



**Stay
On Your
Feet WA®**

e-Bulletin

Nine Steps To Stay On Your Feet®

Be Active

Manage Your Medicines

Manage Your Health

Improve Your Balance

Walk Tall

Foot Care and Safe
Footwear

Regularly Check Your
Eyesight

Eat Well For Life

Identify, Remove and
Report Hazards

ISSUE

06

FEBRUARY
2011



In this issue...

April No Falls Day 2011
National Falls Prevention Guidelines
Caring for Older Australians draft report
Falls Prevention Summit
Diary Dates

April No Falls Day 2011

Currently there are 20 falls being prevented in WA each day – why not help to improve this by holding an April No Falls Day event?

The Injury Control Council of WA (ICCWA), through the Stay On Your Feet WA® program is coordinating April No Falls Day, which is a state-wide falls prevention initiative to increase staff and community awareness of falls prevention information and strategies specifically targeting acute care.

Event Registration NOW OPEN:

To register, visit: <http://www.surveymonkey.com/s/nofallsdayregistrationform>
Event registration closes at 5pm, Friday 18th February 2011.

Health professionals are encouraged to conduct an event, such as community displays, competitions, staff education and various other fun and innovative events, to emphasise the importance of falls prevention. All health staff have an important role to play including doctors, nursing staff, support staff and allied health.

The Stay On Your Feet WA® team is able to assist with event planning by providing a event coordinator pack which includes event ideas, falls information and media and promotional templates. Free resources and merchandise on falls prevention are also available.

Continued from Page 1...

Would You Like More Information?

Stay On Your Feet WA[®] offers a wide variety of services:

- Falls prevention resources
- Referral information for services and activities in your area
- Information on staying active and independent
- Free community presentations
- Manned and static displays

A staff participant quiz will be available to use at your event. This quiz allows staff to assess their knowledge about falls prevention in the hospital. One prize per region will be awarded.

Do you know of a staff member or hospital ward who is being proactive towards falls prevention? Why not nominate them! Prizes will be given to the winning nomination in each region.

For information on April No Falls Day visit www.iccwa.org.au or call (08) 9420 7212.

National Falls Prevention Guidelines

Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals, Residential Aged Care Facilities and Community Care was released in November 2009 to replace the "Green Box". The guidelines look at specific risk factors that are recognised within various settings and provide recommended actions that can be taken to reduce falls. The guidelines are a useful tool for all staff to read and utilise within their everyday work. The guidelines are available for hospital, community care and residential aged care settings.

Currently there are 120 hospital presentations at emergency departments for people aged 65 years and over as a result of falls each week in Western Australia. By using tools such as the National Falls Prevention Guidelines you may be able to reduce the impact of these presentations and improve the patients return back to the home.

The guidelines will be a focus for both April No Falls Day and the WA Falls Prevention Summit. The guidelines are available for download with relevant case studies and fact sheets that can be utilised in the appropriate settings. A multifactorial case study taken from the hospital guidelines can be found on the next page. Using case studies like Mrs R provides the opportunity for staff to consider what interventions they can implement to reduce the risk of falls in older patients.

The 2009 National Falls Prevention Guidelines and factsheets are available via the 'Green Box' web link on the Falls Prevention Health Network website:

<http://www.healthnetworks.health.wa.gov.au/network/fallsprevention.cfm>

Continued from Page 2...

Multifactorial Case Study *Mrs R*



Mrs R is a 79-year-old woman who was transferred by ambulance to hospital from her residential aged care facility (RACF) after fracturing her left inferior pubic ramus (pelvis). This injury was the result of a fall onto the floor while she was rushing to the toilet. The orthopaedic team admitted Mrs R from the emergency department. Because the fracture was stable, they decided that she would be allowed to walk and weight bear as pain permitted. From the outset, nursing staff implemented standard strategies for falls prevention and, because Mrs R was admitted as the result of a fall, staff completed a falls risk assessment rather than a less detailed falls risk screen. Information from the falls risk assessment and the accompanying transfer letter from Mrs R's RACF revealed that she had multiple risk factors for falling, including that she:

- was older than 65 years
- had fallen three times in the previous year
- was taking five different medications, including a sleeping tablet and diuretic
- on last attempt, was only able to complete the Timed Up and Go test (TUG) in 19 seconds with her wheelie walker; the mean time for healthy 71–79 year olds is 15 seconds
- was frequently incontinent of urine at night and regularly rushed to the toilet
- had a Mini Mental State Examination (MMSE) score of 22/30 before falling and was frequently agitated (a score of less than 24 indicates cognitive impairment)
- had left foot pain as the result of severe hallux valgus
- wore bifocal glasses for all activities, despite having a second pair of distance glasses for walking
- did not like to venture outdoors and received no direct sunlight.

