

Falls and Bone Health Joint Strategic Needs Assessment

Health and Wellbeing Board

Date: 12th October 2016

Author:	Director of Public Health, Swindon Borough Council
Wards:	All
Locality Affected:	All
Parishes Affected:	All

1. Purpose and Reasons

- 1.1 To agree the recommendations of the draft Swindon Falls and Bone Health Joint Strategic Needs Assessment (JSNA) attached at Appendix 1 to the report, and support the ongoing work of the Swindon Falls and Bone Health Collaborative.
- 1.2 A Falls and Bone Health JSNA was produced in 2014. Although the recommendations are still relevant, it was agreed at the JSNA Steering Group that the JSNA would be updated to reflect current available data and the work of the Swindon Falls and Bone Health Collaborative to date.
- 1.3 The Collaborative is a Swindon wide multi-agency group lead by Public Health at Swindon Borough Council and NHS Swindon Clinical Commissioning Group. Membership includes Great Western Hospital Foundation Trust, SEQOL, Primary Care, South West Ambulance Foundation Trust, Dorset and Wiltshire Fire and Rescue Service, Swindon Borough Council, Avon and Wiltshire Mental Health Foundation Trust, Age UK and Healthwatch.
- 1.4 The Terms of reference for the Collaborative are to:
 - 1.4.1 Promote mobility, independence and improved quality of life for adults in Swindon and Shrivenham.
 - 1.4.2 Prevent avoidable falls and reduce the number of hospital admissions for a fall.
 - 1.4.3 Improve outcomes for people who have sustained a fracture.

2. Recommendations

The Board is recommended to:

- 2.1 Discuss and approve the draft Swindon Falls and Bone Health Joint Strategic Needs Assessment attached at Appendix 1 to the report, and support the ongoing focus on falls prevention work in Swindon.
- 2.2 Support the development of a Swindon Falls and Bone Health Strategy.

Falls and Bone Health Joint Strategic Needs Assessment

Health and Wellbeing Board

Date: 12th October 2016

3. Detail

- 3.1 The aim of the Swindon Falls and Bone Health JSNA profile is to describe the epidemiology of falls in Swindon; provide a summary of current falls and bone health strategies and services; and make recommendations for future work to prevent falls in older people in Swindon. It provides an update to the previous Falls and Bone Health Profile 2014 and will inform the work of the Swindon Falls and Bone Health Collaborative.
- 3.2 Falls and fall-related injuries are a common and serious problem for older people. Each year 30% of over-65s experience one or more falls and about 50% of people aged over 80 fall. Between 10 and 25% of such fallers will sustain a serious injury (NICE 2013, DH 2009). After a first fall people have a 66% chance of having another fall within a year.
- 3.3 Falls are the most common cause of death from injury in the over 65s and cost the NHS over £2bn a year and over 4 million bed days. At an individual level, falls are the number one precipitating factor for a person losing independence and going into long term care.
- 3.4 Falls are not an inevitable part of growing old. There are clear risk factors for falling which include previous falls, fear of falling, balance problems, gait and mobility problems, pain, drugs, cardiovascular conditions, and cognitive impairment. External risk factors include poor or cold housing, poor footwear and home hazards: all of which can be modified.
- 3.5 In 2015/16 there were 1757 admissions for falls and 151 for fractured neck of femur (NoF) for people aged 50 and over in Swindon. In terms of emergency admissions for falls and number of hip fractures, Swindon is similar to the England average. Because the number of older people is predicted to increase over the next few years, the number of people falling is likely to increase if no action is taken.
- 3.6 A mapping exercise undertaken by the Swindon Falls and Bone Health Collaborative has identified that there is a wide range of existing provision in Swindon but more could be done to raise awareness between different organisations and the public of what is available and a clearer pathway is needed to look at movement between services.
- 3.7 The recommendations of the 2014 JSNA Profile are still relevant but progress has been made in each area. The Swindon Falls and Bone Health Collaborative is specifically focused on delivery of the recommendations and they will shape the Strategy and work programme going forward.
- 3.8 The recommendations together with a list of progress to date are listed below:

Falls and Bone Health Joint Strategic Needs Assessment

Health and Wellbeing Board

Date: 12th October 2016

- 3.8.1 Review currently commissioned services that contribute to falls prevention, and care and support of those who fall, and explore opportunities for joined-up multi-agency approaches to commissioning to ensure that there is a clear evidence based falls and fracture care pathway in Swindon

This work is part of the remit of the Swindon Falls and Bone Health Collaborative. A mapping exercise was undertaken by the group and a draft pathway produced. Developing this and identifying opportunities for more joined up approaches is a priority for the next six months.

