

Update on AFFINITY National Falls & Bone Health Project 2018-2023

September 2019



Gníomhaireacht Bainistíochta an Chisteáin Náisiúnta
National Treasury Management Agency

An Ghníomhaireacht um Éilimh ar an Stát
State Claims Agency

Twitter
#AFFINITY19
#fallsandbonehealth



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Your feedback from last years Symposium

- Stand out sections of the programme were the International speakers from New Zealand and Scotland.
- 94% of survey participants felt that the Symposium would influence or change their practice
- Suggestion to have more presentations on Irish initiatives
- Key learnings from the day:
 - Better understanding of AFFINITY
 - Networking opportunity to share knowledge and experiences
 - Learn from international experiences
- Record future Symposium and Webinars for people who can't attend
- More space for poster section
- Format of the day – shorter day, more neutral venue



AFFINITY- National Falls & Bone Health Project 2018-2023

The aim of the AFFINITY National Falls and Bone Health Project (2018-2023) is to coordinate the development of a **comprehensive falls and fracture prevention system**.

The intent is to:

- increase **awareness** of the preventable nature of falls
- enable older people, communities and health and social care providers **to reduce the risk and rate of falling where possible**,
- **reduce the severity of injuries**
- **promote the best possible outcomes for people who have suffered a fall-related injury.**



Preventing Harm from Falls in Ireland –

Adapted from NHS RightCare Pathway: Falls and fragility Fractures

<p><u>The National Challenge</u></p>	<p>One third of over 65s & 50 % over 80s fall each year, est. 60,000 people over 65 require medical attention post fall.</p>	<p>Predicted growth rate of 58% in over 65 pop and 95% increase in over 85s 2016-2031</p>	<p>Over 300,000 people with Osteoporosis, at greater risk of fracture- Est. 17,500 fragility fractures per year .</p>	<p>Fracture rates estimated to increase by 150% by 2030; 40-50% requiring long term care after a hip fracture.</p>
<p><u>Opportunity for improvement</u></p>	<p>An economic burden of illness study predicted the est. cost of falls related injuries in older people would increase to €922-€1077 million by 2020 and €2043 by 2030</p>		<p>The biggest opportunities for cost saving occur in community dwelling older adults where the main cost drivers are ED attendances, hospital and continuing care admissions</p>	
<p><u>System Enablers</u></p>	<p>Cross-cutting: 1. Integrated, multi-agency approach including service users in co design and joint workforce education. 2. Focus on environments: High risk care settings and healthy homes. 3. Personalised care and support planning, shared decision making. 4. Standardised approach to measuring and monitoring falls and bone health services.</p>			
<p><u>Priorities for Optimisation</u></p>	<p>Falls Prevention.</p>	<p>Detecting and managing osteoporosis.</p>	<p>Optimal support after a fragility fracture.</p>	
<p><u>Higher Value Interventions</u></p>	<p><u>Targeted case-finding</u> for falls risk, frailty and osteoporosis.</p>	<p><u>Strength & Balance Training</u> for low to moderate falls risk.</p>	<p><u>Multi-Factorial intervention</u> for higher falls risk.</p>	<p><u>Fracture Liaison Service</u> plus follow up at 4 and 12 months.</p>
<p><u>Life course approach to lifestyle risk factors including smoking cessation, reduced use of alcohol & exercise.</u></p>				
<p><u>The Evidence</u></p>	<p>22% of Fire and Rescue Service “Safe & Well” home visits resulted in falls assessment in the UK.</p>	<p>Exercise programmes in community involving balance and function - 23% reduction in falls.</p>	<p>Multiple component interventions reduces rate of falls by 26% and risk by 18% in community.</p>	<p>Effective case-finding and appropriate drug treatment reduces risks by 50 %</p>

Key Development Areas in Ireland

- Need for increased awareness across the board that many falls can be prevented
- Need to shift towards prevention & population health approach as follows:
 - Support and enable well older people to stay active and well
 - Identify those at risk of harm from falls.
 - Integrated pathways for assessment and intervention/ rehabilitation for those who are higher risk of harm from falls
 - Life long optimisation of bone health includes access to Fracture Liaison
- Integrated Multi-disciplinary system wide approach including service users, community, organisations and programmes.
- Cross sectoral collaboration to provide access at scale to evidence informed community based exercise opportunities for strength and balance and bone health.



