

Tower Hamlets Community Health Team

Falls Prevention

We care

We respect

We are inclusive

Introduction

- CHT - Who are we?
- What do we do?
- Why are falls important?
- How do we work in the role of falls prevention
- What to expect
- How to contact us / access our services

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Community Health Team - CHT

- Predominantly a domiciliary service for those who have difficulty going out and about and those at risk of falling.
- Therapists, Nurses, Psychologists, Rehab Support workers, Health care support workers and more.
- We are a large team of people dedicated to maximising a person's independence with a strong focus on self management and resilience

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What do we do?

- District Nurses: Wound care, catheter management, leg ulcer dressings, complex patient management, etc
- Occupational Therapists: Rehabilitation with aim of returning to independent living and maximising function
- Physiotherapists: Rehabilitation and exercise provision to focus on returning people to independence and achieving their individual goals
- Psychologists: Work with people in identifying barriers to achieving their rehabilitation goal
- Provide a comprehensive Multidisciplinary assessment of a persons individual needs and work out a strategy on how to assist them in returning to activities that they enjoy.
- Falls prevention work.

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Falls and the NHS

- Increased risk of falling with age
- Increased dependence
- Injury/pain
- Psychological component (Distress, confidence, fear, etc)
- Increased mortality risk
- Cost to the NHS

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Why does a person fall?

- Intrinsic Factors
 - CVS, Metabolic, Medication, Visual / Hearing Impairment, Neurological, Haematological, Locomotor
- Extrinsic Factors
 - Environmental, Mobility aids, Poor Lighting, Shoes, Slips, Non-accidental – assault, elder abuse

Balance Changes in the Older Adult

- Muscle changes
- Somatosensory: 30% reduction of sensory neurones, reduced function of sensory receptors
- Results in increased reliance on visual and vestibular input.

What you can do to prevent falls

- Stay Active
- Environmental factors
 - Night lights, grab rails, footwear, rugs, mats & cats
- Regular medication reviews
 - 4 or more medications can increase risk of falling by 1/3
- Regular Eye Tests
 - Visual acuity decreases with aging
- Footwear

CHT and Falls prevention

- Multifactorial falls assessment
- Provide advice on addressing falls risks within the home
- Carryout rehabilitation over a 8 week period to improve strength and balance through exercise and activity
- Graded return to activity

How to Access Our Services?

- GPs
- Consultants
- Social Workers
- Linkage Hubs

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Community Health Team

- Questions?

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