

North Tyneside Health & Wellbeing Board Report Date: 21 June 2018

ITEM 9

Title: Report on the Board's Strategic Objective No. 9 "To reduce falls and fractures risk and ensure effective treatment, rehabilitation and secondary prevention for those who have fallen".

Report from : NHS North Tyneside CCG

Report Author: Gary Charlton (Tel: 0191 2931190)

Relevant Partnership Board: North Tyneside Falls Group

1. Purpose:

The purpose of the report is to update the board with regards to progress being made against Strategic Objective No. 9 "To reduce falls and fractures risk and ensure effective treatment, rehabilitation and secondary prevention for those who have fallen".

2. Recommendation(s):

The Board is recommended to

- a) endorse the North Tyneside Falls Strategy 2017 – 2020 and the ambitions set within it; and
- b) agree the governance arrangements to provide assurance to the Health and Wellbeing Board on its delivery.

3. Policy Framework

This item relates to sections 7, 8 and 10 of the Joint Health and Wellbeing Strategy 2013-23.

This item relates to North Tyneside Falls Strategy.

The item also links to NHS North Tyneside CCG's corporate objectives as detailed below:

2017/18 corporate objectives	Item links to objectives ✓
1. Commission high quality care for patients, that is safe, value for money and in line with the NHS Constitution	✓
2. Deliver the Financial Recovery Plan, leading to the achievement of the CCG's statutory financial duties and future sustainability	✓
3. Work collaboratively with partners and stakeholders to develop health and social care fit for the future in North Tyneside	✓

4. Information:

Context

Falling is not an inevitable part of growing old and can be prevented by organisations and the public working together. North Tyneside partners from Health, Social Care, Private and Voluntary Organisations, North Tyneside CCG, North Tyneside Council and The Tyne & Wear Fire Service are committed to working together to support people to age well in North Tyneside, not only to live longer but to extend their lives in good health and maintain functional ability and independence.

Falls have a dramatic impact on individuals, families and the health and social care system. More people are falling in North Tyneside compared with other areas which has remained largely unchanged over the past four years. There are on average of 115-140 people over 65 admitted to hospital with a fall each month which costs an average of £4.7 million each year. This doesn't include the cost of social care or money that families pay for care or the unnecessary physical and emotional suffering that a fall can cause for the person and their family.

North Tyneside Falls Strategy sets out the system commitment and plans for reducing the rate of falls and harm from falling in North Tyneside. It sets out our current position, strategic priorities, required service developments, ambitions and key actions.

Aims

Together we aim to:

- Ensure that the population understand what they can do to age well and reduce their risk of falls.
- Prevent frailty, promote bone health and reduce falls and injuries
- Early intervention to restore independence
- Respond to the first fracture and prevent the second
- Improve patient outcomes and increase efficiency of care after hip fracture

Together we aspire to create a “fall free” North Tyneside.

Partnership & Governance

The strategy is a joint strategy which has been developed and agreed across all stakeholder organisations in North Tyneside including the CCG, Local Authority, Public Health, Foundations Trusts, GP Federation, Voluntary Sector, Tyne & Wear Fire Service and North Tyneside's Patient Forum. North Tyneside care homes have also been involved in relation to identifying opportunities to reduce the risk and impact of falls in their settings.

The partners, led by North Tyneside Clinical Commissioning Group, oversee the delivery of the strategy via a falls strategy group which reports into North Tyneside Future Care Programme Board. The multiagency programme board provides assurance to the Health and Wellbeing Board on delivery of the strategy together with any issues which require their intervention.

The impact of the strategy will be measured by a year on year reduction in people being admitted with a fractured neck of femur and a reduction of people falling whilst in hospital, nursing homes or care homes.

Strategy

It is important for Health and Wellbeing Board members to understand that the strategy and its delivery plan at this time is focussing on the areas that can have a short to medium term impact and are based upon current evidence on what works. As the initial priority areas are put in place further short, medium and long term opportunities for improvement and delivery will be identified and delivered.

