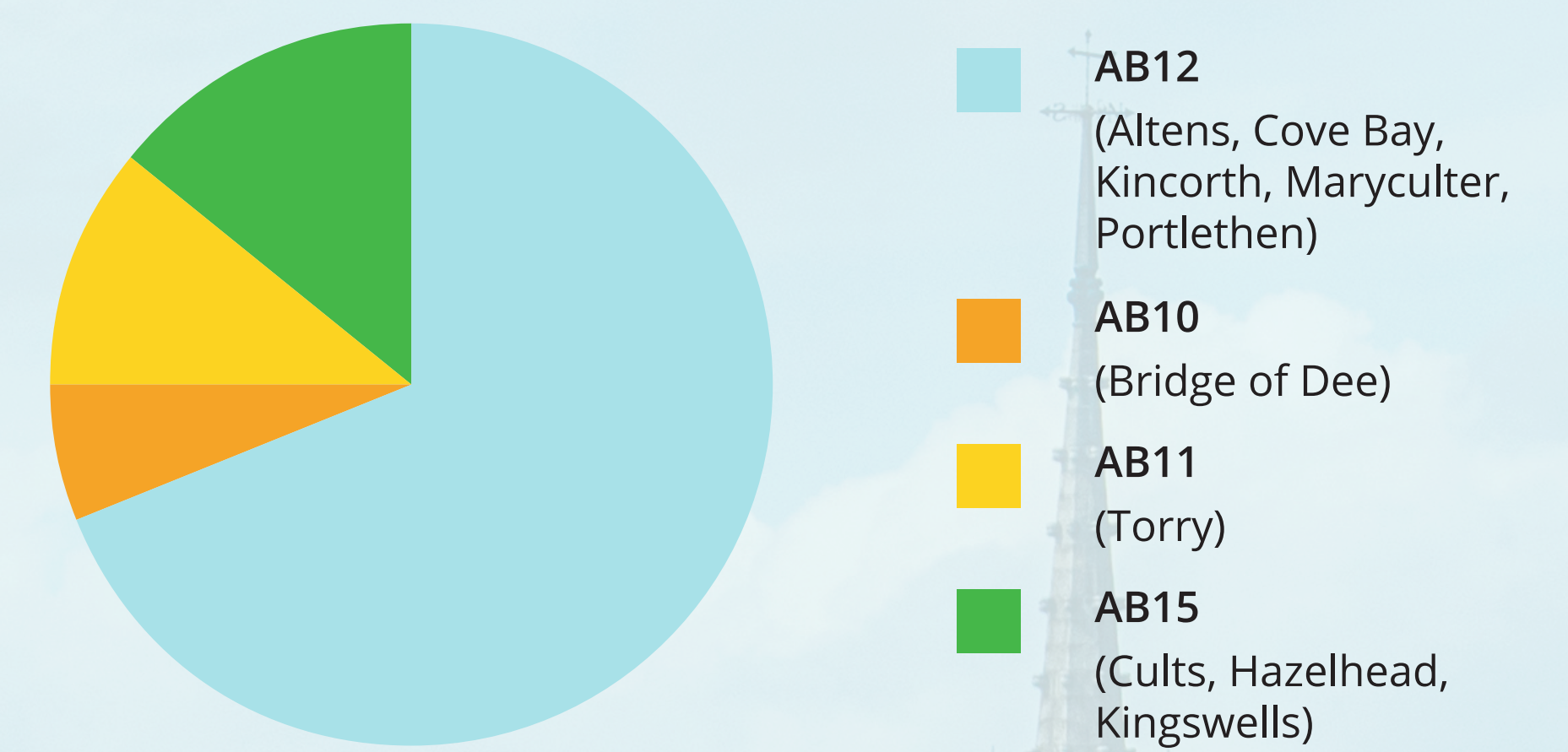




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## Areas referring patients into Kincorth Clinic



# A Collaborative Approach to Falls Awareness

## What did we change?

- Current services were “unpicked”, considering patient journey, role of stakeholders across different agencies and proposed “change ideas”
- District Nurses (DN) shadowed Falls Clinic at City Hospital to raise awareness and encourage “best practice” among practitioners working in Kincorth
- Using Quality Improvement methodology a series of “pop up” clinics were tested at Kincorth Surgery
- Link developed with Library staff to establish electronic and paper based resource, based in library, which could be easily accessed by local residents
- Established local provision of therapist led strength and balance exercise classes, with “follow on” community classes delivered by “Sport Aberdeen” at the same venue
- Collaboration with Kincorth Academy pupils and staff to design and produce posters, raising awareness of falls prevention services in Kincorth



## Where do we go from here?

- Continue to work collaboratively to spread “falls prevention awareness” across the community in Kincorth and surrounding areas
- Further work with GPs and DNs to continue to develop their role in falls prevention
- Using QI methodology, test similar clinics in other localities across Aberdeen City
- Further work with Library Services to train Library staff to discuss falls risk during domiciliary visits
- Increase capacity to a “full” clinic of 6 patients - currently prevented by lack of available space.

## What were the outcomes?

- A team of AHPs, DNs, General Practitioners (GP), Library Staff, Fitness Instructors and Academy Pupils working together to raise awareness about falls prevention
- A local clinic focused on helping patients develop individualised action plans which encourage self management
- Referral on to services to improve strength and balance, reduce anxiety, assess for cognitive difficulties and provide equipment/ adaptations to promote independence in daily living
- Raised awareness of falls prevention across the generations, via work with Academy pupils
  - A falls clinic embedded in the community it serves
  - Local practitioners with increased awareness of falls risk, local services and how to access them
  - “Conquer your fear of falling” booklet produced following feedback about lack of self help information relating to fear of falling
    - DNs encourage patients to complete Falls Self Assessment Booklet



## Background

A weekly Allied Health Professional (AHP) led Falls Clinic is currently delivered at City Hospital in Aberdeen. The clinic’s overall aim is to Identify and reduce falls risk. In 2016, staff from the clinic were involved in an integration initiative, stewarded by “THRIVE” and called “Well Aberdeen”. As part of the initiative we embarked on a process that was invaluable in moving towards the Scottish Government’s vision of integrated, person centred services, delivered compassionately, effectively and locally.

This project aimed to develop an integrated approach to falls prevention in the Kincorth area of Aberdeen and resulted in a regular monthly clinic located in Kincorth Surgery and supported by local practitioners. Collaboration with Kincorth Library has involved library staff in helping local residents access both paper and electronic falls prevention resources. Working across generations, Kincorth Academy pupils have linked up with Occupational Therapy staff to produce posters which help raise awareness of falls prevention resources available to local people.

## Conclusion

This project has encouraged local practitioners to identify those at risk of falls and take action to reduce the risk. It has pulled together a diverse group of people with an interest in falls prevention and embedded a falls clinic in the community it serves. By collaborating across different agencies, services and generations, this project has taken steps towards changing the way residents and professionals respond to falls in their community.

## References

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## Acknowledgements

Thanks to “THRIVE” for helping to start the ball which continues to roll!

Thank you to Rosie Cooper – Aberdeen City Falls Lead – for continually being a “go to person” for advice and support regarding Quality Improvement.