

# Falls prevention: a case for change

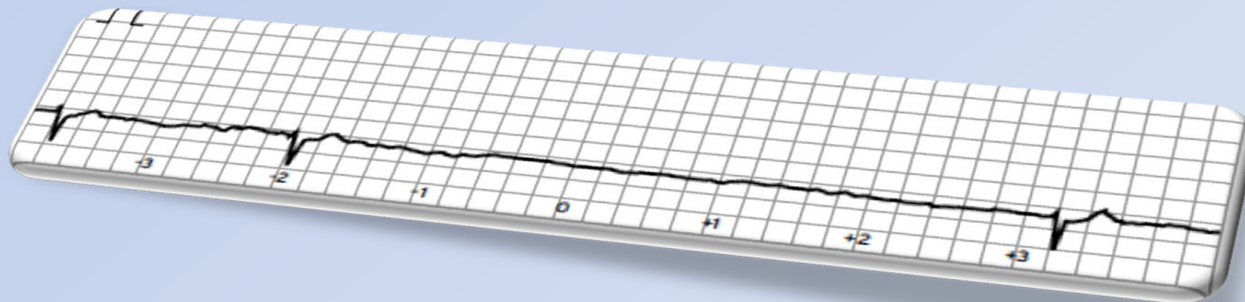
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# What are the consequences of falls?

## National

- Annual NHS cost £2.3 billion.
- >4 million beds days (England)
  - Doubles the hospital length of stay
- 70,000 hip fractures
- Unsustainable for health economy

**>50% falls are preventable**

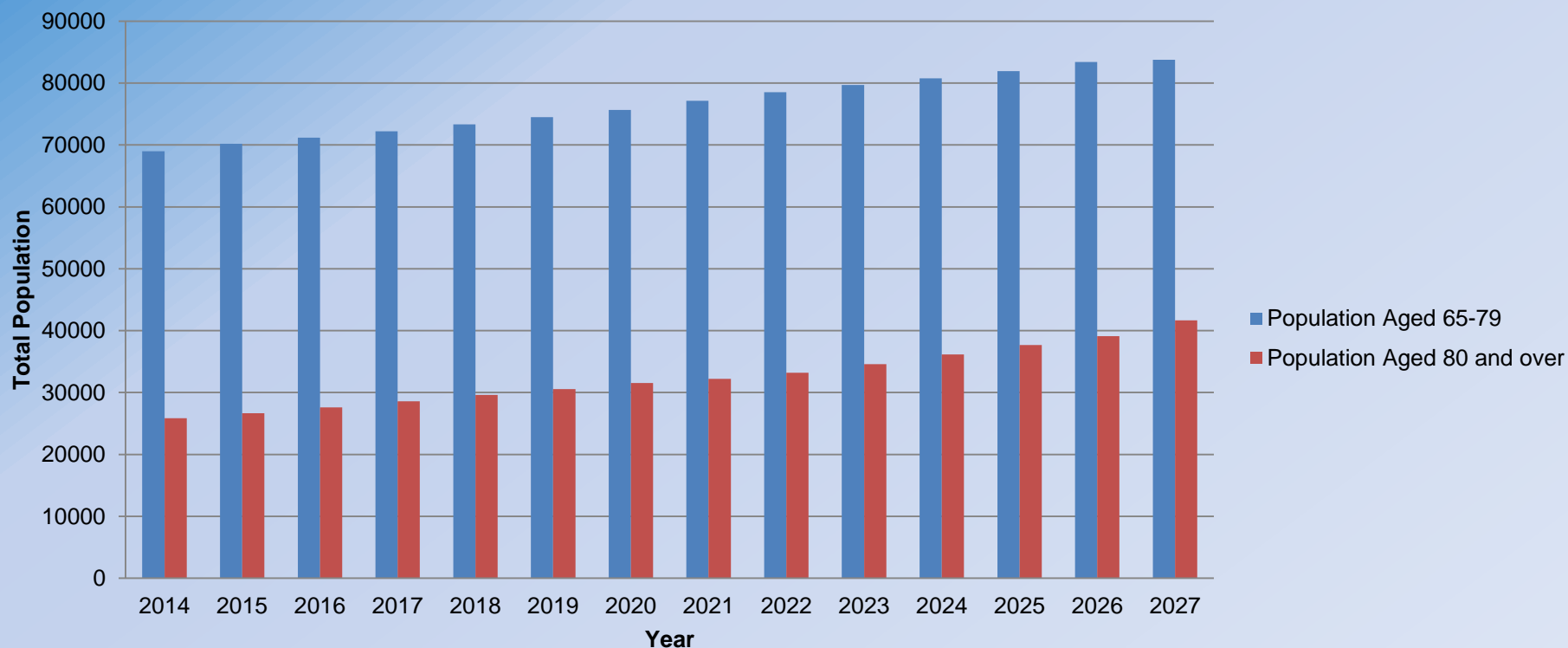
- Personal injury e.g. osteoporotic fracture
- 30-73% left with loss of confidence/independence
- Mortality (10% annual, 14000 deaths/year)
- Leading injurious cause of death in elderly

