

'Let's Talk Falls Lothian'

Newsletter

FEBRUARY 2024, ISSUE 1



IN THIS EDITION

Page 1 Welcome

Page 2 Programme News and Let's Talk Falls Teams channel

Page 3 Community and Inpatient News

Page 4 Other Falls News

WELCOME

Welcome to the 1st "Let's Talk Falls Lothian" Newsletter of 2024.

Our feedback link in the last issue, told us that people would like to read more newsletters around Falls so we will issue a Let's Talk Falls newsletter every quarter. In this edition, we provide a short update on the wider Falls programme work and focus on updates happening in other areas in the community and in inpatient locations.

There is also an update around the new Let's Talk Falls Lothian Teams channel.

SHARING IS CARING

To share your feedback or thoughts on the newsletter, or to share the good work around falls in your area, please tell us using the link on page 4.



WHY FOCUS ON FALLS?

- Globally, falls are a major public health problem. An estimated 684 000 fatal falls occur each year, making it the second leading cause of unintentional injury death, after road traffic injuries (WHO).
- Managing the consequences of falls is estimated to cost health and social care services in Scotland in excess of £470 million every year.
- Most falls happen in hospitals and care homes
- In 2023, there were over 16,000 A & E falls related attendances in Edinburgh alone in 2023, however that figure is down from 2022.

FALLS PROGRAMME WORK



Falls Programme work is focussing on stands of work that include data, education and strategy. Keep up to date on Falls Programme work [here](#).

- ▶ Data work includes the development of a Falls dashboard which will move the current community partnership reports onto a more accessible platform.

The dashboard will provide some data, trends and patterns enabling more insight to falls across Lothian.

- ▶ The Falls Education group has completed work reviewing the existing falls content on the Lothian staff intranet pages and a new accessible platform will be launched in 2024. This will include relevant Falls information for all health and social care staff. The group has also looked at Falls education training, and will be supporting the delivery of a set of Scotland wide falls modules currently being shaped and formatted for use by NHS Education for Scotland.
- ▶ A new Falls Train the Trainer package has been developed by two clinical educators in the group providing Falls training material that people can utilise to deliver in their own areas to suit their specific staff needs.
- ▶ The ongoing improvements to the Lothian public falls website are complete and can be viewed [here](#). To provide feedback on the public website please scan the QR code below which will take you to our feedback survey.



'LET'S TALK FALLS' TEAMS CHANNEL

To celebrate Falls awareness week in September, we launched a Lothian wide Falls teams channel called 'Let's Talk Falls Lothian'.

The channel holds some useful falls updates and resources, including national reports and webinars and is a place to share falls resources and keep in touch with colleagues as part of a Lothian wide falls network.



- This year, we will be planning some speakers to talk about Falls in their areas, including Professor Dawn Skelton, Professor of Ageing and Health, GCU, Ageing Well Research Group, Research Centre for Health (ReaCH).

To find out more and keep in touch with what's happening around Falls, you can access the LOTH Let's Talk Falls Lothian Teams channel [here](#)

FALLS WORK ACROSS LOTHIAN

Sharing falls updates from the Inpatient and Community Falls groups



Community Falls Focus

Community Falls Learning Conference

East Lothian hosted a joint Community Falls Learning and Networking event during Falls week with all 4 health and social care partnerships. This provided a great opportunity for Falls practitioners in the 4 partnerships to come together and share progress and learning around the great falls work that is carried out in each area.

Presentations from the event included updates from the local areas on their falls services, managing falls in the Midlothian community hospital, falls work in Lothian care homes, Smplicare - how digital falls equipment can potentially be used to help prevent and pre-empt falls and a real life story and case study using Equine therapy to reduce falls and and increase strength and mobility.



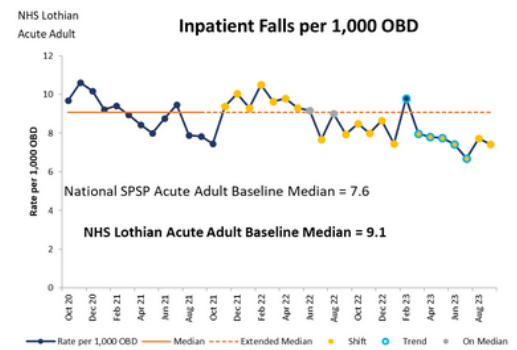
A copy of the highlights presentation from the day is available on the Let's Talk Falls Teams Channel Files [here](#).

Inpatient Falls Focus

Scottish Patient Safety Programme (SPSP) Collaborative

The SPSP Acute Adult Collaborative, supported by Healthcare Improvement Scotland, concludes with sustained improvement in falls and falls with harm demonstrated across a number of hospitals and NHS boards.

NHS Lothian has achieved a sustained improvement in falls and the graph on the right charts some of the progress.



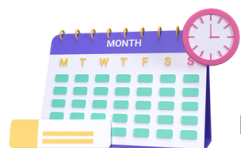
A highlights report with more information, sharing interventions and successes will be circulated by the SPSP team following their closing event in March.

In Progress activities from the inpatient group

Some of the activities and change ideas happening across different inpatient areas include: 7 day activity coordinators; 7day twilight shifts; change in ward routines based on falls data; breakfast clubs; planned activities at peak falls times; review of falls prevention alarms and focusing on single rooms

The **Royal Edinburgh Hospital** is planning a Falls focus week at the end of February 2024 with on site falls information, training and equipment demonstrations. More information around the week will be posted nearer the date in the Let's Talk Falls Teams channel [here](#)

Date for your diary - REAS Falls Focus week - W/c 26th February



Other Falls News, Resources & Links

Falls Quiz Time Time

Want to test your Falls knowledge? Take our easy Falls Quiz by scanning the QR code.

For a Spot the falls hazard game please access the link below:

<https://fallsassistant.org.uk/games/spot-the-hazard>



What's in a name?

There has been a shift culturally towards more positive language in the falls world as generally falls is associated with a negative experience for people. For example, more positive language replacing falls includes "Safer mobility".

Please tell us your thoughts around what you think could be more positive alternative language for falls through the survey link [here.](#)



Your Feedback

We hope you found this newsletter informative. Please provide your feedback by clicking the link below.

[Newsletter Feedback Survey Link](#)



Useful Links



[World Falls Guidelines](#)

[Nice Falls in Older People Guidelines](#)

[EndPJPparalysis](#)

[Let's Talk Falls Lothian Teams Channel](#)

Thank you for reading our Let's Talk Falls Lothian Newsletter.