

## **DML Excellence Awards 2016 Report**

**Project No: 228 – Falls Prevention Programme**

**Address: Wexford General Hospital**

**Location: Ireland East Hospitals Group**

### **Brief Description (up to 200 words)**

At the Day Hospital for the Elderly we run a multi disciplinary Falls Prevention Programme for older adults who are increased risk of falling or have suffered multiple falls.

The aim of the programme is to reduce the number of falls and fall related injuries in older adults.

There is a strong body of evidence indicating that attending a comprehensive Falls Prevention Programme can significantly reduce the risk of future falls and improve mobility and confidence.

This programme runs for 8 weeks on Tuesday afternoon sfrom 1330hrs to 1530hrs, with a follow up 2 months after completion.

The programme consists of a comprehensive multidisciplinary falls risk assessment, weekly Physiotherapy and Occupational Therapy sessions for balance, strenght, activities of daily living and falls prevention. Education is also provided in relation to polpharmacy, continence, and osteoporosis.

If a patient has:

- A history of recurrent falls (2 or more in the previous year)
- Have gait or balance deficits which mean that they are at a high risk of falling.
- Has a signifcant fear of falling

They should be referred to the Day Hospital for assessment and considered for inclusion in the group.

The benefits of the programme are subject to the person's full attendance and participation.

### **Main goal(s) and aims of the Project**

To reduce the risk of falls in the older adult, provide education abut osteoporosis, polypharmacy continence, reduce the risk of fractures.

### **Outline of Approach – main steps taken to implement the Project**

MDT approach.