



Public Health
England

Falls from a national perspective

Daniel MacIntyre, Population Health Services Manager, PHE



Falls and fracture consensus

- National Falls Prevention Coordination Group
- Falls and fracture consensus statement - commissioner focussed (but useful to all!) – details key interventions, approaches to commissioning plus national commitment for support
- Falls and fracture consensus statement resource pack – comprehensive set of resources and tools to support commissioning and delivery including frailty section and commissioners checklist
- Takes a life course and whole system approach
- <https://www.gov.uk/government/publications/falls-and-fractures-consensus-statement>



Falls risk factors

There are a very large number of falls risk factors (400). Significant ones include:

- a history of falls
- muscle weakness
- poor balance
- visual impairment
- environmental hazards
- polypharmacy and the use of psychotropic and anti-arrhythmic medicines,
- + a number of specific conditions including cognitive impairment, diabetes, high alcohol consumption, incontinence, Parkinson's disease, stroke and syncope.



Whole system approach

Specialist falls services - social landlords – private landlords
acute nurses - GPs – fracture liaison services – Trauma and
Orthopaedics Departments – pharmacists - physiotherapists–
residential care and nursing homes
ophthalmologists - opticians - Departments of Geriatric
Medicine – occupational therapists – podiatrists - Emergency
Medicine Departments – ambulance services – Fire and
Rescue Services – LA older people’s services - fracture
clinics – leisure and fitness services – pharmacists – home
improvement and handyperson services – voluntary and
community sector employees – public health teams –
specialist nurses – rheumatologists – adult social care teams



Key interventions

- Life course risk factor reduction
- Case finding and risk assessment
- Strength and balance exercise programmes
- Healthy homes
- High-risk care environments
- Fracture liaison services
- Collaborative care for severe injury



Public Health
England

Making it happen

- Evidence based interventions
- Data
- Quality improvement
- Effective governance at all levels
- Make falls everyone's business