

Falls are preventable – help your patients stay independent at home

The University of Sydney and Sydney North Health Network are seeking general practices to participate in an NHMRC research trial (led by Prof Lindy Clemson) to identify and better manage falls in older people 65+

Falls are common in older people and can result in loss of confidence, injury, disability, increased frailty, and loss of independence. Do your older patients have any of the following fall risk factors?

- Having had a fall
- Unsteadiness when walking or stepping onto a curb
- Conditions that impact mobility such as diabetes, stroke, arthritis
- Dizziness
- Urge incontinence
- Vision impairment
- Clutter in the home
- Taking multiple medications

How you will benefit

In the trial, intervention GP practices will be offered the following to help them identify older patients at risk of falling, and tailor fall prevention management and referral for these patients. Control GP practices will receive these at the completion of the 12 months patient follow-up period.

- Cat. 1 (clinical audit) and Cat. 2 (educational visiting) **RACGP QI&CPD points**
- GP and practice nurse **education and resources**
- **Simple clinical decision tool** available in electronic form (TOPBAR) and paper-based form
- **Connection** to trained fall prevention service providers in your **local area**
- **Participating GPs will receive AUD\$100 each** for contributing to the trial

Research evaluation

- Each participating GP will be asked to complete a **5-minute survey** at baseline, 3 months and 12 months (additional entry into annual survey prize draw).
- Each participating practice will be asked to recruit 20 patients per practice, in order for us to measure whether the iSOLVE intervention is effective or beneficial. Our research staff will assist with patient recruitment and follow-up with fall calendars for 12 months.

Further information

- Contact Amy Tan, project coordinator, on **02 9036 7463**. She is available to visit your practice to show you the tools/resources and speak with you about how you can participate.
- Visit our website: www.bit.ly/isolve.

Yes, I would like to be contacted about participating in the iSOLVE research trial

Name _____

Practice name _____

Practice manager/contact person _____

Phone _____ Email _____

Please email this form to amy.tan@sydney.edu.au or fax to 9351 9676

iSOLVE resources for GPs and practice nurses

Connection to local fall prevention service providers

REFERRAL OPTIONS FOR FALL PREVENTION (NORTH HORNSBY) iSOLVE

Hornsby surrounding northern suburbs including Asquith, Arcadia, Asquith, Berilee, Berowra, Berowra Heights, Berowra Waters, Bobbin Head, Brooklyn, Cowan, Cowan Creek, Cowan North, Dangar Island, Dural, Fiddletown, Fishermans Point, Forest Glen, Galston, Glenorie, Hornsby Heights, Laughtondale, Long Island, Maroota, Middle Dural, Mison Island, Mt Colah, Mt Kuring-gai, Singleton Mill, Wisemans Ferry

Group/Community Fall Prevention Exercises	
Active Balance/Heartmoves/Tai Chi	Running Wild Fitness, 19 Turner Rd, Berowra Heights Ph: 9456 3242
Bones and Balance	Mindful Movement, Suite 2, 2nd Floor, 45-47 Hunter St, Hornsby Ph: 9477 4065
*E-Leet Physiology	55 Palmerston Rd, Hornsby Ph: 9477 2411
*Heartmoves (Amanda Doring/Samantha Filim)	Asquith Bowling Club, 1 Lodge St, Asquith Ph: 0412 911 727/0423 239 489
Healthy Lifestyle (balance, strength training, tai chi, yoga)	Various locations including Berowra, Hornsby Ph: 8877 5300
Tai Chi/Qigong at Tunde-World	895 Old Northern Rd, Dural Ph: 0431 466 450

Fall Prevention Program	
*Stepping On program (no cost) (Nadia Williams)	Various locations including Berowra, Dural, Hornsby Ph: 9609 9685/0428 715 845

Physiotherapist/Exercise Physiologist	
*Activeness (Michael Kline, exercise physiologist)	(mobile) Ph: 0438 823 882
*At Home Physiotherapy & Rehabilitation (Danielle McKendrick)	(mobile) Ph: 0422 132 893
*Bites Health Clinic (Chanelle Wardin, exercise physiologist)	(mobile) Ph: 0423 458 346
*E-Leet Physiology (Emilie Field, exercise physiologist)	55 Palmerston Rd, Hornsby (mobile) Ph: 9477 2411
*Keep Moving Physiotherapy (Louise Peffer)	(mobile) Ph: 0435 592 494
*Stay Active Mobile Physiotherapy (Daniela Grosche)	(mobile) Ph: 0434 505 761
*Sydney Rehab & Exercise Physiology (Samantha Filim)	(mobile) Ph: 0423 239 489

Occupational Therapist (Mobile)	
Anne Wallace Occupational Therapist (exercise* and home safety)	Ph: 0402 487 402
*Catholic Community Services (Erin Stubbs - exercise and home safety)	Ph: 1800 225 474
*Helen Wood Occupational Therapy Services	Ph: 0425 273 584
*Libby Mercat	Ph: 0412 284 324
*Melanie Poniak Occupational Therapist	Ph: 0412 465 304
*Optimal Occupational Therapy Services (Liz Irwin - exercise and home safety)	Ph: 9499 8410/0437 502 421

