

Falls & Fracture Prevention

Strategic Plan Engagement 2021

The Midlothian Health and Social Care Partnership is responsible for services that help people live well and get support when they need it. This includes all community health and social care services for adults in Midlothian and some acute hospital-based services.

To help us in developing our new strategic plan we spoke with staff, volunteers and people with lived experiences about their views on the services we deliver and what could be improved.

The Falls & Fracture Prevention Action Plan has been informed by a local needs assessment and national policy and guidance, including the draft Scottish National Falls & Fracture Prevention Strategy 2019 – 2024. There are over 400 risk factors associated with falling making it a complex issue to tackle. Effective falls prevention requires a whole system approach that combines both universal and targeted actions. The feedback that has informed this strategy highlighted that the current provision of falls prevention initiatives in Midlothian is multi-layered, with some aspects having evolved locally and others county-wide. This strategy provides the opportunity for partners to work together on agreed priorities to ensure that Midlothian residents are able to benefit from effective, high quality falls prevention.

We spoke to people throughout 2021.

Prevention

Key points

Some people mentioned the importance of gritters during the winter – especially in residential streets.



'You never see the gritter in my street and it's like an ice-rink'

'The gritters should prioritise places where older people live'

'We had a great team of young men last winter clearing the snow at **** – I wouldn't have been able to get out otherwise.'

Some people mentioned the effect of COVID-19 on their activity levels

'I used to go out walking a lot but don't want to now in case I bring the virus into the building'



'I have been less active'

'I have started buying my meals from *** as it's safer than going to the shops'

'No falls but much less active because I'm just in the flat.'

'I'm frightened to go out now'

'Less active, no falls'.

'I have lost weight, because I have no appetite and I feel scared to go out for a walk.'

Support & Treatment

Key Points



Some staff said training in falls prevention has been positive.

"The training got me thinking more of the issues surrounding frailty as well as the consequences of falls"

"The training increased my falls knowledge"

Staff said the work on the Falls Prevention Pathway was positive.

"Provides a more coordinated approach"

"Quicker return home for patients"

"Provides consistency, equity and fairness across Midlothian"



"Penicuik e-Frailty MDT meetings.... work really well in terms of clear communication and reducing duplication."

"should be able to be made [referral] over the telephone"

"Need to upskill staff in falls – also upskill staff in other key assessments"

"Difficulty accessing / sharing information ... across different providers... Key to operational success of Pathway"

"Unpaid carers- knowing how to get help and ease of access is important"

Support in a Crisis

Key Points



Some people mentioned the importance of quick access to help after a fall.

'The Rapid Response team were amazing when my uncle fell at home. They told him that they would pass his details onto another team, and a Physio would be in touch to provide follow up help. The only criticism was that it took over a week for that to happen'.



Some people mentioned long waiting times for ambulances

'My terminally ill husband fell out of bed at 5am – I couldn't get him up off the floor, and I called an ambulance. We had to wait 5 hours for an ambulance to arrive, and it was so upsetting for us both, as I didn't know what to do. It was a horrible experience, at a horrible time.'
