



Mercy Health
Care first

Multidisciplinary approach to reviewing falls in community palliative care: Falls Huddle

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BACKGROUND

- Falls are multifactorial in nature and the leading cause of unintentional injury among older adults in Australia¹.
- Community palliative care clients experience disease progression, fluctuating functional levels and polypharmacy

AIM

- Introduce a post falls multidisciplinary team (MDT) huddle
- Review Mercy Palliative Care (MPC) processes in falls prevention
- Review current research/evidence

METHODS

- Weekly MDT falls huddle commenced including a Palliative Care Consultant, Physiotherapist, Nurse Unit Manager and Clinical Nurse Consultant
- Detailed discussion of falls resulting in injury and/or head strike identified through riskman data. Review of screening tool, medications, contributing factors, referrals and individual falls prevention plans
- Falls Risk for Older People in the Community (FROP-COM) screening tool and falls prevention strategies formally integrated into routine care on admission, change in function and/or fall reported
- Data collection on number and severity of falls in a 12-month period comparing numbers pre and post implementation of falls huddle and individualised falls prevention education

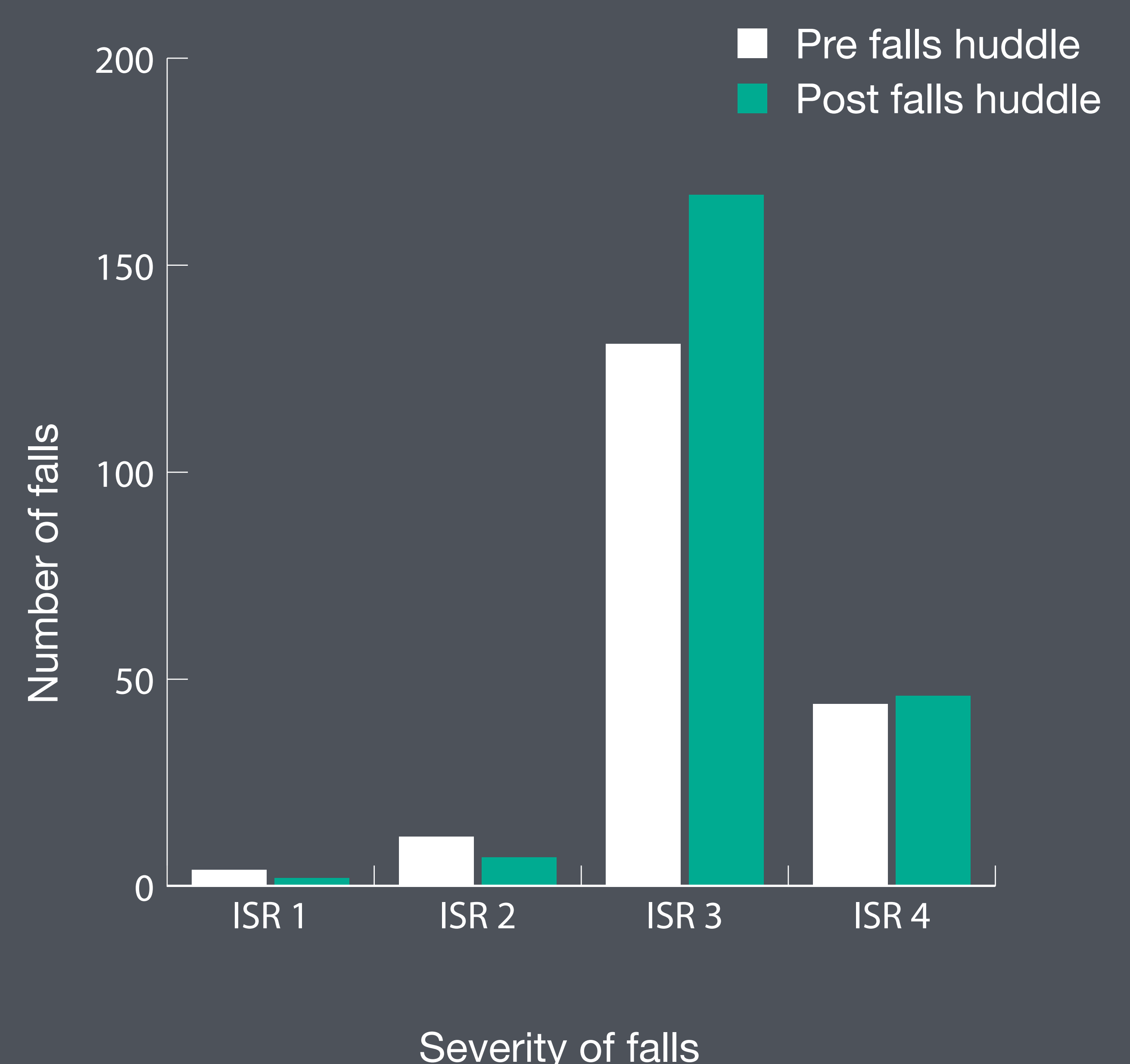
CONCLUSION

- Positive trend in reducing the fall severity and improving patient care
- Clearer process around falls in the community correlates to increased reporting of falls
- Collaborative approach facilitated by weekly multidisciplinary huddle has proven valuable in addressing the complex nature of falls, ensuring comprehensive assessment and tailored interventions

RESULTS

- Decreased number of severe injury related to falls
- Care delivery not identified as an issue
- Improved compliance of falls screening tool at time of falls
- Improved documentation of client education of falls risk and individual falls prevention strategies
- Increased number of referrals completed to Physiotherapy and Occupational Therapy prior to falls

Number and severity of falls with injury over a 12 month period



References

- Department of Health. (2024). Falls prevention. Australian Government.