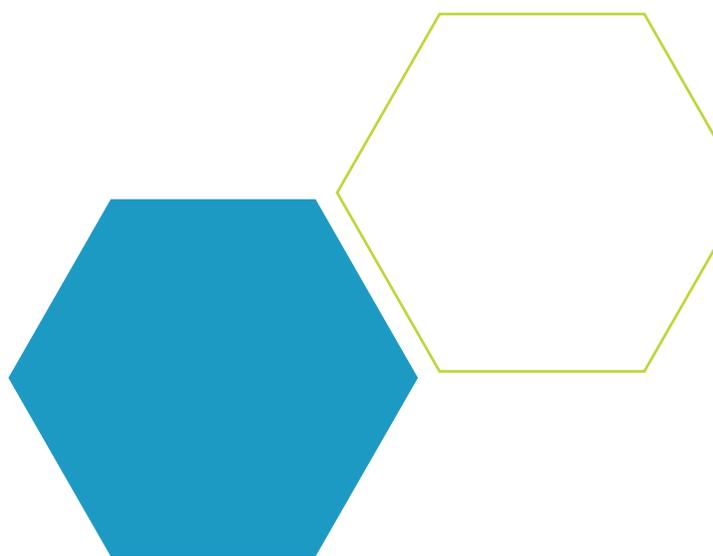
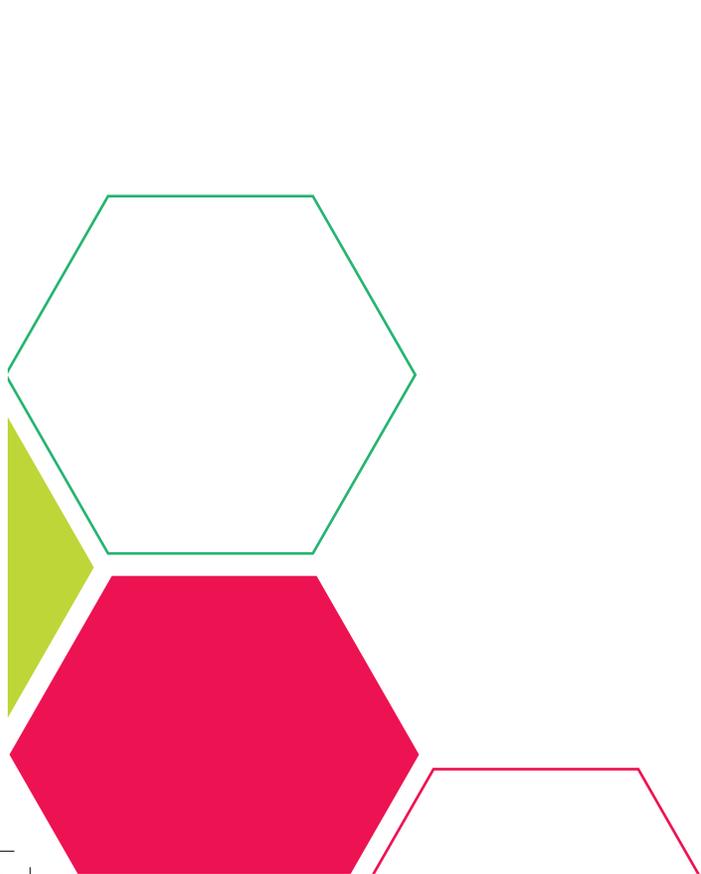




YORKSHIRE & HUMBER  
ACADEMIC HEALTH SCIENCE NETWORK

Yorkshire & Humber Academic  
Health Science Network

# Case Studies



 Improvement  
Academy



# Patient Falls programme: Improving quality, reducing cost

## Background

We have been running the patient falls programme for over two years, commencing at the Leeds Teaching Hospital NHS Trust in 2013. Since then, we have spread the programme to 66 teams across the region and are planning spread across other AHSNs across the country. Our Patient Falls programme, is making significant improvements to both patient experience, outcomes and cost reduction for NHS Hospitals.

