

Falls facts for health managers

Preventing Falls and Harm From Falls in Older People:
Best Practice Guidelines for Australian Hospitals 2009

Health managers have an important role to play in preventing falls and harm from falls in older patients. You are well placed to drive organisational change focused on reducing the incidence of older patients falling, and the harm experienced from falling. You are also well positioned to understand the cost of falls to your hospital.

The Australian Commission on Safety and Quality in Health Care has produced national guidelines to inform clinical practice and assist hospitals to develop and implement practices to prevent falls and injuries from falls.

What can you do to help?

- Put in place standard falls prevention strategies for all older patients.
- Screen or assess all older patients for specific falls risks.
- Address specific falls risk through individualised care plans focused on preventing falls.

Recommendations from the guidelines

Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals 2009 is an evidence based guideline that explains how all people who work in hospitals can reduce falls in older patients. The accompanying *Guidebook for Preventing Falls and Harm From Falls in Older People: Australian Hospitals 2009* is a smaller version of the guidelines, designed for front-line health professionals providing care to older patients. The guidebook contains the core information on how to manage falls risk. There is also an implementation guide designed to help hospitals apply the guidelines systematically.

At the strategic or organisational level, health managers facilitate, resource and support the planning, implementation and evaluation of their falls prevention program.

At the point-of-care level, health managers facilitate and support:

- standard fall prevention strategies
- assessment of falls risk
- implementation of fall and injury prevention strategies
- post-fall management
- involvement of the patient in falls prevention.

All people who work in hospitals have a role to play in addressing all the risk factors for falling and preventing injury.

This fact sheet has been adapted from *Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals 2009*, developed by the Australian Commission on Safety and Quality in Health Care.

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Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals 2009

1. *Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals 2009.*



The following resources have been developed to assist implementation of the Falls Guidelines:

2. *Guidebook for Preventing Falls and Harm From Falls in Older People: Australian Hospitals 2009*
A Short Version of Preventing Falls and Harm From Falls in Older People: Best Practice Guidelines for Australian Hospitals 2009.



3. *Falls Prevention: Information for Patients and Carers.*



4. *Fact sheets:*

- Falls facts for doctors
- Falls facts for nurses
- Falls facts for allied health professionals
- Falls facts for health managers
- Falls facts for support staff.



All publications are available from the Australian Commission on Safety and Quality in Health Care website www.safetyandquality.gov.au

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