

'Let's Talk Falls Lothian' Newsletter



WELCOME

Welcome to our 1st Falls Programme Quarterly Newsletter, keeping you updated on Falls Programme improvement work and sharing the amazing work carried out to support Falls prevention & safer mobility across NHS Lothian.

In this issue we have updates on recent Falls programme development work, highlight improvement work carried out across different Lothian sites and a reminder that Falls Awareness week that takes place w/c 18th September.

We hope you enjoy reading through our newsletter and we'd love to know what you think. We have included a feedback link at the end for any comments and feedback on our new newsletter.

IN THIS EDITION

FALLS WORK ACROSS LOTHIAN



Community Focus

Did you know? All 4 health and social partnerships regularly meet as part of the Community Falls Group to share best practice and collaborate around falls prevention work.

SPOTLIGHT ON MIDLOTHIAN...

“Seeing the physio so quickly was so helpful and beneficial to improve my confidence and mobility”

Asking for help with falls can be difficult but taking action and making small changes to help prevent falls can make huge differences to people’s everyday lives. We heard a lovely story from Christine a retired Occupational Therapist, who moved to Midlothian from Aberdeenshire this year. Christine has had a fall, with a hip fracture in the past. Following a lack of confidence around her mobility and a fear of falling again Christine decided to seek support from her GP and was very quickly referred to a physiotherapist who carried out a full assessment and provided exercises that Christine could carry out at home. Following the assessment and doing exercises at home, has provided Christine with renewed confidence and energy, and they are now much less reliant on their walker. Family members have also noticed a huge difference in their overall confidence and a difference physically and mentally. Christine stated “ seeing the physio so quickly was so helpful and beneficial to improve my confidence and mobility.

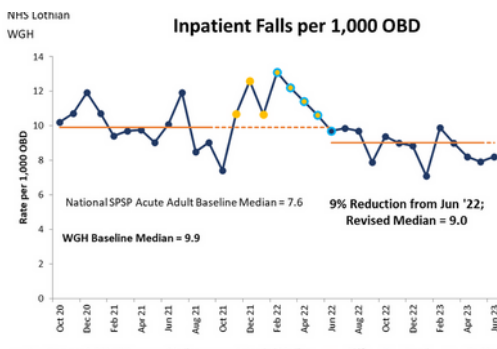
Other Community News...

East Lothian HSCP are hosting a Community Falls Learning and Networking event in September. This will be a great opportunity for Falls practitioners in the 4 Health and social care partnerships to come together and share learning. Presentations from the event including Smplicare and Equine therapy will be available on the Falls Awareness and support Teams channel.

West Lothian HSCP are engaging with Cyrenians to support activity, reduce isolation and boost confidence. Cyrenians are supporting mobility groups and offer 121 sessions and West Lothian are looking at how this service could be used within the community.

FALLS INPATIENT UPDATE

Western General Hospital



The **Western General Hospital** has change ideas in place that have helped achieve a new median with a 9% reduction in inpatient falls from June 2022. Change ideas include discharge without delay, promoting mobility to ensure a timelier discharge for patients, an introduction of band 2 twilight shifts and a band 2 activities coordinator in all MOE wards.

Edinburgh Health and Social care partnership

Targeted improvement work is taking place in **Edinburgh health and social care partnership** and they are now 12 points below the median. Wards were praised for their engagement and innovative practise to continue to improve falls and falls with harm. Improvements include meaningful activities at high falls times and changes in ward routines based on falls data. The Hawthorn ward has seen a 50% reduction in falls in the last 3 months.

West Lothian Health and Social care partnership/St Johns

A safe and mobility group is in place, using PJ paralysis and encouraging patients to get out of bed. Wards have been using red zimmer frames and patients are accessing the gym.

AHPs/Royal Infirmary of Edinburgh

Major trauma is celebrating success as improvements have been made with patients' strength and mobility.

Midlothian Health and Social care partnership

The HPCCC Palliative care unit has had a 46% decrease in falls. A Twilight shift has been introduced and a more meaningful activity group has been started and they are engaging with patients out of hours.

East Lothian Health and Social care partnership

ELHSCP are 6 points below the median line. A twilight shift has been introduced with analysis taking place around quality planning & the times of falls.

Further Falls Resources & Links



[World Falls Guidelines](#)

[Nice Falls in Older People Guidelines](#)

[EndPJPparalysis](#)

Your Feedback



We would love to find out if this newsletter was useful and if you would like regular updates. Please provide your feedback by scanning the QR code above or clicking the link below to take our short survey.

[Feedback Survey Link](#)

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