## Family/Carers

- Huge Pressure

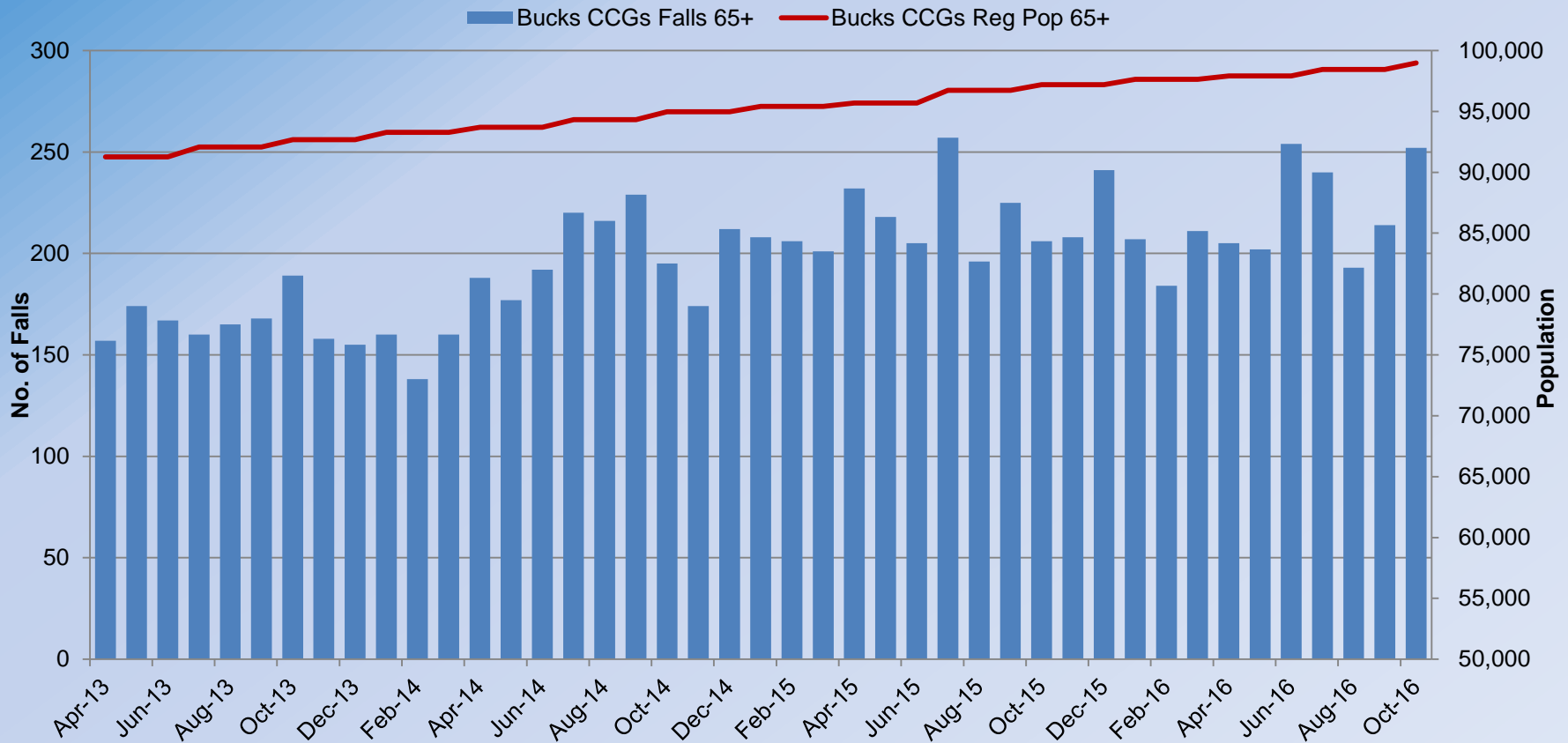
# Population growth

**A Chart Showing Chiltern CCG's and Aylesbury Vale CCG's Population Projection.**



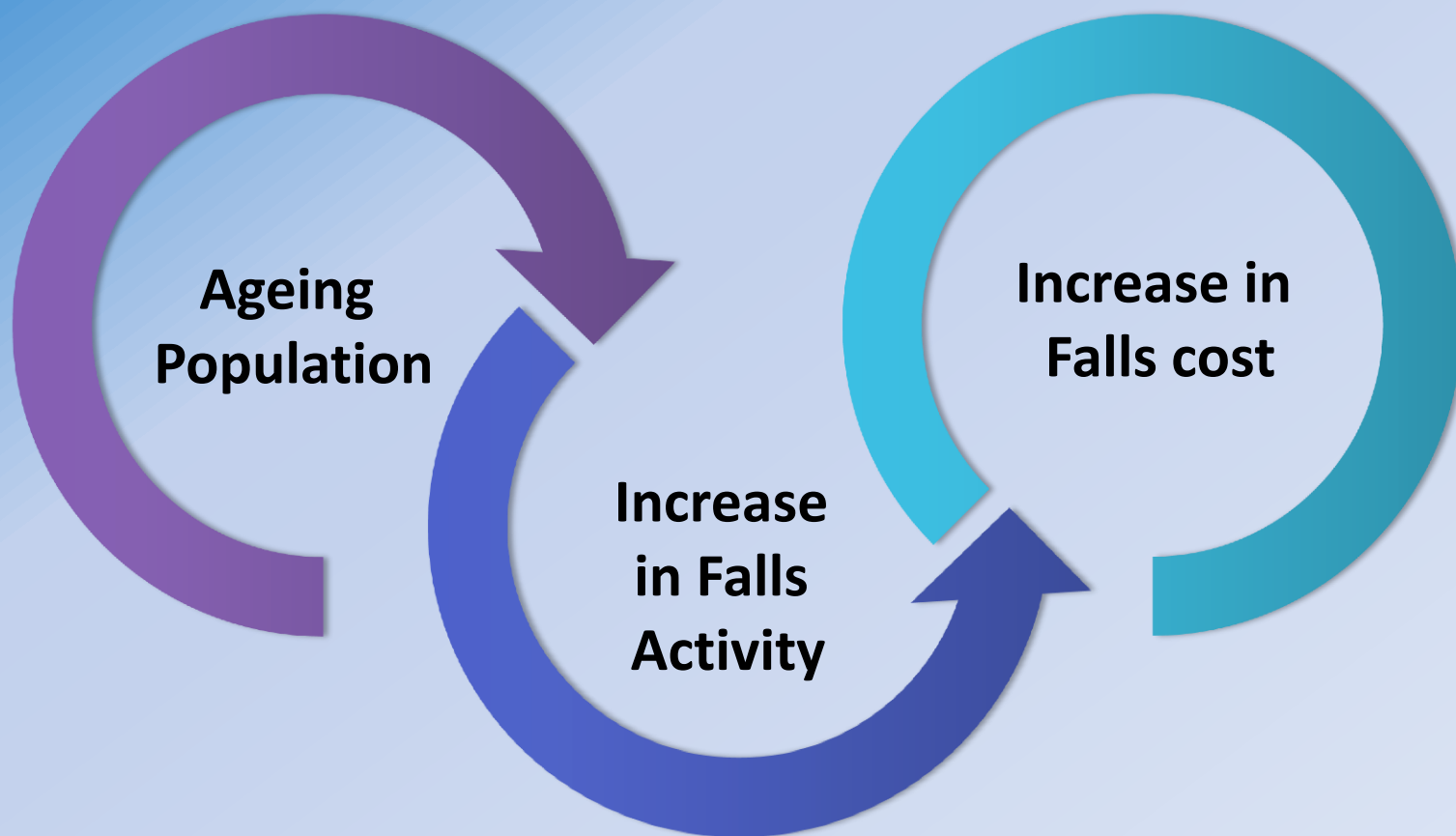
# Falls increase with age

**Bucks CCGs Falls Age 65+ vs Bucks Registered Population Age 65+**



# Do Nothing Scenario – not an option

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# Strategy: Bucks

- Falls Group
- Population Education
- Care Homes
- Vaccines
- QIS :  
– Screening, Meds Opt etc.

**What can you do to reduce your risk?**

- Ask for help if you're concerned
- Assess your home for dangers – don't delay
- Think about falls when out and about
- Look after those at risk

**Top tips for staying steady**

- 1 Exercise regularly**
- 2 Check your eyes and hearing**
- 3 Ask about your medicines**
- 4 Visit your GP**
- 5 Vitamin D for stability**
- 6 Count your carpets**
- 7 Check for home hazards**
- 8 Look after your feet**

Age UK. Top tips for staying steady

**This winter...**

**Please take care to avoid needless falls**

People aged **65+** are at particular risk

Falls can lead to:

- Broken bones and other injuries
- Loss of confidence
- Loneliness and isolation
- Many other serious health concerns

Aylesbury Vale Clinical Commissioning Group      Chiltern Clinical Commissioning Group

