DREAMS COME TRUE

A INTERSECTORAL FALL PREVENTION PROGRAM
WITH PATIENTS AND THEIR CLOSE ONES

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In Finland
- About 8000 hip fractures per year
- Every year about 2,000 people die because of fall
- A rough estimate of yearly costs are even 500 M€

Globally
- Fall-related accidents are increasing especially among elderly people
RFPNETWORK 2016

www.psshp.fi/ake and www.psshp.fi/rfpnetwork
INTERSECTORAL MODEL

Use of all consistent materials in higher and vocational education

Raising awareness of the population

Research of
- educational development
- medication review
- use of consistent guidelines etc.

Best for the People

Use of consistent
- practices
- procedures
- guidelines

New information and knowledge into practice

A uniform and regular monitoring of falls and fall related accidents
USE OF CONSISTENT PRACTICIES

• Fall Risk Screening
  – Falls Risk Assessment Tool (FRAT-screening component)
  – Falls Risk for Older People (FROP-com Screen)
USE OF CONSISTENT GUIDELINES

- Stay Up -guide
FINDING SAFETY SOLUTIONS

• For example
  – medication devices
  – alarm systems
  – personal aid devices to the hospital and home
MONITORING OF FALLS

- Falls in Finland
- Falls in member organizations and whole region
- HaiPro - Reporting System for Safety Incidents in Health Care Organizations

Incidents of fall accidents varies widely by month and by organization depending on patient safety culture.

http://www.haipro.fi/eng/default.aspx
RAISING AWARENESS OF THE POPULATION

- Patient counseling and education as well as raising knowledge of population
  - public meetings
  - articles in daily press
  - campaigns
NUTRITION AND FALLS

• 2016 is named the year of nutrition in Kuopio University Hospital

• Malnutrition screening (Nutrition Risk Screening, NRS2002 or Mini Nutritional Assessment, MNA)
  – risk of malnutrition was in 34 % of screened patients (N=407) in KUH

• Patient advising of nutrition
• Support
  – functionality
  – physical activity and exercise
  – rehabilitative approach

Prevention before the accident!
In 2016 – 2017 start to conduct inter-professional medication reviews to high fall-risk patients.

Aim is to identify the problems which are related to the medical treatment.
• Fall prevention knowledge starts to grow in education by interprofessional simulations.

• Poster presentation no 18: Educational Development in Fall Prevention – Pilot Study among Nurse Students.
INTER-PROFESSIONAL GOAL

• Teamwork to preventing falls

• Inter-professional work in the RFPNetwork and in practice
DREAMS COME TRUE

Best for the People

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MORE INFORMATION OF RFPNETWORK

- Homepage: [https://www.psshp.fi/rfpnetwork](https://www.psshp.fi/rfpnetwork) in Finnish homepage: [https://www.psshp.fi/ake](https://www.psshp.fi/ake)