- 3.8.2 Develop resources and training for health and social care professionals and the community and volunteers which promote falls and osteoporosis awareness, the importance of case risk assessment and case identification, existing falls services available in Swindon and appropriate referrals to these services

A falls booklet has been produced and will be launched at the Steady Steps to Staying Active for Life Event on 5th October. This will replace the current Safe & Warm booklet. The Swindon Falls and Bone Health Collaborative is a forum where agencies are working together to learn from each other and develop a consistent approach.

- 3.8.3 Explore ways to increase capacity to undertake multifactorial falls risk assessment within health care services in Swindon. This may be through the existing community falls service or within Primary Care.

Ongoing through the work of the Swindon Falls and Bone Health Collaborative. The group is looking at how risk is assessed for people at different levels of falls risk and also reviewing the services, particularly in terms of prevention, that are available to those who have not fallen but are at risk and those who have fallen without injury to reduce the risk of falling again.

- 3.8.4 Improve referral pathways in to community falls clinic for repeat fallers attended to by the ambulance service or Homeline including redesign of current risk assessment forms used.

A working group has looked at exchange of information between homeline and Primary Care and developed a pilot project to improve this. A working group is also looking at frequent fallers. The STP work includes developing a consistent Fracture Liaison Service across the footprint.

- 3.8.5 Identify ways to extend local provision of evidence based strength and balance training through group classes and home based interventions including building links with nursing and residential care, Primary Care, Health Ambassadors and the new Community Navigators project.

Falls and Bone Health Joint Strategic Needs Assessment

Health and Wellbeing Board

Date: 12th October 2016

Ongoing through the work of the Swindon Falls and Bone Health Collaborative and the redesign of the Community Health and Wellbeing Service and Live Well Swindon brand.

- 3.8.6 Support national campaigns and deliver local campaigns to promote healthy ageing including physical activity and other healthier lifestyle choices and other protective factors for falls and osteoporosis; advises older people and carers on what they should do in the event of a fall or fragility fracture; advises older people and carers about risk factors for falls and fractures and the steps they can take to reduce their risk.

Ongoing via the Communications Team work and workplace health agenda. There is a Steady Steps to Staying Active for Life Event on 5th October which will promote this and provide people with information and an opportunity to try different activities.

4. Alternative Options

- 4.1 There is no alternative option as the JSNA is out of date and we need an updated JSNA to inform the new strategy and on-going work of the Collaborative.

5. Implications, Diversity Impact Assessment and Risk Management

Financial and Procurement Implications

- 5.1 There are no direct financial or procurement implications arising from this report.
- 5.2 Any service reviews or service requirements which are discussed as a result of this report will be reviewed and a business case developed accordingly.
- 5.3 There are no additional recommendations beyond those which were agreed previously.

Legal and Human Rights Implications

- 5.4 Legal and Human rights have been taken fully into account in compiling this report. It is considered that the recommendations within this report are compatible with Convention Rights.

All Other Implications (including Staff, Sustainability, Health, Rural, Crime and Disorder)

- 5.5 There are positive implications on health from promoting falls prevention and bone health. This will benefit both the health and social community as falls have a significant economic and resource impact.

Falls and Bone Health Joint Strategic Needs Assessment

Health and Wellbeing Board

Date: 12th October 2016

Diversity Impact Assessment

- 5.6 A diversity impact assessment will be completed as part of the Swindon Falls and Bone Health Strategy and will be available on request. The falls and bone health action plan will include actions to work on identified gaps or issues.

Risk Management

- 5.7 No specific risks have been identified at this stage for this report.

6. Consultees

- 6.1 The Corporate Director, Resources (Section 151 Officer) and Director of Law and Democratic Services (Monitoring Officer) are consulted in respect of all reports.

7. Background Papers

- 7.1 None.

8. Appendices

- 8.1 Appendix 1 – Draft Swindon Falls and Bone Health Joint Strategic Needs Assessment.