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IMPROVING FALLS ASSESSMENT AND PREVENTION PRACTICES FOR FRAIL OLDER ADULTS IN AN EMERGENCY DEPARTMENT USING BEST PRACTICE GUIDELINES

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Background: NICE guidelines are the current gold standard for the management of falls in older persons. The aim was to benchmark the practice of a Frailty At The Front Door (FATFD) team against NICE guidelines.

Methods: All patients referred to and discharged directly by the FATFD team in the emergency department had demographic data entered prospectively by a trained administrator onto excel. Data gathered included age, diagnosis and GFS score. Patient records were accessed to gather assessment and treatment data. Data was analysed using descriptive statistics.

Results: Between January and March 2022, 443 patients were seen of which 48% (n=213) presented due to a fall. 23% (n=49) were discharged directly from ED. Full clinical information was available for 65% (n=159). The mean (SD) age of those who presented with falls was 84(8) years with a mean (SD) clinical frailty score of 5.6 (0.9). The male to female ratio was 1.5:1. 53% (n=8) patients had a falls assessment in line with NICE guidelines. Fear of falling, perceived unsteadiness and bone health issues were the most commonly-omitted areas. 7% (n=1) patient received falls prevention education or individualised intervention.

Conclusions: The majority of patients received a falls assessment in line with NICE guidelines but 65% of patient data was not available. Data availability is key to service development and a database will be developed for all attendees. A falls education package to address management of visual impairment, home hazard advice, strength and balance training, bone health and individualised patient and family education, including fear of falling, has been developed.