AFFINITY National Working Group

NAME	AREA
Michael Fitzgerald	Older People & Palliative Care, Strategy
Eileen Moriarty	Social Care, Services for Older People
Irene O'Byrne Maguire	State Claims Agency
Helena Maguire	Primary Care
Margaret O'Neill	Health & Wellbeing
Catherine McGuigan	Age Friendly Ireland
Daragh Rodger	ANP, Services for Older People
Dr. Tara Coughlan	NCPOP Rep
Dr. Pat Barry	NCPOP Rep
Ciara Rice	MISA, St. James's Hospital
Helen Ryan	VHARMF
Anne Marie Bennett	Health & Well Being Rep
Emer Coveney	Age Friendly Ireland
Teresa O'Callaghan	National Quality Improvement Advisor



Community Residential Work Stream

NAME	AREA
Daragh Rodger	ANP, Services for Older People
Irene O'Byrne Maguire	State Claims Agency
Dr Chie Wei Fan	Community Consultant Geriatrician, MCMOP (Mater Community Medicine for Older Persons)
Helena Butler	Lead for Policy & Compliance, National Older Persons Services
Margaret McMahon	Physiotherapy Manager, HSCP
PJ Wynne	Quality Standards & Compliance Officer, QPS Social Care
Mary Veale	Director of Nursing, St Patrick's in Waterford
Anne Marie Bennett	Dietetics Rep
Anna McGivney	Nursing Committee Member, NHI



Independent Living / Community Supported Work Stream

NAME	AREA
Helena Maguire	Primary Care
Eileen Moriarty	Social Care, Services for Older People
Dr Pat Barry	NCPOP Rep
Una Dunne Shannon	Physiotherapy Manager, HSCP
Sophie Janik	Occupational Therapist, HSCP
Sinead Ryan	Pharmacist & Optometrist, HSCP
Susan Sheehan	Podiatry Manager, HSCP
Margaret Nally	Interim Director of Public Health Nursing Service, Longford / Westmeath
Fiona Garvey	Quality Standards & Compliance Officer, QPS
Geraldine Mullarkey	Services Manager for Older People, CHO 1
Melissa Currid	Falls Prevention Services Co-Ordinator, CHO 1
Caroline Kelleher	Health Promotion Officer, Health & Well Being
Ciara Pender	Dietician, ICPOP
Cleonagh Culhane	Occupational Therapy Manager, Daughters of Charity, Limerick

Priorities set in 2019

- Framework/Guidance for CHO/Hospital level integrated approach
- Evaluation plan for overall project and for standardised approach to measuring and monitoring fall & fracture prevention service.
- Enhancement of coverage of current falls and bone health services through the implementation of a key component of Integrated Falls and Bone Health Service across 3 sites
- Scope development of suite of service user materials including the possibility of dedicated website similar to New Zealand <https://www.livestronger.org.nz/>
- Set up Service user Panel
- Symposium 2019



Symposium

- 2nd Annual Symposium
- Programme based on your feedback last year
- Demand exceeded supply, we may need to move next year!
- Selection of platform presentations- integration and/or a proactive approach to doing whatever possible within current service capacity/ constraints.
- Aiming for as interactive a day as possible, so please use the SLI.Do, Twitter today and Smart survey to feedback after the event



Framework

- A key area of focus for the project group this year.
- It follows the lead of ICPOP in describing fundamental principles of design and content to enable local stakeholders to plan and test solutions that address local population needs.



