## **Edinburgh Falls** Adult individuals: - Lives in the community Edinburgh Health and Social Care Partnership - Has fallen recently **Prevention Pathway** - or is at risk of falls or falls have increased for Health Care Professionals Ensure Clinical Frailty Scale is updated • • • Click for web links Frailty screening? Check Future Care Planning and Key ACP/KIS? Information Summary (KIS) • • Consider standing/lying blood pressure **HAVE YOU CONSIDERED?:** Consider cardiac/neurological/head injury Loss of Consider investigation / referrals: consciousness **Health and Symptoms:** - GP Surgery associated with fall(s)? YES Hypo/hypertension Comprehensive Geriatric Assessment (CGA) Medical contributory Head injuries by multi-disciplinary team e.g. Musculoskeletal injuries factors? Day Hospital (OPRA, ARC, Liberton) Dizziness, blackouts or fainting - Hospital @ Home • Visual changes Auditory changes Medication Sensation changes Consider referral to community pharmacists Headaches acting on heart, for falls medication review YES Chest pain or palpitations circulation Email: PCPteam@nhslothian.scot.nhs.uk Joint pain and range or brain? Bone health Red flag(s) Mobility changes Provide self management info: Condition management Bone health Falls related fractures? YES Recent medication review? concerns? Refer to Bone Health Guidelines Lifestyle, Psychological and Physical: Nutrition and hydration National Early Warning Score (NEWS2) Alcohol and drug use See Urgent Therapy and Social Care Pathway Body weight changes for prevention of admission • via Flow Centre Diet supplementation Significant deterioration? YES If uninjured but unable to get up from floor Foot health Risk of requiring admission? refer to ATEC24 • via Social Care Direct • Confusion, cognition and 0131 200 2338 / 4262. communication changes Confidence and mood Safety awareness Order walking aids Access to physical activity Order other equipment • Mental health Housebound? Refer to hub therapy service ● via TRAK or call Social care, environment, Social Care Direct on the clinician-only falls **Environment, Equipment and Support:** equipment or short term telephone numbers 0131 200 2338 / 4262 for Mobility aids rehab needs? a multifactorial falls assessment at home. Social support Community engagement Consider referrals: Care needs and support Outpatient MSK Physio • Home equipment Occupational Therapy • • Community alarms Alcohol and Drug Use • • Other telehealth/telecare Community Resources • • Speech & Language Therapy Continence Services • • Physio @ Home • • Other specialist health Auditory Services •• or social care needs? Visual Services Podiatry • • Dietetics • Telehealth/Telecare • • Chronic Pain Services • Spinal Pathway Progressive Neuro Conditions • Community Stroke Service If appropriate, perform Older People's Mental Health Under Edinburgh Health and timed 'Up & Go' test • 15 seconds Provide self-management → Falls Assistant information Over 15 seconds Promote physical activity **Steady Steps** Refer for falls assessment **Ref**Help by locality hub rehab team via Social Care Direct • Fit for Health Always advise individual to Code falls in clinical system: Read code 16D return if: Has CFS score changed? Falls continue **NHS Lothian** Intranet Update Future Care Plan and KIS • Falls worsen lick logos for more info They are concerned