

Addendum

Level 2 Certificate in Falls Prevention Awareness



Certificate in Falls Prevention Awareness

Introduction

The purpose of this addendum is to work alongside the learning material you have initially been supplied with for your course.

You will find that the learning resources you have been provided with are a good guide for national law, but as you progress through the coursework you will read information given on legislation, guidelines and government initiatives that are sometimes not relevant to Scotland and are in fact pertinent to England and Wales only; on occasion Northern Ireland too, though they also have a devolved government.

For your effective learning whilst on this course, living and working within Scotland, it is imperative that you are familiar with the correct details to enable you to have the relevant knowledge and understanding. When answering questions on your assessments, you will on occasion do so using the information supplied within this addendum and NOT the course literature.

Legislation and guidelines are constantly changing in the care sector and there are possibly many local initiatives and support groups that you may already be aware of within your own community. You could find out more by using a search engine such as Google or visiting your local library, doctors' surgery and/or community centre.

To ensure accuracy and currency of legislation, initiatives and guidelines, if you do notice anything in these resources that you believe should be updated or added, please share this information with The Skills Network so it can be appropriately amended at:

ScotlandEnquiries@TheSkillsNetwork.com

Legislation

Course Material	Scottish Equivalent
Health and Safety at Work Act 1974	Scottish Plan for Action on Safety and Health http://www.hse.gov.uk/scotland/
Care Act 2014	The Prevention and Management of Falls in the Community: A Framework for Action for Scotland 2014/2015 http://www.gov.scot/Publications/2014/04/2038/3
Nil	Regulation of Care (Scotland) Act 2001 http://www.legislation.gov.uk/asp/2001/8/contents

Policies and Guidance

Course Material	Scottish Equivalent
Public Health Outcomes Framework	The Prevention and Management of Falls in the Community: A Framework for Action for Scotland 2014/2015 http://www.gov.scot/Publications/2014/04/2038/3
Public Health England: The Human Cost of Falls	Optimising Older People's Quality of Life: An Outcomes Framework Including reference to the psychological impact of falls. http://www.healthscotland.scot/media/1222/nested-model_aug2014_english.pdf
Nil	Preventing Falls at Home (Care Information Scotland) http://www.careinfoscotland.scot/topics/care-at-home/preventing-falls-at-home/
Nil	New Falls Prevention and Management Tools (Joint Improvement Team conference) http://www.jitscotland.org.uk/news/new-falls-prevention-management-tools/
Nil	The Prevention and Management of Falls in the Community (Royal College of Physicians of Edinburgh) http://www.rcpe.ac.uk/prevention-and-management-falls-community-framework-action-scotland-20142015
Nil	Telehealthcare and Falls (University of Stirling – NHS Scotland) https://tinyurl.com/yc945pko

Overview

Material	Further information
<p>Optimising Older People's Quality of Life: An Outcomes Framework</p>	<p>The outcomes framework is made up of two main components: a strategic outcomes model and four nested logic models that illustrate a range of preventative services areas: food/eating, falls prevention, housing/home environment, etc.</p> <p>The publication has a chapter on falls prevention and includes reference to the psychological impact of falls as well as effective interventions.</p> <p><i>http://www.healthscotland.scot/media/1222/nested-model_aug2014_english.pdf</i></p>
<p>Falls and Fractures (Care Inspectorate)</p>	<p>The Managing Falls and Fractures in Care Homes for Older People good practice resource is a revised and improved edition of the resource pack launched in 2011.</p> <p>This resource pack will help staff in care homes to assess how well falls prevention and management and the prevention of fractures is being addressed in their service.</p> <p>It aims to provide the answers to many of the questions care home managers have. It provides practical help, guidance and tools and signposts to resources available online.</p> <p>It includes a section about learning from falls which emphasises the importance and value of learning from the information you gather about falls. Another section focuses on 10 common risk areas and includes guidance, points to consider, tools and links to useful websites.</p> <p>There are a number of changes and additions in the 2016 edition.</p> <p><i>http://www.careinspectorate.com/index.php/care-news-online/9-professional/2737-falls-and-fractures</i></p> <p>Publication:</p> <p><i>http://www.careinspectorate.com/images/documents/2737/2016/Falls-and-fractures-new-resource-low-res.pdf</i></p>

Material	Further information
<p>Preventing Falls at Home (Care Information Scotland)</p>	<p>This is a page of links to NHS Inform which include guidance on preventing falls such as:</p> <ul style="list-style-type: none"> • Strength and balance exercises • How to manage your medication • How to look after your vision and hearing • Identifying hazards • Safety checking your home. <p><i>http://www.careinfoscotland.scot/topics/care-at-home/preventing-falls-at-home/</i></p>
<p>Falls Prevention and Management Tools (Joint Improvement Team conference) – Scotland</p>	<p>The falls prevention and management tools offer a wealth of information and advice as well as simple exercises to support older people at home.</p> <p>They include a Falls Information Zone, created on NHS inform (<i>www.nhsinform.scot/healthy-living/preventing-falls</i>) and a Self-Assessment Tool and Person Held File (<i>https://sctt.org.uk/programmes/digital-services-and-apps/health-and-wellbeing/living-it-up/person-held-file/</i>) as well as the Care Coordination Calendar (<i>http://pilotsmartcare.eu/home.html</i>) which have been developed as part of the SmartCare programme.</p> <p><i>http://www.jitscotland.org.uk/news/new-falls-prevention-management-tools/</i></p>
<p>The Prevention and Management of Falls in the Community (Royal College of Physicians of Edinburgh)</p>	<p>The aims of the framework are to create a minimum standard of care for community dwelling older people who sustain a fall or are at risk of falling. This strategy should provide all older people who fall with access to a minimum assessment. However, the success of implementation relies on a wide range of people in both health and social care settings having training in identifying those who have fallen or pro-actively enquiring about fall risk factors.</p> <p><i>http://www.rcpe.ac.uk/prevention-and-management-falls-community-framework-action-scotland-20142015</i></p>

