

Community Base Fall Prevention – From Secondary to Primary

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Introduction:

Elderly fall is not an uncommon health issue nowadays. Every year we manage thousand of case with fracture resulted from an accidental fall. The strategy of shifting the focus from disease management in hospital to prevention in community seems to be more cost effective. In addition, this advocate is also in line with the concept of developing a healthier community.

Purpose of the Project:

To provide health care support and advice to those elderly who have musculo-skeletal problems so as to reduce their fall risk

Material & Methods:

It was since 11/04 that a collective health care support services including “Post-discharge Fall Prevention Program” provided by community nursing services, “Community Health Maintenance Program” provided by local NGO, “Telephone Nursing Consultation Services” and “High Risk Elderly Data Base” provided by CGAT were established by stages so as to meet the needs of discharged high-risk clients.

Results:

Around 400 clients were referred to designated service. Monthly outcomes review was made and it was found that un-planned re-admission due to fall was none and client’s satisfaction was very good.

Conclusions:

Post-fall management was complicated and resources demanding. We believed that prevention is better than cure and the preventive strategy should commence in the community. Collaborative health maintenance programs were found to be useful and cost effective.