What are the steps that you and your fellow staff members would take to manage the falls risk of Mrs R?

For the benefit of the patient it is important that all factors are addressed as decreasing the number of risk factors can reduce the risk of falling.

Continued on Page 3...

Want more
information
about
Stay On Your
Feet WA[®]?

Contact:

[Stay On Your Feet
WA[®] Resource and
Information Centre](#)

Check out
these
websites

Click on the links:

[WA Health Networks](#)

[Stay On Your Feet
WA[®] Website](#)

[ICCWA Website](#)

[Online Publication
Order System](#)

[Falls Prevention
Model of Care for the
Older Person](#)

[National Falls
Prevention Guidelines](#)

Possible interventions:

In addition to the standard strategies and in response to the risk assessment, the hospital staff implemented targeted, individualised interventions to reduce Mrs R's risk of falling. These interventions included a medication review and advice on the importance of getting enough sunlight for vitamin D by the medical officer; advice from the Occupational Therapist about wearing well-fitting shoes with nonslip soles; and some simple exercises for strengthening core body muscles for better balance, demonstrated by the Physiotherapist.

The health care teams at both the hospital and the RACF were all made aware of changes to Mrs R's care through chart entries, case conferences and appropriate discharge correspondence. Mrs R and her family were made aware of the changes to her care through a scheduled meeting with the health care team.

Were these steps that you would have taken?

Whether working in the hospital setting or not, it is important to be aware of the types of health professionals available to help reduce the risk of a patient/client having a fall. Falls prevention is the responsibility of all staff involved including nurses, GP's, allied health professionals, cleaners and other support staff.

Source: Australian Commission on Safety and Quality in Healthcare "Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals, Residential Aged Care Facilities and Community Care 2009".

Have Your Say...

The new Caring for Older Australians draft report produced by the Productivity Commission has been released. Interested parties are being asked to provide feedback by **21st March 2011**. For more information visit <http://www.pc.gov.au/projects/inquiry/aged-care>.

The Western Australian Falls Prevention Summit – Staying On Track

Date: Thursday 5th May, 2011

Venue: The Esplanade Hotel, Fremantle

Cost: \$60 per person

The Western Australian Falls Prevention Summit 2011 will provide an opportunity to showcase current Western Australian falls prevention initiatives and engage participants from across the continuum of care. The format of the day will allow input from several providers across falls prevention services as well as workshops across key areas. Dr Terry Haines from Monash University Faculty of Medicine, Dentistry and Health Sciences will be providing the key address at this one day Summit.

This event is being organised by ICCWA under guidance and on behalf of the Falls Prevention Health Network. The National Falls Prevention Guidelines will also be launched, with the health industry receiving information and tools on implementing the guidelines in a practical way. Registrations will be open late February.

For more information contact:

Injury Control Council of WA (Inc)

City West Lotteries House, 2 Delhi Street, West Perth WA 6005

(08) 9420 7212 or zcooper@iccwa.org.au or visit www.iccwa.org.au



Have an Event Coming Up?

To include your event, contact:

[Stay On Your Feet WA®](#)

ICCWA Contact Details

City West Lotteries House
2 Delhi Street
West Perth 6005

Telephone: (08) 9420 7212
Fax: (08) 9486 7955

Email:

[ICCWA](#)

[Stay On Your Feet WA®](#)

Diary Dates

March		
13-16	11th National Rural Health Conference National Rural Health Alliance Phone: (02) 6285 4660 Perth Convention Centre http://11nrhc.ruralhealth.org.au/about-us	
April		
1	April No Falls Day Injury Control Council of WA Phone: (08) 9420 7212 http://www.stayonyourfeet.com.au	
10-13	Australian Health Promotion Association 20th National Conference Phone: (02) 6292 9000 Cairns Convention Centre http://www.conferenceco.com.au/AHPA/index.html	 
May		
5	Falls Prevention Summit Injury Control Council of WA Phone: (08) 9420 7212 Esplanade Fremantle, Western Australia http://www.stayonyourfeet.com.au	
12-13	Aged and Community Services WA Conference Phone: (08) 9389 1488 Burswood Entertainment Complex, Western Australia http://www.acswa2011.com.au/	Aged & Community Services WA CONFERENCE 2011 <small>in partnership with Alzheimer's Australia WA</small>
17-20	Alzheimer's National Conference Alzheimer's Australia Phone: (07) 3255 1002 Brisbane Convention and Exhibition Centre http://www.alzheimers2011.com/	

Wish to Subscribe?

To subscribe, send 'bulletin-subscribe' to: [Stay On Your Feet WA®](#)

To unsubscribe, send 'bulletin-unsubscribe' to: [Stay On Your Feet WA®](#)