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**Community should do 'everything possible' to help elderly avoid falls, NHS bosses say**

**Wycombe**  
SOUND

# Strategy: Bucks

Working with organisations  
in Buckinghamshire  
to promote  
falls prevention



**HIGH WYCOMBE  
LIONS CLUB**

**Has  
your  
Fridge  
got the  
Bottle?**

**IT COULD SAVE YOUR LIFE!**

THE INFORMATION FORM CONTAINS

- PERSONAL DETAILS
- ANY ILLNESS THAT MAY AFFECT EMERGENCY TREATMENT
- DETAILS OF ANY ALLERGIES
- ANY ALLERGIC REACTION TO MEDICATION
- ILLNESS FOR WHICH MEDICATION IS BEING TAKEN
- DETAILS OF ANY MEDICATION THAT YOU ARE CURRENTLY TAKING
- LOCATION OF YOUR MEDICATION
- ORGAN DONOR SECTION (OPTIONAL)

Take one today – Free of charge  
Contact – Lion Pam Nower 01628 521405

**Top tips for staying steady**

There are some simple things you can do to stay steady on your feet. Here are our top tips to help you to improve your strength and balance and to feel more confident if you are worried about falling. For more information or a free copy of our advice guide, *Staying steady*, call 0800 359 6565.

- Exercise regularly**  
Focus on activities that challenge your balance and strengthen your legs, like gardening, dancing, tai chi or special balance and stability classes.
- Check your eyes and hearing**  
Regular sight tests and reporting ear pain or difficulties with hearing can identify problems that could affect your balance and co-ordination. Eye tests are free for everyone over 60 and for any problems with your ears, speak to your GP.
- Ask about your medicines**  
Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this, so they may want to change your dose or look at alternatives.
- Visit your GP**  
If you've had a fall or are worried about falling, tell your GP, even if you feel okay. There could be many reasons and, equally, many ways to keep you feel confident again.
- Vitamin D for vitality**  
Vitamin D is essential for keeping bones strong - the best source is sunshine. Try going outside without sunscreen for a few minutes around lunchtime every day during summer. Take care not to let your skin redden or burn. Some foods such as oily fish or eggs also provide vitamin D.
- Count your calcium**  
A balanced diet rich in calcium will also help to keep your bones strong. You can find calcium in milk and dairy foods such as cheese and yoghurt, fortified soya products and canned fish.
- Check for home hazards**  
Make sure your home is hazard-free and well lit. Organise your things so that you're not at risk of tripping over any wires, clutter or loose or frayed carpets.
- Look after your feet**  
Problems with your feet, especially anything that causes pain, can affect your balance. Be sure to wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist.

