

Briefing on Falls and Fractures

Background

- It has been estimated that 30% of people over 65 living in the community fall each year and for those aged over 80 this rate rises to 50%
- Two thirds of older people who fall, will fall again within one year
- Older people in care homes are three times more likely to fall, with up to 20% of those resulting in hip fracture
- 50% of people who sustain a hip fracture never return to their previous level of mobility.
- 20% of those who fracture their hip will die within 12 months

Falls cost more than £1billion per year in the UK. This is equivalent to around £13m for NHS Nottinghamshire County. Each fractured neck of femur costs the health service around £7000.

The cost to social care in Nottinghamshire is about £12m.

The numbers who present to health services with a fall are the tip of the iceberg. It is therefore difficult to identify exact numbers of older people who fall.

For this reason our only accurate measure is a Direct Standardised Rate (DSR) of Fractured Neck of Femur (hip fracture). Fractured Neck of Femur is measured consistently across regions and reported in terms of a Direct Standardised Rate

Both NHS Nottinghamshire County and NHS Bassetlaw set ambitious targets to reduce the Fractured Neck of Femur rate by 17% over 5 years.

The target for NHS Nottinghamshire County– To reduce the Direct Standardised Rate of Fractured Neck of Femur by 17% from a baseline of 503 to 419 by 13/14.

Progress to date

1) Initiatives implemented to address the clinical causes of falls include:

- A 'guide to action tool' as part of the District Nursing paperwork – training also provided to support implementation
- Best Practice cost Tariff for Hip Fracture Management in Hospitals
- Falls Good Practice Guidance for care homes and primary care staff
- Falls teams in all areas, with the exception of Broxtowe and Gedling, go into care homes to provide training. This gap has now been addressed.
- East Midlands Ambulance Service (EMAS) identified falls activity in individual care homes. Those with the highest rates are now being visited to identify and address issues.

- GP training delivered across the county in line with the Falls Clinical Pathway
- 79% sign up to the Direct Enhanced Service for Osteoporosis in NHS Nottinghamshire County

2) Exercise Programmes

- Falls Teams across the county deliver evidence based individualised strength and balance exercise programmes
- New posts appointed to in Gedling team to increase capacity

3) Home Hazard reduction

- Falls Teams across the county assess and give advice on the reduction of home hazards, referring onto other appropriate services e.g. Integrated Community Equipment Service (ICES), Handy Persons Adaption Service/Scheme (HPAS).
- Training events for referrers to ensure appropriateness
- Telecare Pilot in Bassetlaw for bed leaving devices to alert care home staff to residents who may be at risk of a fall

4) Public Awareness

- DVD on Osteoporosis on the Life Channel in GP surgeries
- Production of falls booklet for full falls prevention advice
- Falls awareness week in June – various events

Progress against Target

To date NHS Nottinghamshire County has exceeded the year on year trajectory and is on target for meeting the 17% reduction in the DSR for Fractured Neck of Femur. Nottinghamshire County Council rates are in line with the East Midlands and England. However Mansfield, Newark and Sherwood and Bassetlaw have rates higher than that for England but only Bassetlaw is statistically significantly higher.

Future work

- Continue to work with care homes
- Improved identification of high risk fallers attending Emergency Departments
- Continue to promote healthy lifestyles and the importance of keeping active
- Continue to commission falls teams in all areas

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