This falls strategy sits within a wider context of system falls prevention which is a central part of Active North Tyneside and wider Public Health priorities and initiatives across 0-19 into adulthood. The partners are committed to work together to continue to seek opportunities to maximise the use of existing resources to help deliver the aspiration of a "Falls Free " North Tyneside and will draw upon the existing strategies and delivery mechanism to do so.

Progress

The community falls service pathways have been established on evidenced based best practice and are underpinned by collaboration and "can do" relationships. . The community falls service consists of 6 elements and Highlights of each element are detailed below:

Element	Role	Who provides it
1.Community Falls clinic	Single point of access for Falls offering a full falls risk assessment, falls prevention advice and onward referrals to other falls related services	Newcastle Hospitals (NuTH) supported by TyneHealth
2, Strength and balance training	10 week targeted exercise programme for individuals at risk of falling	North Tyneside Age UK
3.Safe and well checks	Advice around falls prevention, home hazard assessment and onwards referrals to other partners	Tyne & Wear Fire Service
4.Falls first responders	NEAS triages 999 and 111 calls and where a faller is deemed as non-urgent, the Falls first responder team will assist.	North Tyneside Council (Care Call) supported by North East Ambulance Service (NEAS)
5.Community bone health clinic	Assessment of bone health including referral for DEXA scan. Initiation of osteoporosis medication and compliance assessments	Northumbria Healthcare (NHCFT)
6.Falls education programme	Rolling education programme for care home staff and domiciliary	Facilitated by the CCG and delivered by NEAS

Elements 1, 2, 3 , 4 and 6 are in place and working well, element 5 has had some delays in commencing however there is progress on this and mitigations in place to manage the risks.

North Tyneside GPs have a significant part to play in early identification of those people who are at a risk of falling and working with partners to ensure appropriate interventions. These interventions also include self-care and lifestyle changes. They have been working with the Academic Health Science Network bone health programme to identify those people who have a risk of fragility fractures who would then benefit from being seen in a community bone health clinic with a focus on secondary prevention.

5. Decision options:

The board has two decision options:

- I. Endorse the North Tyneside Falls Strategy 2017 – 2020 and the ambitions set within it; or
- II. Oppose the North Tyneside Falls Strategy 2017 – 2020 and the ambitions set within it

6. Reasons for recommended option:

The strategy and the ambitions set within it have been derived from evidenced based research and / or NICE guidance. The strategy is a joint strategy which has been developed and agreed across all stakeholder organisations in North Tyneside including the CCG, Local Authority, Public Health, Foundation Trusts, GP Federation, Voluntary Sector, Tyne & Wear Fire Service and North Tyneside's Patient Forum. Partners are making good progress in delivering the strategy and the people of North Tyneside are benefitting from the new community falls services.

7. Appendices:

Appendix 1 - North Tyneside Falls Strategy

8. Contact officers:

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9. Background information:

The following background documents have been used in the compilation of this report and are available from the author:-

- North Tyneside Falls Strategy – appendix in this document

COMPLIANCE WITH PRINCIPLES OF DECISION MAKING

10 Finance and other resources

Not applicable as no local authority contribution to these services

11 Legal

No known legal implications have been identified directly in relation to the strategy. However the Board's consideration of the strategy does relate to its duty under Section 195 of the Health and Social Care Act 2012 encourage partners to work closely together and work in an integrated manner.

12 Consultation/community engagement

North Tyneside Patient Forum have been involved with the development of the service, in particular the materials developed for wider community engagement such as the falls posters, leaflets and app. The development of falls service provision is an ongoing agenda item at the patient forums future care programme working group, inclusive of resident representation across all four of the CCG's localities.

13 Human rights

There are no human rights implications directly arising from this report.

14 Equalities and diversity

'There are no equalities and diversity implications directly arising from this report.

15 Risk management

Delay in bone health clinic implementation may impact on overall service delivering. Mitigations are in place.

16 Crime and disorder

There are no crime and disorder implications directly arising from this report.

SIGN OFF

Director of Public Health

Chair/Deputy Chair of the Board

Chief Finance Officer

Head of Law & Governance