Material	Further information
<p>Telehealthcare and Falls (University of Stirling – NHS Scotland)</p>	<p>The workbook explains how telehealthcare can enable a fast response to falls, offering reassurance as well as a practical response in an emergency.</p> <p>It also describes how telehealthcare – that is, equipment combined with assessment, monitoring and response services – can reduce the risk of falling as part of a comprehensive individualised falls prevention and management programme.</p> <p>Additionally, it describes the role telehealthcare can play in providing support and reassurance to carers.</p> <p>https://tinyurl.com/yc945pko</p>
<p>Scottish Statistics for Falls and Fractures (Older People)</p>	<p>Falls and fractures in people aged 65 and over account for over 18,000 unscheduled admissions and 390,500 bed days each year in Scotland. Average lengths of stay for falls and hip fracture admissions exceed those for other emergency admissions in the same age groups</p> <p>In addition, in the over 65 population, falls cases are the largest single presentation to the Scottish Ambulance Service (over 35,000 presentations each year), one of the leading causes of Emergency Department attendance, and are implicated in over 40% of Care Home admissions. Post-fall syndrome, a combination of fear of falling, anxiety, loss of confidence and depression, is prevalent, leading in many to an inability to carry out day-to-day activities and social withdrawal and isolation.</p> <p>http://www.gov.scot/Publications/2012/05/6979/3</p>
<p>Scottish Plan for Action on Safety and Health</p>	<p>The Scottish Plan for Action on Safety and Health 2016 and beyond has been published by the Partnership on Health and Safety in Scotland (PHASS). It provides an opportunity for partners across the Scottish health and safety community to act together to improve workplace health and safety.</p> <p>http://www.hse.gov.uk/scotland/</p>

Material	Further information
<p>National Falls Programme (Falls and Bone Health Community)</p>	<p>The Framework for Action builds on the model presented in the 'Up and About' resource and focuses on falls prevention and management and fracture prevention for older people living in the community. The Framework is underpinned by evidence from research and draws on knowledge and experience gained by the falls prevention community in Scotland over the last four years. It identifies and describes key actions for health and social care services at each of the four stages of the pathway. These actions represent the minimum standard of care an older person should expect to receive, regardless of where and when they present to services.</p> <p><i>http://www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme.aspx</i></p>
<p>Adult Support and Protection (Scotland) Act 2007</p>	<p>An Act of the Scottish Parliament to make provision for the purposes of protecting adults from harm; to require the establishment of committees with functions relating to the safeguarding of adults who are at risk of harm; to amend the law relating to incapable adults; to remove an individual's liability for expenses incurred by councils in performing certain functions in relation to the individual's spouse or child; to allow the Scottish Ministers to delegate their functions relating to councils' duty to pay sums for the purposes of securing community care services; to make provision entitling a council to recover expenses incurred in providing social services to persons who are not ordinarily resident in the council's area; to allow the Public Guardian to intervene in court proceedings; to amend the law relating to mentally disordered persons; and for connected purposes.</p> <p><i>http://www.legislation.gov.uk/asp/2007/10/contents</i></p>

Material	Further information
<p>Regulation of Care (Scotland) Act 2001</p> <p>English equivalent: The Care Standards Act 2000 Establishments and Agencies (Miscellaneous Amendments) Regulations 2002</p>	<p>Act of Scottish Parliament that makes provision for the registration and regulation of care services and for the registration, regulation and training of social service workers; to enable local authorities to make grants in respect of activities relating to childcare and family support and to make direct payments to children in respect of certain care services; to enable the Scottish Ministers to delegate a power to make certain grants and loans for social work; to make further provision as respects payments by local authorities towards maintenance of certain children residing with and being cared for by persons other than their parents; to enable local authorities to provide and maintain residential accommodation in which nursing is provided; to make further provision as respects persons who have been looked after by local authorities; to amend the definition of 'place of safety' in the Children (Scotland) Act 1995; to make further provision as respects the appointment for children of curators ad litem, reporting officers and safeguarders; and for connected purposes.</p> <p>http://www.legislation.gov.uk/asp/2001/8/contents</p>
<p>Health and Social Care Standards: My Support, My Life</p>	<p>The new Health and Social Care Standards will be used from April 2018.</p> <p>The Health and Social Care Standards set out what we should expect when using health, social care or social work services in Scotland. They seek to provide better outcomes for everyone and to ensure that individuals are treated with respect and dignity and that the basic human rights we are all entitled to are upheld.</p> <p>The new standards are relevant across all health and social care provision. They are no longer just focused on regulated care settings but for use in health and social care, as well as in early learning and childcare, children's services, social work and community justice.</p> <p>http://www.newcarestandards.scot/</p>

Material	Further information
<p>Moving and Handling in Health and Social Care</p>	<p>These pages are for employers and employees in the health and social care sectors involved in moving and handling, particularly those who assess moving and handling needs and carry out handling activities. Owing to the variety of care settings, some of this guidance may be useful for people who receive care within their own home.</p> <p>Moving and handling is a key part of the working day for most employees; from moving equipment, laundry, catering, supplies or waste to assisting residents in moving.</p> <p>Poor moving and handling practice can lead to:</p> <ul style="list-style-type: none"> • Back pain and musculoskeletal disorders, which can lead to inability to work • Moving and handling accidents – which can injure both the person being moved and the employee • Discomfort and a lack of dignity for the person being moved. <p>You must take action to prevent or minimise the risk of injury.</p> <p><i>http://www.hse.gov.uk/healthservices/moving-handling.htm</i></p>