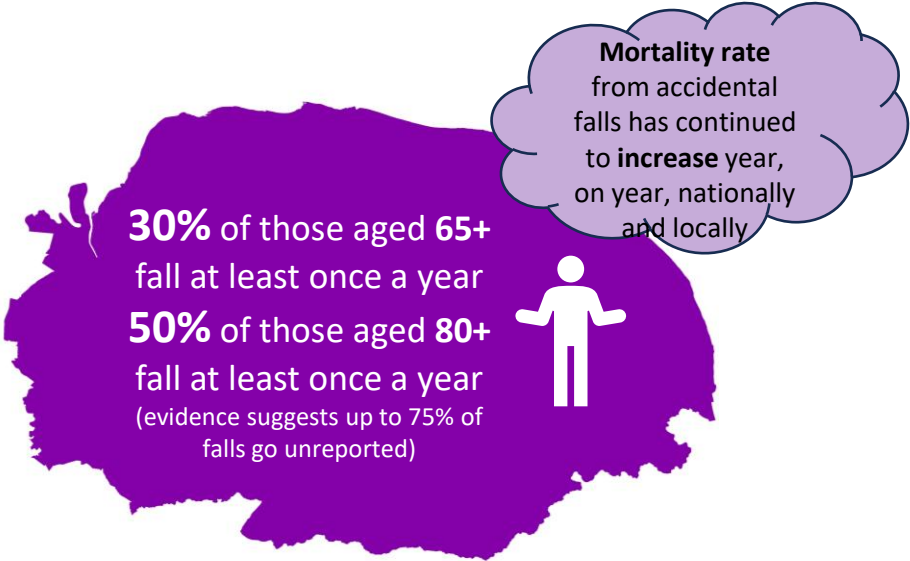



Falls Prevention Needs Assessment




Inequalities


Locally there is **no clear relationship** between **deprivation** and emergency admissions for **falls**



Females are almost **twice as likely** to be admitted for a hip fracture than males




Age significantly increases fall risk and mortality risk



Caucasians are at increased risk of **fragility fracture** compared with other ethnicities

Females have a higher rate of admission due to falls

Males have a higher mortality rate




Definition


"A fall is defined as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level"

Perspective

"It takes a child one year to acquire independent movement and ten years to acquire independent mobility. An older person can lose both in a day" Professor Bernard Isaacs

Health Impacts

 **40-60%** of recorded falls result in major lacerations, brain injuries or fractures

Hip fractures have a **high mortality risk** – 9.4% at 30 days, 31.2% at 1 year 



Complications: distress, pain, loss of confidence, reduced quality of life, loss of independence, reduced physical activity

Risk Factors

A history of falls is one of the **strongest risk** factors for a fall.

Interplay of multiple risk factors:



- Muscle weakness
- Visual impairment
- Poor balance
- Polypharmacy
- Environmental hazards
- Dementia and mild cognitive impairment
- Certain medical conditions


Falls Prevention Interventions


Multifactorial intervention for those identified of being at risk of falls, such as:

- Strength & balance training
- Home hazard assessment
- Vision assessment
- Medication review

Economic Impacts

Falls are estimated to cost the NHS more than **£2.3 billion** per year. 

 In N&W (2023) over **18,300 callouts** were for falls

Hip fractures account for **1.8 million** bed days per year in UK

Produced by PH Team – February 2025. For full details and sources, see the full needs assessment document