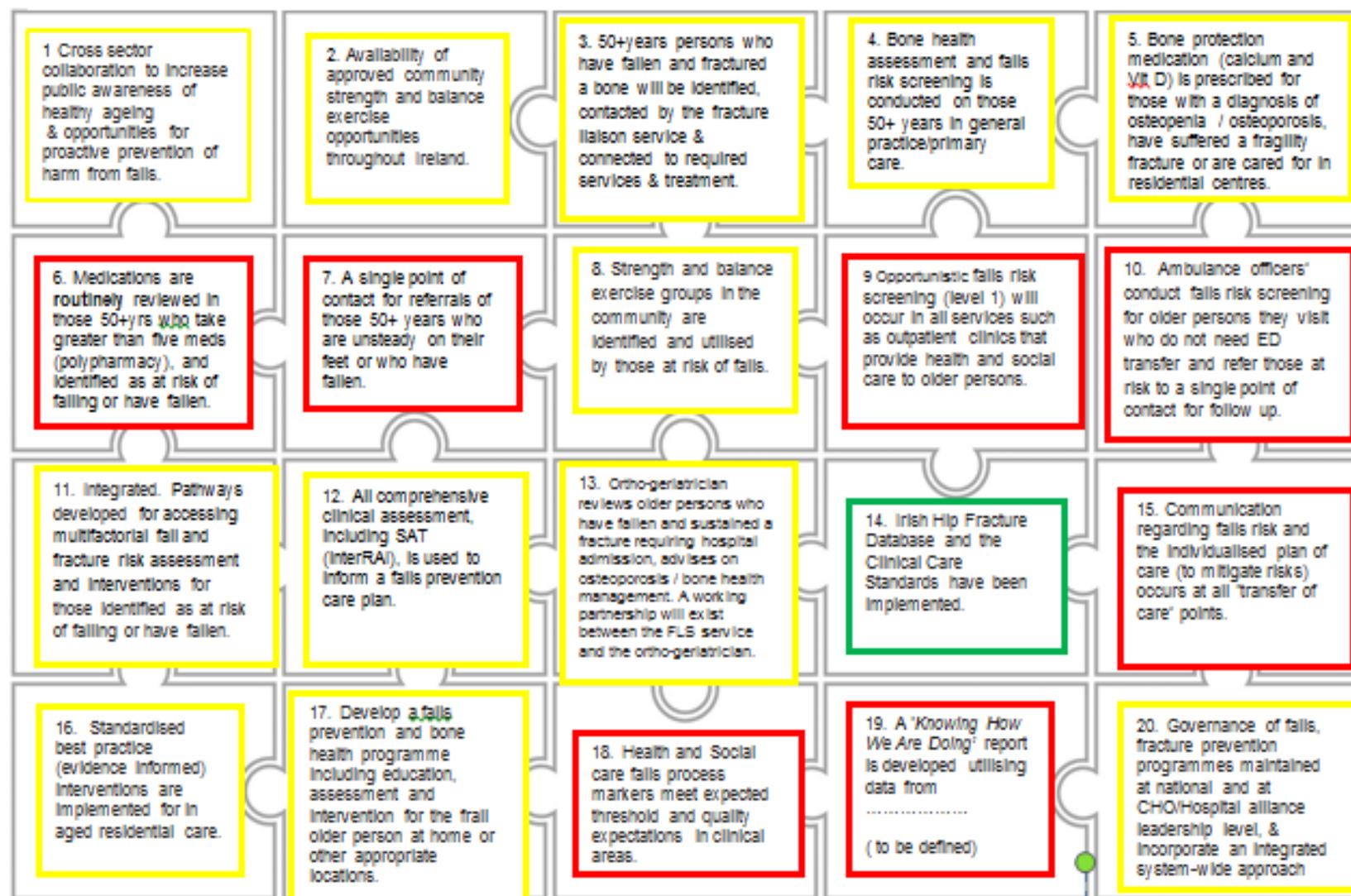
Framework – coming soon

- Intended for use by service managers, clinical services leads working together with service users to:
 - begin to examine and map falls and bone health services within their area,
 - identify gaps and to define areas for improvement
 - co design possible solutions,
 - build capacity and capability for continuous improvement and integrated working in preventing harm from falls.
- Status: draft at an advanced stage, once finalised it will work through the project governance and review process and then out for consultation.



