



Public Health
England

Falls and
Fractures
Alliance



Falls Fractures and Fragility (FFF) programme in older people

A contribution to independent living

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National lead for Healthcare

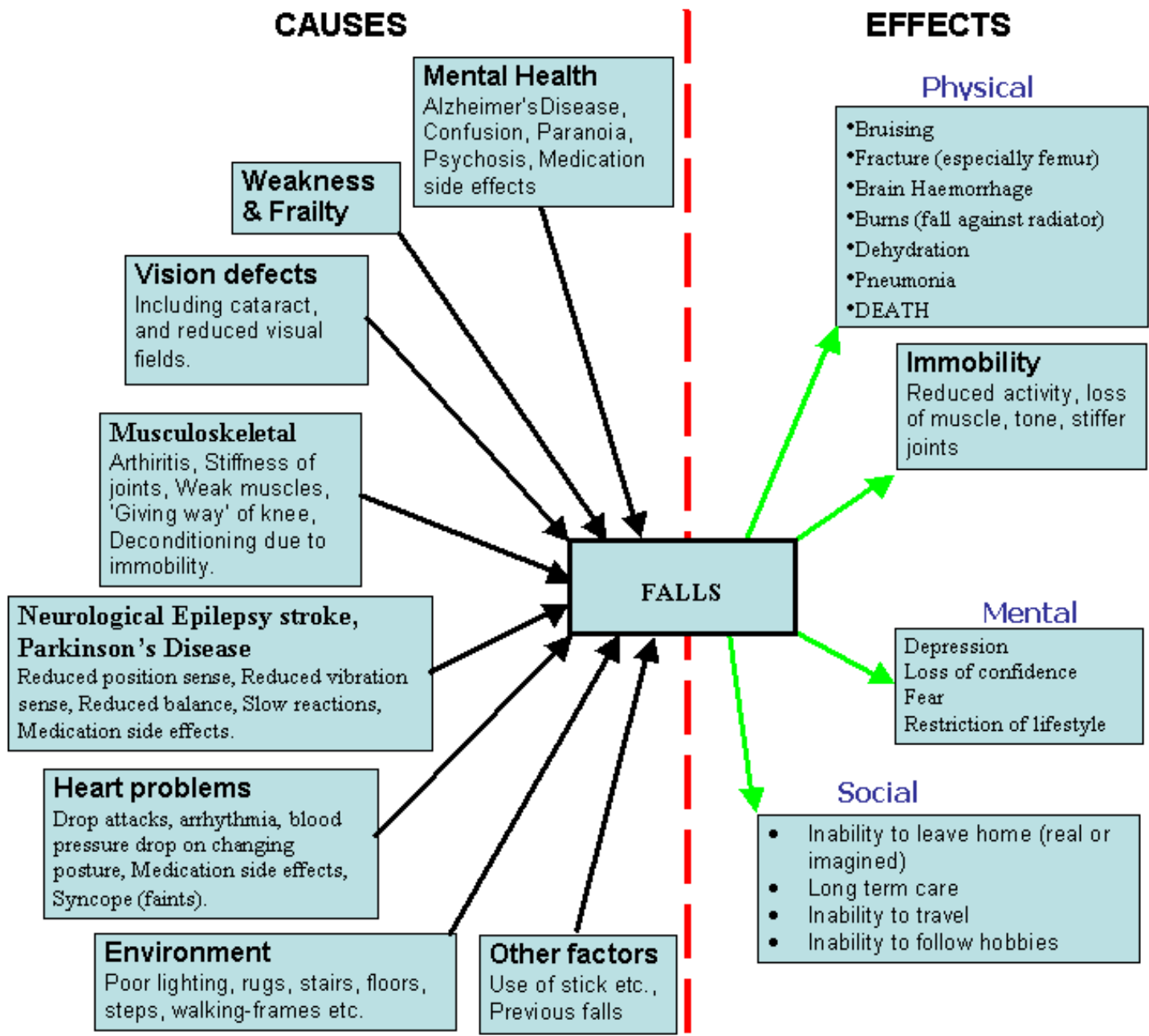
Public Health

PHE



Falls - Nationally

- 33% of people over 65 years and 50% of those over 85 years old fall
- Costs estimated £2.2B per annum.....and Rising
- No1 Serious incident in hospitals
- No1 precipitating factor for long-term care



