Preventing falls related admissions to hospital by care home residents. A Quality Improvement Project.

Dr Katherine Jones and Dr Nicholas Tekkis. University of Cambridge.
Supported by: Dr Sian Dronfield and Ms Natalie Munslow. Lakeside Healthcare, Stamford.

Introduction:

33% of people over 65 and 50% of people over 80 have one or more fall per year.

Health Education England (HEE) set out clear targets that the **Comprehensive Geriatric Assessment (CGA) for falls,** which has been proven to reduce mortality and improve independence in older adults[1], should be conducted **within 7 days** for any care home resident re-admitted to a home following a hospital episode attributed to a fall.

The Comprehensive Geriatric Assessment for falls requires:

- ✓ Full falls assessment
- ✓ Medication review
- ✓ Lying/standing Blood Pressure
- ✓ Frailty index.

Our first cycle of the audit measured adherence within 7 days of a discharge from hospital in addition to whether a repeat fall had occurred within 1 year.

Methods:

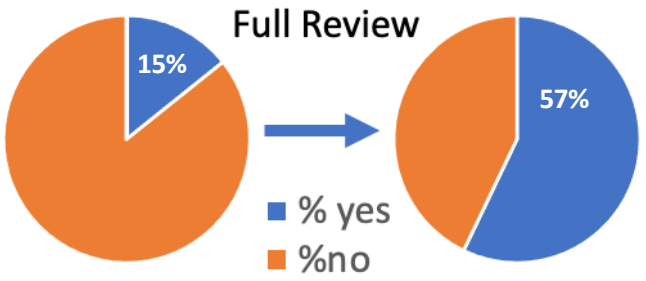
Retrospective analysis of **68 eligible patients** from Four Counties PCN between 31st March 2021 and 1st March 2022.

Analysis indicated a **poor compliance** to the HEE CGA guidelines **(15%).**

Implementation of changes detailed in next box and re-audit occurred after 3 months to show **significant improvement** in compliance.

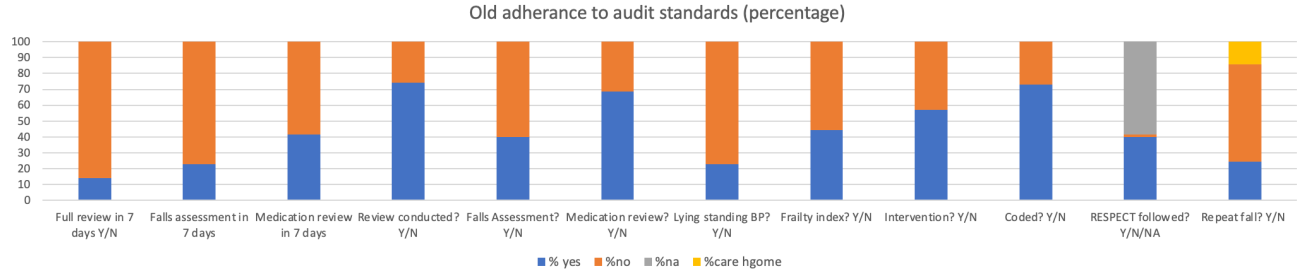
Results:

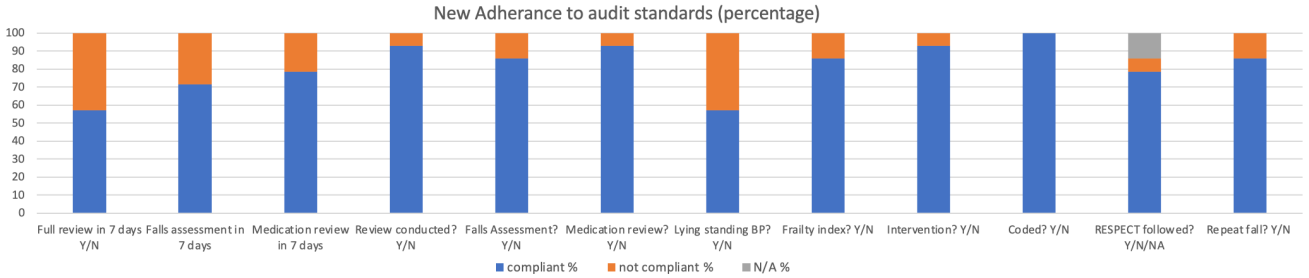
A significant improvement (15% to 57%) in adherence to the HEE CGA framework was noted after changes. Medication review in 7 days improved from 42% to 80% and falls assessment questionnaire in 7 days compliance improved from 23% to 70%.



Changes undertaken between first and second round:

- Presentation of gold standard CGA to the MDT.
- Ensured improved reporting of care home falls to Occupational therapists.
- Created protected time for pharmacists to conduct care home medication reviews.
- Promoted in-person weekly care-coordinator meetings.





Conclusion:

Creating clear protocols for reporting falls and clarifying MDT roles in the CGA are essential to identifying and preventing falls in at-risk care home residents.

1. Improving healthcare for older people (2022) *British Geriatrics Society*. Available at: https://www.bgs.org.uk/ (Accessed: October 28, 2022).

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LAKESIDE HEALTHCARE At Stamford