**ageUK**  
Improving later life

Buckinghamshire **NHS**  
Healthcare  
NHS Trust

**The Integrated  
Falls & Bone  
Health Service**

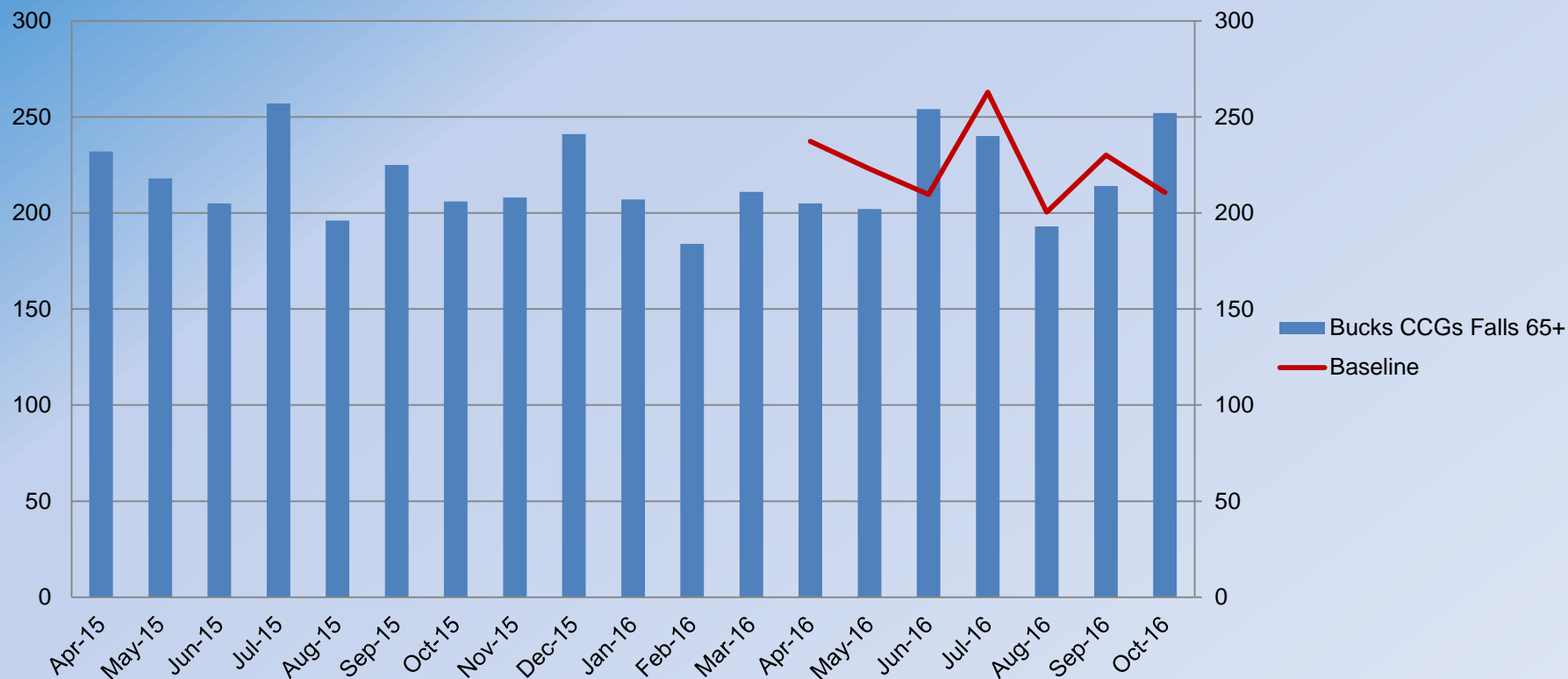
Helping you to stay steady  
and independent

Information leaflet for older people  
who have had a slip, trip or fall  
If you require a translation or an alternative  
format of this leaflet please call  
0844 225 2403