The evidence – NICE 2013

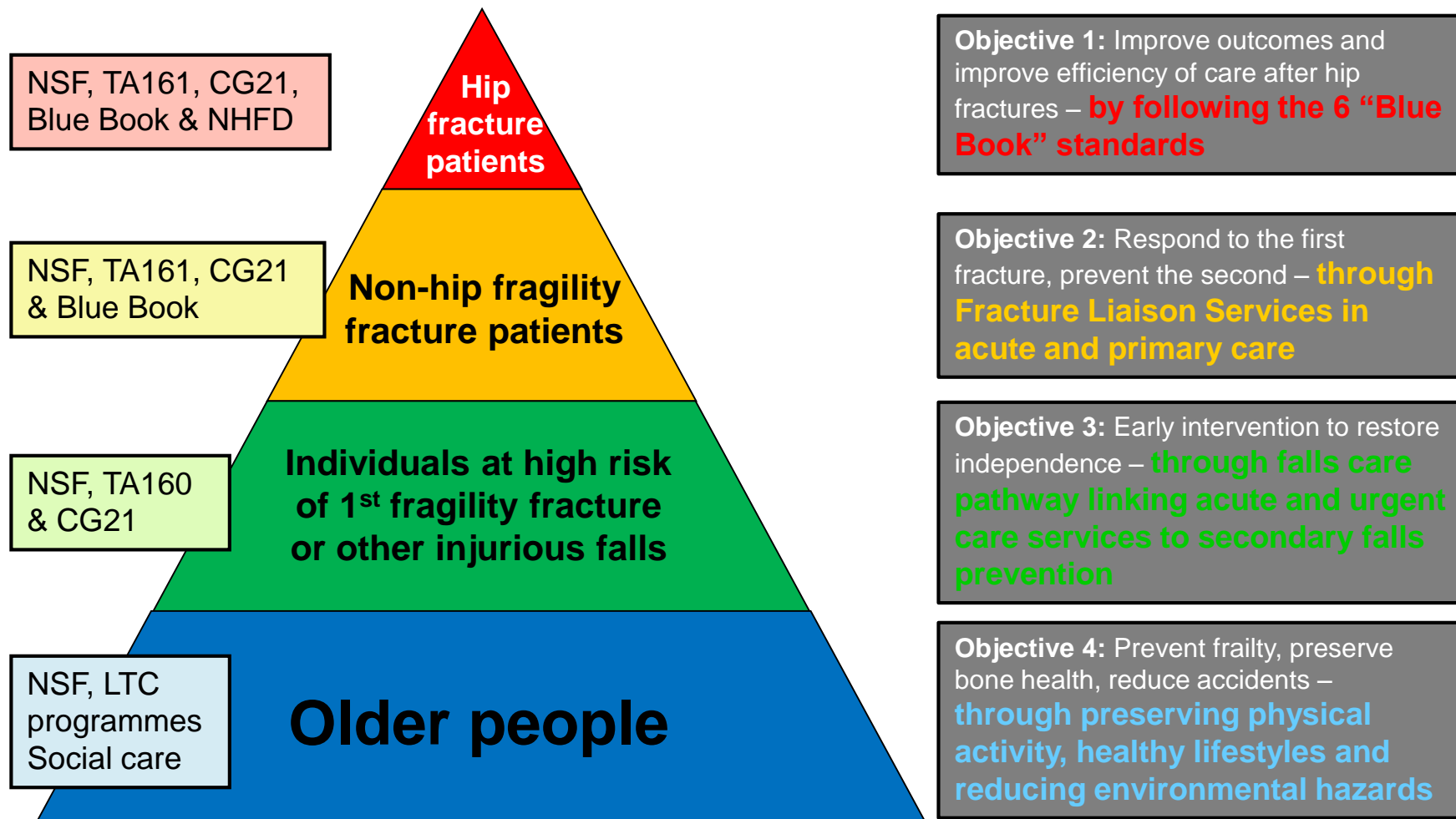
Multifactorial assessment

- Falls history
- Gait, balance and mobility, muscle weakness
- Footwear
- Osteoporosis risk
- Older people's functional ability
- Fear of falling
- Visual impairment
- Cognitive impairment
- Neurological impairment
- Urinary incontinence
- Home hazards
- Cardiovascular examination
- Medication review

