

## Falls Injury Prevention

Welcome to the first HNE Health Falls Injury Prevention Area Newsletter. Thankyou to the many clinicians and managers who have been involved in the early work, and to those of you yet to be involved, the time rapidly approaches.

### BACKGROUND - Key events

- NSW Health *Management Policy to Reduce Fall Injury Amongst Older People* (PD 2005\_353)
- 2006, HNE Health Falls Injury Prevention Coordinator appointed to implement the policy in: community, residential aged care and acute/subacute settings
- The HNE Health Falls Injury Prevention Among Older People Advisory Committee was formed in October 2006 to provide strategic direction, chaired by Dr John Wiggers, Director of Population Health
- In 2007, the three settings Working Parties were formed. The chairs are:
  1. **Community**, Derene Anderson, General Manager, GNC, with early leadership by Margo Carberry Community Health Manager, Narrabri
  2. **Residential Aged Care**, Mandy Harden, Residential Aged Care Project Officer
  3. **Acute/Subacute Inpatient**, Carmel Peek, DoN, Div of Medicine, GNC, with the early leadership undertaken by Kathy Bullen, CNC Rehabilitation and Aged Care, GNC.
- August 2007, the Area Executive Team endorsed the HNE Health Falls Injury Prevention Among Older People Implementation Plan (July 2007- June 2010)
- November, 2007 and March 2008. HNE Health Falls Injury Prevention Forums are held in Tamworth and Newcastle, with both attended by 180 delegates from a wide range of services within HNE Health and external partners.

**Patsy Bourke, Falls Injury Prevention Coordinator**  
Please direct any queries or comments on this newsletter or relevant issues on Ph 6767 8206 or [patsy.bourke@hnehealth.nsw.gov.au](mailto:patsy.bourke@hnehealth.nsw.gov.au)

## Working Party Feature

### Residential Care Falls Injury Prevention Among Older People Working Party (RACF WP) Achievements So Far

The first meeting was in March 2007 with teleconference links across the Area to HNE Health and private facilities. It reports to the Area Advisory Committee and is co-chaired by Mandy Harden and Dr John Ward. Meetings are second monthly. Any interested facilities are invited to participate.



**Barry Mason, McLean Retirement Village, Inverell; Richard Gibson, Uni of Newcastle; Mandy Harden and Dr John Ward, HNE; presenting on Residential Aged Care at the HNE Falls Injury Prevention Forum in Newcastle on 31 March, 2008**

Both private and HNE Health residential care providers have contributed to the three year work plan. The first major work is the draft Policy Compliance Procedure, which is currently under peer review and any comments are welcome. The work from this Working Party will direct practice of the aged care beds under HNE Health so representation from our facilities is vital.

# Falls Injury Prevention

The three year research project Falls Injury Reduction in Residential Care Especially Hip Fractures completed in March 2008. This was a joint project between HNE and The University of Newcastle funded by NSW Health under their Health Promotion Demonstration Research Grant Scheme 2005-2007. A report will be compiled for NSW Health by June 2008.

For any information, ideas or comments on the Residential Aged Care issues please contact Mandy Harden by phone 0434071119 or email [mandy.harden@hnehealth.nsw.gov.au](mailto:mandy.harden@hnehealth.nsw.gov.au)

## HNE Falls Injury Prevention Forums

The inaugural Falls Injury Prevention Forum was held in November 2007 in Tamworth. 180 participants from HNE Health and partner organisations expressed high level of satisfaction with the content and format.

Due to this outstanding success and interest from those unable to attend, a second Forum was held at the Royal Newcastle Centre on 31 March, 2008. This date was part of the week when NSW Health's first ever gazetted April Falls Day (April 1, 2008) was held.



**Lorraine Lovitt, Clinical Excellence Commission and Carmel Peek, Service Manager/DoN, Div Medicine, GNC, leading the way with the balance challenge energisers**

It provided a valuable opportunity to link with statewide media promotion, to highlight NSW best practice showcase what is underway in HNE Health. Fun with Laraine Dunn was included with everyone led through balance

challenge moves to stimulate mind and body to highlight optimal falls injury prevention.

Thanks so much to those who made both forums such a success. The support commenced with Dr Nigel Lyons, CE, who opened proceedings. AET Members chaired sessions; the wonderful presenters, mostly from HNE Health, gave their time and expertise; the Admin staff in the Division of Medicine and Population Health, managed 'behind the scenes' and support came from Nursing and Midwifery strategy funds. A big team effort!

The Falls Journeys are available at [http://intranet.hne.health.nsw.gov.au/nm/education\\_and\\_training\\_resources](http://intranet.hne.health.nsw.gov.au/nm/education_and_training_resources)

The slides from presentations are available on the **NSW Falls Prevention Network**. This site has open membership and really useful information. Please have a look:

<http://www.powmri.edu.au/fallsnetwork/>

## Snapshots

- The telephone survey of all wards, community health centres, EDs and HNE RACFs is almost completed. This will provide valuable information about current practice and indicate what is required across HNE Health services to meet the strategies in the Falls Injury Prevention plans. Findings will be reported in the next edition.
- A new Sustainable Access project is being funded to develop clinical pathways for older people who present to an HNE Health service and require follow-up for falls injury risk assessment. Robyn Walker from Rankin Park Centre has been seconded to lead the pilot, commencing at JHH ED.
- Congratulations to Manning Hospital on their service wide celebration of April Falls Day - look out all for April 1, 2009!

The third Australia and NZ Falls Prevention Conference is in Melbourne 12-14 October 2008. Abstracts are due 30 June, please see <http://www.anzfpconference.com/> If you are planning to attend, please advise Patsy Bourke on (02) 6767 8206.