**Safe & compassionate care,  
every time**

# Metrics

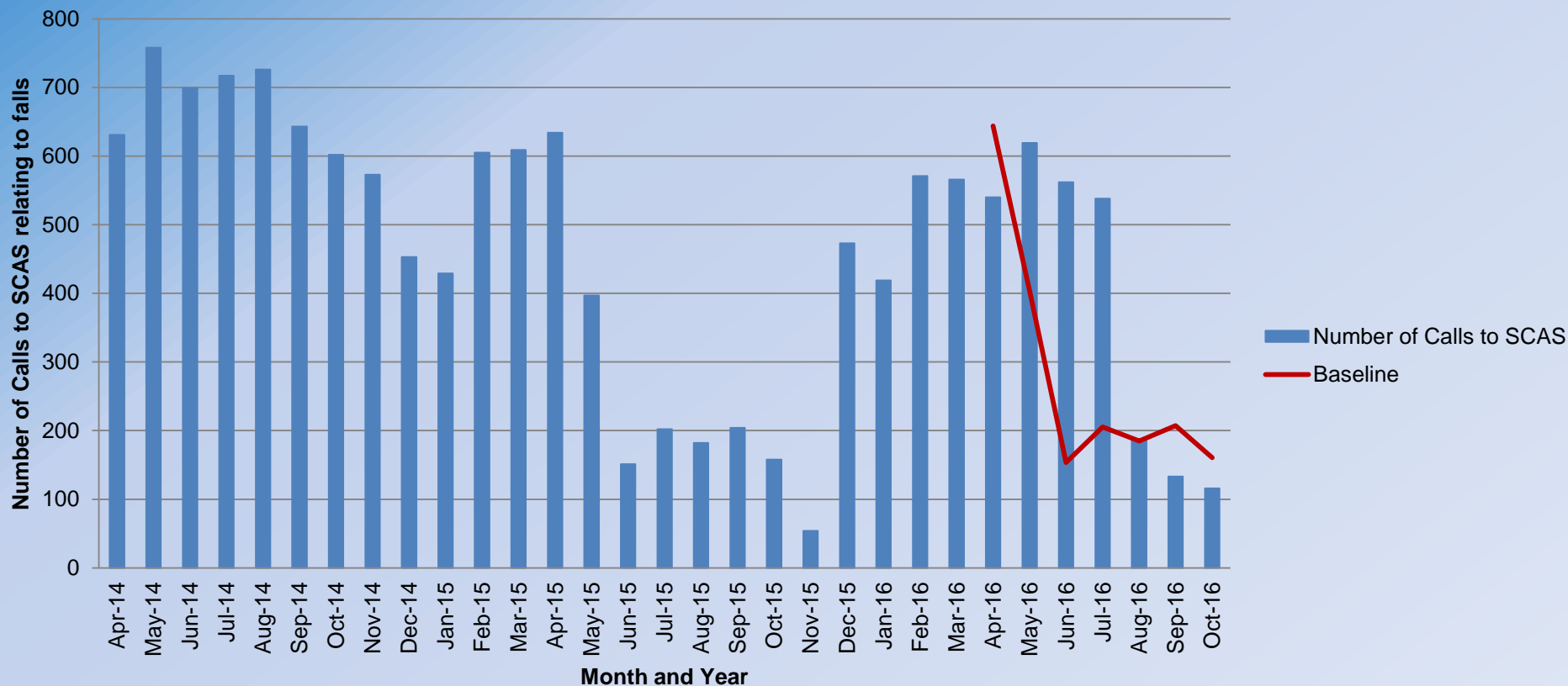
**A chart showing Bucks CCGs admissions for Falls in any diagnosis position for people aged 65+ with baseline**





# Metrics

**A Chart Showing the Number of Calls to SCAS Relating to Falls Made by Aylesbury and Chiltern CCG**



# Benefits of a TV wide falls strategy

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## Resilience

- SCAS
- Cost
- Capacity in health
- Social care

## Patient

## Family/Carers

# Next steps for Thames Valley

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**Raise as a priority**

**System Wide Approach**

**Commitment from all CCGs**

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