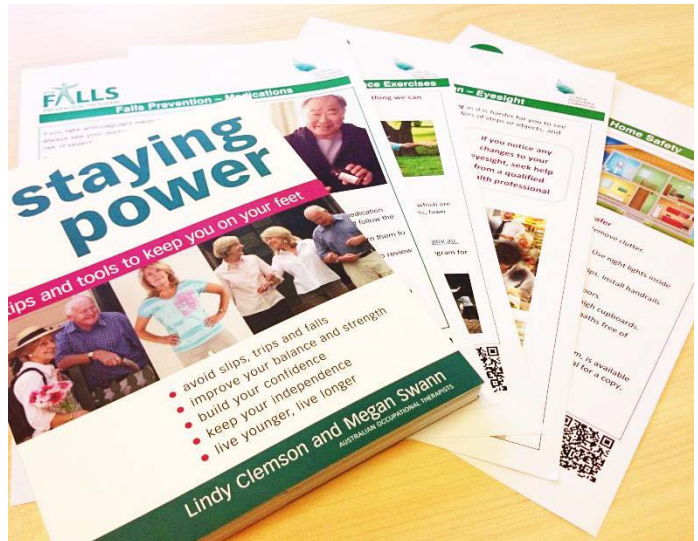
Multidisciplinary Agency (Day of the Week, Exercise Physiologist and/or Occupational Therapist)	
*Advance Rehab Centre (PT, OT)	www.advance.com.au (mobile) Ph: 9906 7777
*Recovery Station (PT, OT)	www.recoverystation.com.au (mobile) Ph: 1300 388 851
*Rehab on the Move (PT, OT)	www.rehabonthe-move.com.au (mobile) Ph: 1300 733 513/9440 1353

Pharmacist (Mobile)	
*Carolyn (HMR)	Ph: 0416 260 971
*Dino Farag (HMR) (Mon - Thurs)	Ph: 0402 922 915, fax: 8580 5010
*Lara Lockin (HMR) (Mon - Fri)	Ph: 0417 445 580
*Reza Safaei (HMR and MedsCheck) (Thurs)	Curry Chemist, Shop 1, 10 Edgeworth David Ave, Hornsby Ph: 9477 1049, fax: 9476 3806

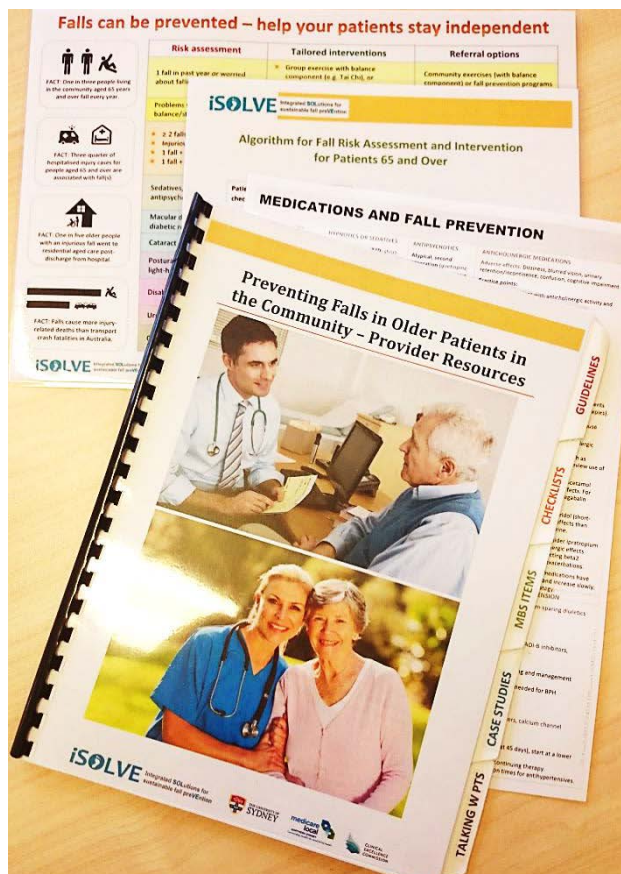
Falls Clinic/Unit	
Bone and Balance Clinic	Hornsby Ku-ring-gai Hospital Ph: 9477 9282 (enquiries)/9477 9514 (appt)
*Mt Waga Private Hospital PT/EP/OT (Refer to a rehab specialist for fall prevention program or other PT/EP/OT services)	66 Rossmund St, Hornsby Ph: 9847 5000 (reception)
Northern Sydney LHM Health Contact Centre	(for primary and community allied health or nursing services) Ph: 1300 732 503
*Acute/Post-Acute Care Service (APAC) (GP liaison: David Lewis)	(mobile, multidisciplinary, "Hospital in the Home", addresses fall prevention to prevent hospital admission/re-admission) Ph: 9462 9460

*Practitioner(s) from this service attended iSOLVE fall prevention workshops. This list is intended to increase awareness of fall prevention service providers in your local area. This is not a comprehensive list and additional services may be added. Version 27 January 2016 (iSOLVE: trnl 2015-2017).

Educational resources and leaflets for patients



Resources for GPs and practice nurses (hard and soft copies)



Simple checklists and tailored guidelines (paper-based form and electronically integrated within practice software)

