

FALLS PREVENTION – STRENGTH AND BALANCE SERVICES

Why are Falls Prevention services important?

Falls in older people are very common. Every year there are close to 18,000 ACC claims related to falls in people over 75 years in Auckland DHB and Waitematā DHB.

Falls can have serious consequences. Every year almost 5000 people aged over 75 years will be admitted to one of our hospitals following a fall.

Falls prevention services are effective and can reduce the number of falls by about a third.

Who should be considered for a referral to a Falls Prevention services?

Māori and Pacific people aged over 55 years and non-Māori, non-Pacific people aged over 65 years and who answers yes to any of these questions:

- Have they tripped, fallen, or nearly fallen in the last year? **or**
- Are they unable to get out of a chair without using their hands? **or**
- Do they limit or avoid activity because they are afraid of falling?

Consider other factors that may be contributing to falls, such as: medications, hypertension, vision, cognition or unsafe home environment, but refer to a falls prevention programme unless you think it is unsafe. For further information see Auckland regional HealthPathways.

<https://aucklandregion.healthpathways.org.nz/index.htm>

Make it routine clinical practice to annually screen all people over 75 years for falls risk.

How do I refer?

You can refer to Falls Prevention Services by **e-referral**:

- a. If the person can access the community safely refer them to the **Community Falls Prevention Programme** delivered region-wide or contact Harbour Sport 09 415 4611
- b. If the person cannot access the community safely refer them to **In-home Falls Prevention Programme** or contact TBI Health 0800 824 432 who deliver the Otago Exercise Programme

How do I screen for falls risk using the assessment tool on the Mōhio dashboard?

- 1) Click the link to open the form

MohioForms Menu Provider Patient Form Back Office Budgets Car

REGIONAL/DHB FORMS

- Falls Prevention Assessment

- 2) Input [Provider Registration] and [Patient NHI] and click [Continue]

Please enter the followings: x

Provider Registration

1 NZMC/NZNC/Other

Patient NHI

abc1235

[Continue](#)

- 3) Go to [Provider] tab to select 'Auckland' from the [Practice DHB]

MohioForms Menu **Provider** Patient Form Back Office Budgets Care Plan

Provider Details

Provider Registration: 1 NZMC/NZNC/Other

First Name: Test Account

Last Name: Test

Provider Type: GP

PMS ID: For PMS Only

Reference Details

Your Reference/Inv #: INV0000

Mohio User Details

Practice DHB: Auckland

4) Go to [Patient] tab, refer to the screenshot below to fill out the highlighted fields

The screenshot shows the 'Patient' tab in MohioForms. The 'Patient Identifiers' section includes fields for NHI (abc1235), First Name (MICKEY), Last Name (MOUSE), Gender (Male), and DOB (01/01/1930). The 'Demographics' section includes Ethnic Group 1 (NZ Maori), Ethnic Group 2, Ethnic Group 3, Priority Ethnicity (NZ Maori), DHB (Auckland), Quintile (5), PHO Enrolment Status (Confirmed Enrolment), FFP Status (Eligible), NZ Resident Status (New Zealand), and Age (90). Red boxes highlight the DOB field and the Ethnic Group 1, DHB, Quintile, NZ Resident Status, and Age fields.

5) Go to [Form] tab to fill out the form and submit it.

The screenshot shows the 'Form' tab in MohioForms for the Falls Prevention Assessment (9067). The 'Risk assessment' section includes a Consultation Date (22/07/2020) and a link to the Auckland Regional Falls Prevention Health Pathway. The 'Patient eligibility' section shows '75+ (or 65+ Maori and Pacific)' selected with a star icon. The 'Falls risk' section has three checked boxes: 'Has tripped, fallen or nearly fallen in the last year', 'Unable to get out of their chair without using their hands', and 'Limits or avoid activities because they are afraid of losing balance or falling'. The 'Patient at risk of falls' section includes '1: Assessment' with 'Patient declines assessment' set to 'No' and 'Action/Plan' set to 'Falls assessment comple'. A red box highlights a link: 'Please CLICK here to fill up the Falls Assessment Template'. The '2: Referral' section includes 'ACC resources' and 'Referral criteria Strength and Balance programme referral criteria.pdf'. The 'Comments for other referral' section has a text area and a 'Patient declines referral' checkbox. A pink box at the bottom states: 'Please remember further processing is required in the EReferral system.'

★ The Falls Prevention Assessment notification will appear for patients aged 75 or older (and Māori or Pacific patients aged 65 years and older). However, younger people (non-Māori, non-Pacific 65 years or older, and Māori or Pacific aged 55 years or older) can access the strength and balance programmes in Auckland and Waitemātā DHBs if they meet the falls risk and other relevant criteria.

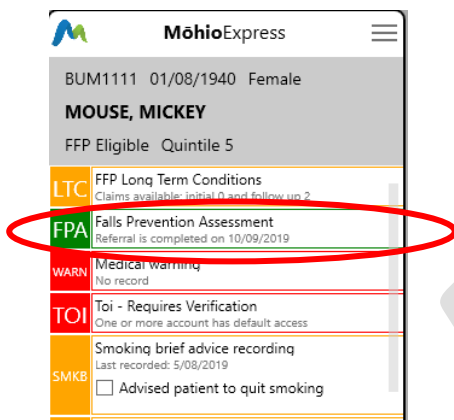
FAQs

Is a referral automatically completed when I complete the form?

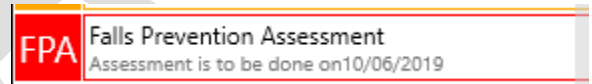
No. As MohioForm does not interact with the e-referral system, an e-referral to the In-home Falls Prevention or the Community Falls Prevention programmes needs to be completed separately if indicated. Alternatively, you can refer via telephone (contact details are on page 1 of this information sheet).

How do I know if the patient has had a falls risk assessment completed?

The Falls Prevention Assessment appears in MōhioExpress. It will appear green (as shown) when the assessment has been completed, and red if the assessment is pending.



If a falls assessment is completed and no risk identified, the indicator will turn red after 365 days, prompting a repeat assessment.



Does the information from the falls risk assessment form appear in the patient’s notes?

Yes. All fields will be written into the patient’s notes after the form has been submitted. Also, the completed form can be accessed and reviewed from the PMS directly.

Can I edit a form that has been submitted?

No. Once submitted a form cannot be edited. Start a new form when repeating an assessment.