

Integrated health promotion is making a difference.....

A practical example:

Campaspe Primary Care Partnership

Whole of Community Falls Prevention Project "A United Stand Against Falls"

What were the issues?

The Campaspe Primary Care Partnership has been successful with funding for a "Foothold on Safety Falls Prevention Project" and are currently into the second year of a Whole of Community Falls Prevention Project. The program goal is to reduce the risk, incidence and severity of falls by implementing multi-strategy falls prevention initiatives in the Campaspe region.

Mapping surveys have indicated that agencies across the Shire of Campaspe are using different assessment tools and unlikely to change to a standard assessment tool.

It was identified that "The United Stand Against Falls" project required a combined service coordination and health promotion approach and to develop a pathway that aligns health promotion interventions with service provision. Services need to be provided that support and promote opportunities for prevention and early intervention.

Stakeholders

- Shire of Campaspe
- Echuca Regional Health
- Goulburn Valley Health
- Rochester and Elmore District Health Services
- YMCA
- Campaspe Primary Care Partnership
- Bendigo Rural Health Team
- Kyabram and District Health Services

What has been the integrated health promotion response?

Strategies/interventions used:

- Engage and evaluate the current practices of the agencies
- Investigate the validated screening tools
- Conduct a planning workshop with the goal being "to develop a common risk screening and assessment pathway for Campaspe"
- Representation from all relevant agencies
- Establish a common language to express falls risk
- Establish a common understanding of strategies that might accompany a falls risk rated low/medium/high
- Establish a common referral method

Why practice service coordination in falls prevention?

The concept of service coordination was introduced in response to problems experienced by consumers including:

- A lack of information about what services are available and how the service system works
- Inconsistent practice in identifying needs, assessment, and privacy
- A lack of coordination between agencies and health professionals
- A lack of clear and transparent referral pathways

- Inconsistent quality in information provision, screening, assessment, care planning and referral
- Poor information sharing and feedback when referrals are made

The outcome was the Campaspe Falls Risk Screening & Assessment Pathway.

This pathway identifies the following:

- Definition of a fall
- Risk indicators for falls categorised into low, medium and high
- A pathway to support coordination of service from initial contact, screening and needs identification, assessment and referral
- Appropriate forms and risk assessment tools
- Appropriate interventions for low, medium and high risk, and
- Referral services appropriate to support interventions for low, medium and high risk

An agreement was developed to support member organisations to undertake and maintain internal processes to ensure effective implementation of the Campaspe Falls Risk Screening and Assessment Pathway. It demonstrated Campaspe PCP member organisations commitment to prevent the risk and incidence of falls by their consumers within their organisations capacity. The basis of this agreement is underpinned by the PCP Service Coordination Framework which promotes ensuring consumers have access to the services they need, opportunities for early intervention and health promotion and improved health outcomes.

Suggested implementation strategies include:

- Integration of the pathway into organisation's policy and procedures
- Identification of consumers to be screened as low, medium and high risk
- Support falls risk assessments and referrals to ensure interventions are provided
- Embed falls practices by having falls prevention as an agenda item for staff, team and management meetings
- Ensure that staff are educated in the Campaspe Falls Risk Screening and Assessment Pathway and falls prevention practices and to
- Conduct regular reviews of falls prevention processes, including appropriate interventions and strategies

What are the impacts?

- Health services across the Shire of Campaspe including acute, residential and community settings will adopt the Campaspe Falls Risk Screening and Assessment Pathway
- The number of practitioners completing falls risk screenings and assessments will increase
- The number of adults being identified at risk of a fall will increase
- There will be an increased number of risk screenings completed on the target group (older adults aged 65+)
- An increased number of risk assessments completed with older adults
- The number of medication reviews conducted will increase

What's next?

Maintenance and Sustainability

Consolidation of falls prevention activities and support by the health promotion and service coordination steering committees will continue to enhance member organisations and partnering agencies commitment to falls related activities.

Workforce development, particularly staff training in falls prevention principles and practice, professional development and continuing education of falls knowledge.

The organisational development strategies planned concentrate on strengthening organisational support for falls prevention and aims to have falls prevention included as agencies key priority. As a result, organisations policies, practices and procedures will also include the appropriate responses to falls prevention programs. In addition, resource allocation will result with agencies designating roles and responsibilities of their staff members in addressing these strategies.

Under the umbrella of physical activity the falls initiatives are strongly supported by the Campaspe PCP catchment wide integrated health promotion plan.