## The Problem

Over 200,000 falls took place in NHS hospitals in England in the year ending October 2012 contributing to patients' loss of confidence and independence, increased distress, pain, injury, increased length of stay and in a significant number of cases death. The financial cost of a fall can include both significant clinical and legal costs. In summary;

- **208,720 falls** in NHS hospitals in England in the year ending **October 2012**.
- Falls in hospitals are a common and serious problem estimated to cost the NHS more than **£2.3 billion per year**.<sup>1</sup>
- About **30% of people 65 years** of age or older have a **fall each year**, increasing to 50% in people 80 years of age or older.<sup>2</sup>
- Patients at risk of falling in hospital are defined as aged **65 and older** and those between 50 and 64 with an underlying condition that puts them at a **higher risk of falling**.<sup>3</sup>
- Extrapolating the NICE findings, **each fall** in hospital **costs approximately £12,000** in addition to standard cost of admission.<sup>4</sup>
- Regional NHS CEO's identified this as **one of the major challenges** they were facing.

## Our Intervention

We support and coach frontline teams as part of the **HUddles for Safety Healthcare (HUSH)** programme that includes safety culture surveys, visual data and celebrating successes. We have made significant, evidenced reductions to the number of patient falls and costs, increased bed availability and achieved measurable improvements in staff morale, with teams choosing to extend their remit to include reducing pressure area injury, deteriorating patients and delayed discharge.

## Initial pilot data

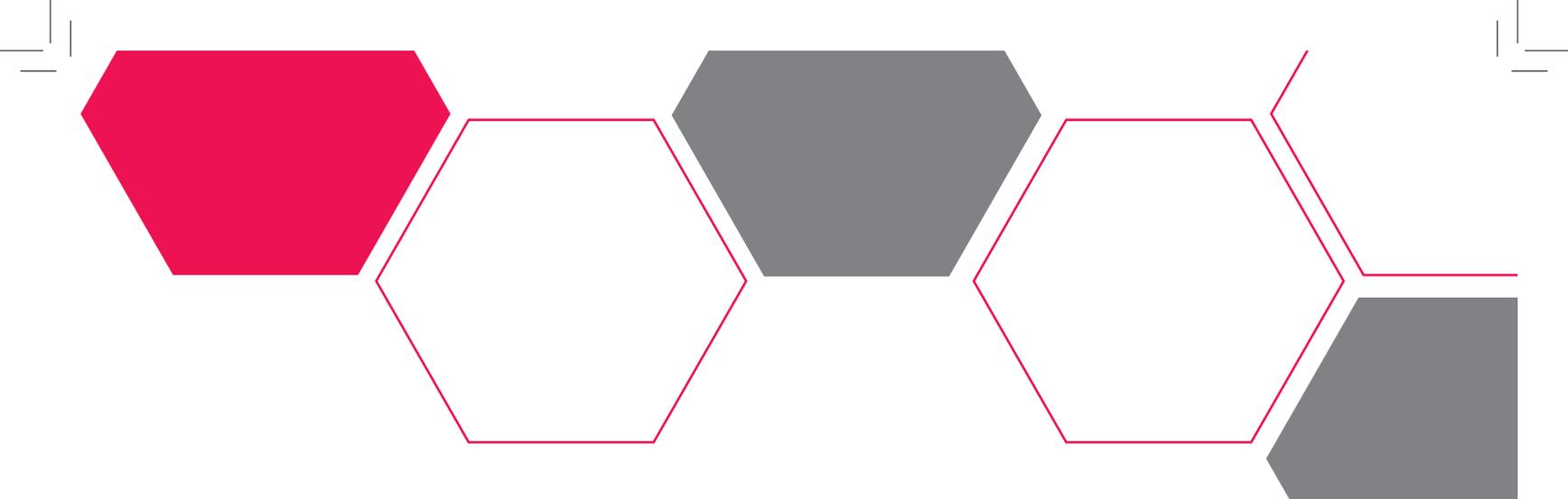
Before we started at LTH NHS Trust;

- **54 falls** across four care of the elderly wards per month
- **8 Fractures including #NOF** and multiple other significant injuries per year

Three months after we started working with the four ward teams;

- **23 falls** per month and continuing to decrease
- Now forecasting <4 fractures per year with significant **reduction** in other forms of injury
- All four wards now have **extended periods** without any falls

1.2.3.4 NICE. Falls: assessment and prevention of falls in older people. (CG161). London: NICE, 2013. <http://www.nice.org.uk/guidance/cg161>



## Spreading across the region

York Health Economics Consortium (YHEC) completed an evaluation of the initial programme and the figures below are based on that report. We have spread the programme and are now working with 66 teams in 23 across the region. Key facts;

We have received  
**a £500,000**  
scaling up award  
from the Health  
Foundation

To date  
**934**  
Patients

who would have  
fallen haven't.

