

# **Our Impact; Delivering joined up Person Centred Care**

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- **Integrated Falls Service  
South Eastern ICPs**

**Dr Chris Leggett ; Chairperson  
Down ICP**



**#ICPchange**



# SE ICP Falls Prevention Service

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- 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

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- **Strokes/TIAs and heart attacks are falling.**
- **Fractures from falls are RISING.**
- **Fragility fractures cost UK over £2billion/year.**

# SE ICP- Falls Prevention Service

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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

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



# SE ICP Falls Prevention Strategy

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- **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

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## **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

# Patient Experience

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**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.”***