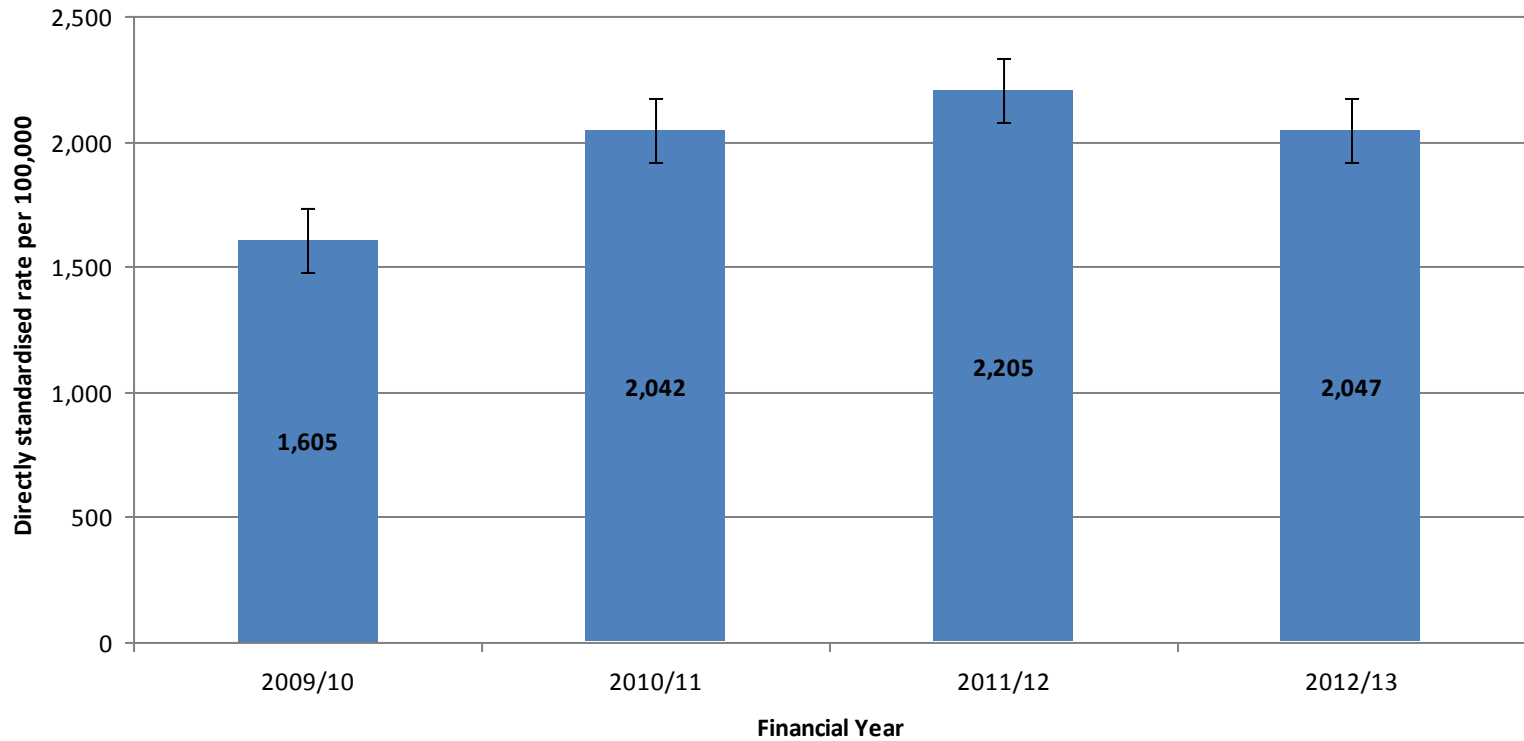
Multifactorial intervention

- Strength and balance training
- Home hazards assessment/intervention
- Visual assessment/referral
- Medication review
- Osteoporosis treatment