A systematic approach to falls and fracture prevention and management

- 20 Point Work Plan – V6



Please note: Text box colour default is red, please alter as per code below to reflect region/local area

● routinely occurs ● in part/at times ● not yet occurring/ don't know

Adapted for AFFINITY National Falls & Bone Health Programme, June 2019

Provided as a working template example – modelled on Whanganui/DHBs

Falls Prevention and Fracture Liaison Work-plan 2016-17

Service user Panel

- Convened to provide a forum for older person's perspective and participation in design, planning and implementation of the programme of work underway to reduce harm from falls
- Membership - 9 volunteers identified through the Older Persons' Councils, via Age Friendly Ireland.
- The meetings are facilitated by Mila Whelan HSE QID and Emer Coveney Age Friendly Ireland.



Service User Panel

We have asked the members for assistance with the following priority areas for the project:

Planning this afternoon's Service User Engagement workshop

Service User perspective on Framework Document for guiding the development of falls and fracture prevention systems

Advice on the Development of information resources for service users



Key questions

Some Questions for future meetings:

- How to raise awareness that falls are preventable as the research says many people don't want to hear about falls and may consider falls prevention messages do not apply to themselves personally?
- There is really strong research evidence that exercise for strength and balance is effective in preventing falls, how can we get that message out and get increased participation in exercise for strength and balance?
- Sometimes people at risk of falls and their families and the therapists and medical team can be at cross purposes on how to manage the risk of further falls



Evaluation

Key needs identified by AFFINITY

- To prepare an evaluation framework
&
- To review existing and potential data collection and monitoring systems

As outlined CES are working with us – this piece of work is very close to the finishing line, final drafts of the currently being reviewed by the Working Group.



2019 Development Funding

Enhancement of coverage of current falls and bone health services

- Funding secured for a number of front line posts to implement a key component of Integrated Falls and Bone Health Service across 3 sites i.e.
 - Collaborative Implementation of Community Based Exercise programmes for strength and balance programmes across the continuum of functional ability
 - Implementation of Integrated clinical pathway for falls and bone health in an additional CHO.
 - Testing of an integrating fracture service liaison across Community and Hospital
- The sites have been selected on the basis of the complementary nature of the new development and pre-existing elements of a comprehensive falls and bone health service in the selected site.



International Collaboration

- 2018 - New Zealand and Scotland
- 2019
 - Glad to welcome Lianne flying the Scottish flag again this year
 - New Zealand – their national project has gone from delivery phase to maintenance. The projects on-going commitment to their system is to continue to provide up to date accessible summaries of the evidence into the future.
 - The resources related to the 2019 evidence base on the link below come highly recommended: <https://www.hqsc.govt.nz/our-programmes/reducing-harm-from-falls/recommended-resources/2019-evidence-base/>



Other Useful Recent Publications

- <https://www.gov.uk/government/publications/falls-and-fractures-consensus-statement>
- <https://www.gov.uk/government/publications/strength-and-balance-quality-markers-supporting-improvement>
- <https://www.england.nhs.uk/rightcare/products/pathways/falls-and-fragility-fractures-pathway/>
- <https://www.ageing-better.org.uk/publications/raising-bar-strength-balance>



AFFINITY 2018 - 2023

Next Steps:

- Bring to completion work currently underway:
 - Complete the guidance framework
 - Finalise the Evaluation framework
 - Finalise the data set for measuring and monitoring services to prevent harm from falls nationally
- Build on service user involvement including co- design of information resources for service users
- Work with ICPOP to embed the new developments funded in 2019
- Scope work required to address the issue of bone health and falls in the people with Intellectual Disability

Remember:

- Please ensure we have your email details so we can keep in touch.
- Symposium Evaluation - Smart Survey link will be provided for feedback on the symposium



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And last but not least

Thanks to :

- All the members of the AFFINITY project group
- Our Sponsors
- Our Service User Panel
- Everyone who has contributed to making today happen
- And most importantly you for attending and for sharing your local falls and bone health work with us!

