be aware this is an education pack for all staff. Your staff may have varying levels of knowledge and expertise. It is recommended that staff complete the training in groups with support for different levels of knowledge and expertise.

• The education pack can be used with staff who do not directly assess/deliver resident falls prevention management, for example catering staff, administration staff and handymen, however, additional support may be required.

• Additional resources are listed at the end of the case study should staff require further information on the topics raised in this education pack.
• For staff who are not direct care staff it is useful to provide additional examples of how falls prevention is part of their role, for example chefs providing balanced diet and hydration, handymen supporting a safe environment.

Planning the Session

The purpose of this session
This session will prepare care home staff to contribute to the prevention and management of falls and prevention of fragility fractures in their day to day work with older people.

Learning Outcomes
These learning outcomes are based on the National Prevention and Management of Falls and Fragility Fractures in Older People (2011) – Refer to Appendix 1 for further information.

1. In order to support self management, be able to advise and inform older people and carers about falls and fragility fractures.
2. Identify, record and report risks, physical and psychological consequences of falls and fragility fractures for older people and their family and carers as appropriate.
3. Understand the range of solutions available to reduce risks, including steps to take to enable self management, and apply this within your scope of practice.
Material required

Content of facilitator pack:
- Guidance notes and plan for the session (next section)
- Managing Falls and Fractures in Care Homes for Older People Good Practice Self Assessment Resource and toolkit
- Managing Falls and Fractures in Care Homes for Older People DVD
- Copies of care home falls prevention documentation/tools
- All documents included in the staff pack:

Content of staff pack (*a copy should be printed for each person attending the session*):
- Falls quiz
- Falls quiz (answers) (**to be provided at the end of the session**)
- Key points handout (**to be provided at the end of the session**)
- Case study and falls diary
- Case study (discussion points) (**to be provided at the end of the session**)
- Action plan
- Declaration form
- Evaluation
Supporting documentation

(Click on the links below)

Falls quiz
Falls quiz (answers/discussion points)
Key points handout
Case study
Case Study Spreadsheet
Case Study Falls diary
Case study (discussion points)
Action plan
Declaration form (to be signed by participants)
Evaluation form
Guidance notes and plan for session

1. Introduce self and outline the learning outcomes for the session (as per page 3).
   This session will prepare care home staff to contribute to the prevention and management of falls, and prevention of fragility fractures in their day to day work with older people.

2. Falls quiz – ask staff to complete the falls quiz. Answers are given at the end of the session.

3. What is a fall?

   Discuss with group what their definition of a fall is.

   Advise the group that there are different definitions. It is important to know the definition for reporting purposes so that everyone is clear when to report.

   This is the definition of a fall that is most recognised:

   *A fall is: ‘An unintentional event that results in a person coming to rest on the ground or another lower level, not as a result of a major intrinsic event (such as stroke or epilepsy) or overwhelming hazard (such as being pushed).’ (Gibson et al, 1987).*

   *This includes falls that are not witnessed, for example where you find a resident on the floor.*
4. Why falls matter?

Discuss with group why falls matter to them.

Discuss with group:

- 1 in 3 people over the age of 65 will fall in a year.
- As age increases falls risk increases to 45% in those over 80 (DoH 2009).
- One in two women and one in five men over the age of 50 have Osteoporosis (thinning bones). If a person with Osteoporosis falls then they are more likely to break a bone. This is described as a fragility fracture.
  BUT....
- Older people living in care homes are three times more likely to fall than community dwelling older people.
- They are ten times more likely to have a hip fracture in a care home than in other environments.
- One third of care home residents will be dead four months following a hip fracture.
- The statistics are higher if the resident has dementia.
- The rate of emergency admissions due to falls in people aged over 65 living in Care Homes is almost **four times higher**.
- The cost of these admissions is estimated to be in the region of **£22 million**.

There is a financial cost of falls and fractures however the human cost is much greater.

Discuss with the group about the physical and psychological cost of falls.
*Falls are not an inevitable part of ageing*

In many cases, taking the right steps at the right time can prevent falls and enable an older person to continue a physically active life. Care home staff have a key role to play in falls prevention, but they need to have the knowledge and understanding and support of the wider health and social care team.

*Falls are everyone’s business and everyone in a care home has a responsibility to help prevent and manage falls.*

5. **Watch DVD.** Stop DVD at key points and discuss these key points with group. The good practice tools that are associated with each section are listed and should be discussed (or your own care home tools as appropriate).
<table>
<thead>
<tr>
<th>Time</th>
<th>Key Points</th>
<th>Good Practice Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.06</td>
<td><strong>Multifactorial falls risk assessment and action planning</strong></td>
<td>Tool 3, Tool 5, Tool 6, Tool 7</td>
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</tbody>
</table>
| 10.00| • Assessing every resident’s risk of falls and fractures followed by personalised care planning to manage risk is key to falls and fracture prevention and management in a care home.  
• ALL residents should have a multifactorial falls risk assessment completed on admission, reviewed monthly and if there is any change in circumstances such as illness, fall, change of medication, change in mobility, change in mood/cognition. A new assessment may not be required but it MUST be regularly reviewed.  
• Resident perception of their risk of falling or experiencing a near fall will have an impact on their falls. For example if a person has dementia then they may not realise their risk. If a resident is frightened of falling then they will limit activity and this puts them at a higher risk of falls.              | Tool 17 |
### Reporting and recording falls
- The actions taken after a fall are critical to a resident’s well-being and future risk of falling. Tool 8 provides a pathway and information for the immediate care following a fall.
- Analysing of falls/identifying causes of falls is key. The good practice tools provide a range of ways of reviewing residents falls or patterns of falls. For example a resident may fall getting up to the toilet at night. There may be a pattern of falls at certain times of day or a particular area such as the dining room.
- 10b looks at post falls analysis for an individual.
- 13b and 14b enable staff to look at locations of falls.

### Risk factors for prevention and management of falls
- Risk factors for falling
- Often an older person will have a combination of risk factors; the more risk factors present, the greater the risk of falling.
- Risk can relate to the individual and/or their surrounding environment.

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>10.00</td>
<td>Reporting and recording falls</td>
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<tr>
<td>25.00</td>
<td>Risk factors for prevention and management of falls</td>
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</table>
Risks relating to the individual include:

- previous falls
- ageing - causing changes in the body
- certain medical conditions such as Parkinsons disease, stroke, dementia, arthritis
- being less physically active
- side-effects of medications or a combination of many
- excessive alcohol.

Risks relating to the surrounding environment include:

- poor lighting, especially on stairs
- low temperature
- wet, slippery or uneven floor surfaces
- clutter
- chairs, toilets or beds being too high, low or unstable
- inappropriate or unsafe walking aids
- inadequately maintained wheelchairs, for example, brakes not locking
- improper use of wheelchairs, for example, failing to clear foot plates
- unsafe or absent equipment, such as handrails
- loose-fitting footwear and clothing.
6. Summarise with staff about your care homes policies, procedures and documentation related to falls and bone health and what is required of them. Give staff key Points handout.

7. Complete Case Study and discuss with group. Consider Tool 5 or your own multifactorial falls risk assessment as a guide. Give staff answers to case study at the end. You can use a real life case study of one of your residents if you prefer.

8. Quiz answers/recap.

9. Complete an action plan and discuss what individual actions staff can take and what can be done as a group. This may be used to support improvement using PDSA (20a,b,c).

10. Complete staff evaluation and sign declaration form.
This publication is available in other formats and other languages on request.

Tha am foilsgeachadh seo ri fhaighinn ann an cruthannan is cànain eile ma nithear iarrtas.

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