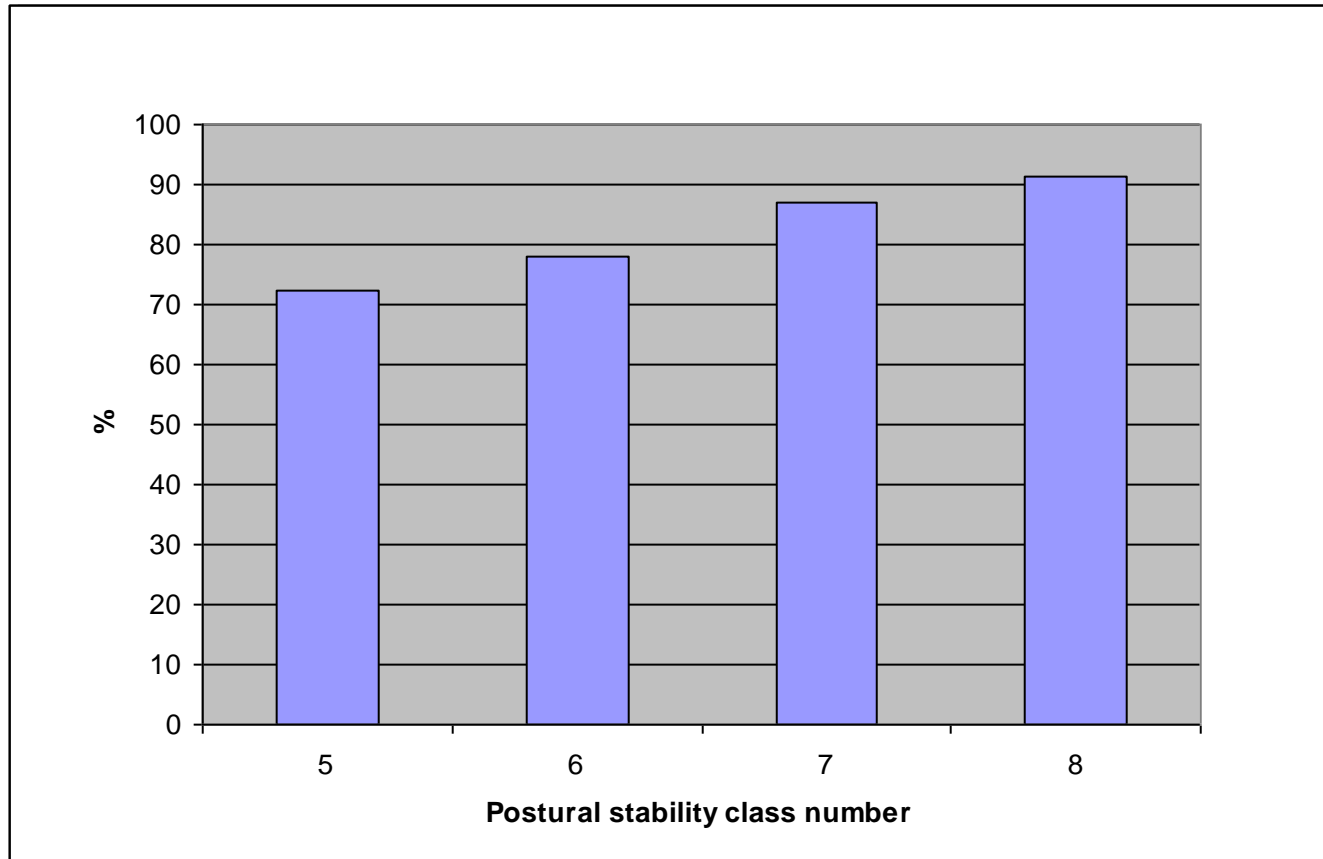
DH Systematic approach to falls and fracture care & prevention: four key objectives



**Hospital admissions due to falls in persons aged 65 and over, DSR per 100,000,
Herefordshire GP registered population, 2009/10 to 2012/13**



Percentage of class participants reporting ≥ 3 point increase in balance, functional capacity and confidence



May 2012 - June 2013

Respondents' comments after attending exercise class

“Brilliant! Thank you.”

“Gave me confidence.”

“Gave me confidence in all ways. Course was run with humour, friendliness and inspired confidence.”

“I found this class fantastic, exciting, helpful and a follow-on class would be great and helpful.”

“A follow on course would be very helpful.”

“I wish the course was longer.”