The intervention  
has **avoided 13**  
fractures forecast  
including #NOF

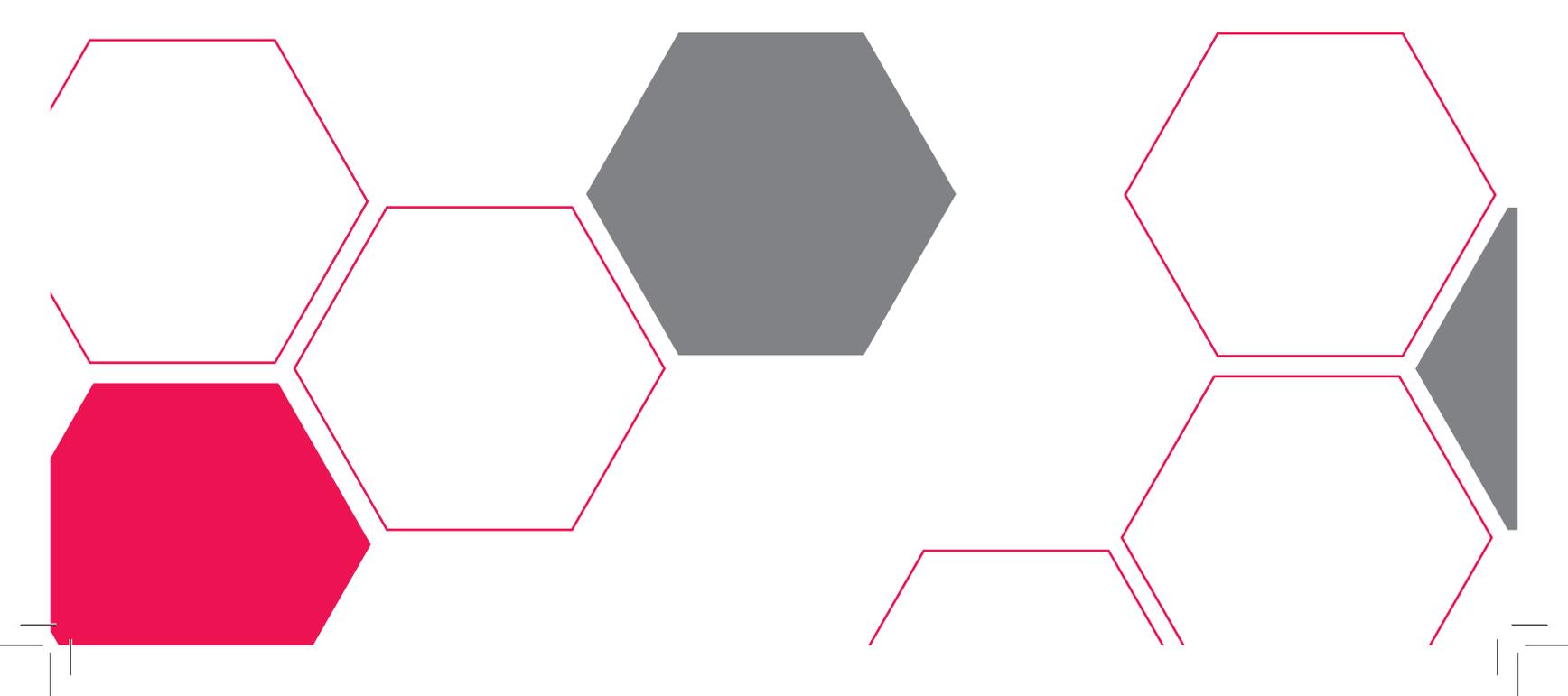
**£700,000**  
saved from direct  
care costs to date,  
more will have been  
saved when legal costs  
and management  
overheads are  
taken into effect.

We have extended our programme  
to include pressure ulcers, care of  
deteriorating patients and reducing  
delayed discharges.

## Testimonial

“ We have been delighted to work with the YHAHSN Improvement Academy on safety huddles. The whole ward team have really embraced the safety huddle concept. We have reached the milestone of 30 days without a fall today, which given the history of falls on this ward is really significant. We don't often get a chance to say 'Well done!' ”

- Dr Alan Hart-Thomas, Clinical Director, Calderdale  
& Huddersfield NHS Trust





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If you are interested in any of our work programmes or would like more information, please get in touch.

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