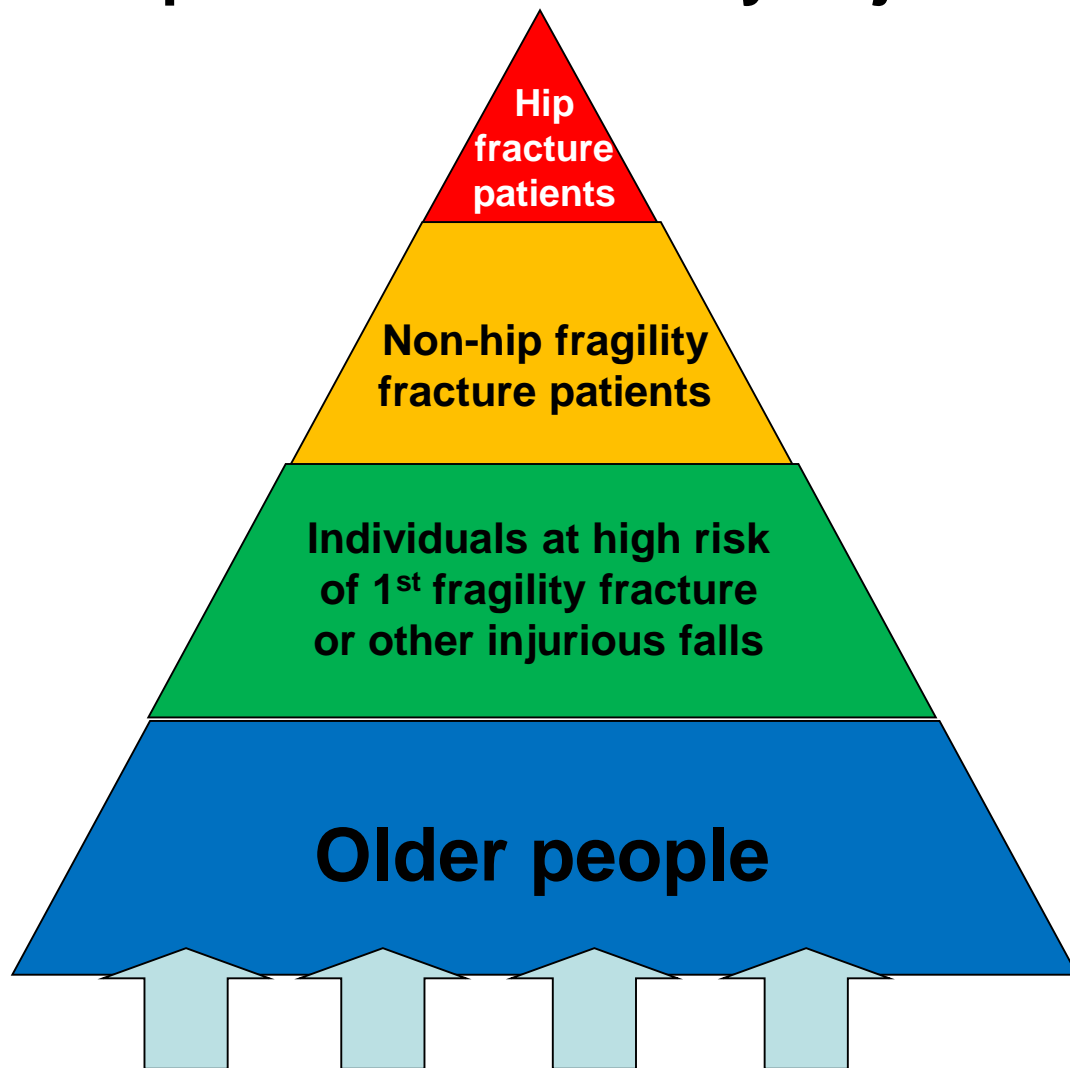
“Very happy with the whole experience and personally believe that every senior would benefit from this.”

“I haven't fallen since I have started the course and cannot thank you enough for helping.”

FFF: Characteristics of a population based system

- focused on a defined population
- working to a specification, with the standardised objectives and criteria
- delivered by a network of members
- accountable to the population through an annual report based on the criteria and standards of the specification to allow learning and improvement

DH Systematic approach to falls and fracture care & prevention: four key objectives



Objective 1: Improve outcomes and improve efficiency of care after hip fractures – **by following the 6 “Blue Book” standards**

Objective 2: Respond to the first fracture, prevent the second – **through Fracture Liaison Services in acute and primary care**

Objective 3: Early intervention to restore independence – **through falls care pathway linking acute and urgent care services to secondary falls prevention**

Objective 4: Prevent frailty, preserve bone health, reduce accidents – **through preserving physical activity, healthy lifestyles and reducing environmental hazards**

Promote physical activity in people aged 40 years and older

Health and Wellbeing Strategy: Life Course in Hertfordshire

Starting well
Up to 5 yrs*

Developing well
5-18 yrs

Living well
18yrs+

Working well

Aging well
65 years+



* From pre-conception

