

Enhanced Health in Care Homes



Team Up
Derby City



What is EHCH?

EHCH Aims:

- **Proactive care** that is centred on the needs of individual residents, their families and care home staff.
- Maintain their independence as far as possible
- Staff working in care homes feel at the heart of an integrated team
- **Budgets and incentives are aligned** so that all parts of the system work together to improve people's health and wellbeing
- Health and social care services are commissioned in a coordinated manner, and **the role of the social care provider market is properly understood** by commissioners and providers across health and social care.

EHCH Team

- Dr Annabel Stewart
- ACP Leonie Nowak
- GP Assistant Esther Owuna
- Senior Clinical Pharmacist Vicki Starkey
- Pharmacy Technician Jane Thorpe
- Physiotherapist Ella Cundell
- Admiral Nurses Sophie Dodsworth and Stephanie Clarke
- DCCT Health and Wellbeing Coach Keith Findlay

Data

- Gathering, plotting, using in MDT. 'no lift policy' meeting with regional managers, identifying individual cases of falls.
- Linking in with Council for quality monitoring re. care in homes.
- Feb – July falls data from care homes, looking at demographics, finding info why falling, mechanism of falls, risk factors associated with falls. Time of day, GCS scores, bone protective medication.
- ACB scores.
- Asking for certain info from EMAS and ECP notes. Have falls assessment after fall.



Risk Factors for Falls

Total of 114 patients:

Age: 110 of the total cohort are 65 years old or older

History of falls: 76 people have a history of falls.

Polypharmacy: 71

Medical problems affecting mobility, muscle weakness, vision, cognition, and alcohol misuse

87 Dementia

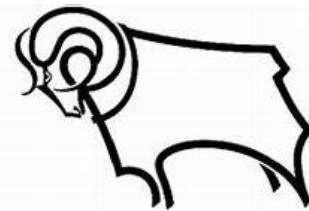
35 Arthritis

33 Depression

Disease	Number
Arthritis	35
Diabetes	18
Dementia	87
Depression	33
Stroke/TIA	23
Atrial Fibrillation	22
Parkinson's Disease	7
Reduced vision	8
Alcohol misuse	2
Orthostatic Hypotension	4
Osteoporosis	29

Health and Wellbeing Coach DCCT

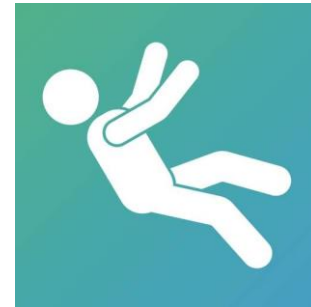
- Keith HWBC mobility, strength and stretching work with chair-based exercises and games. Goal to signposting towards sessions in the trust.
- Taking transport into consideration. Sessions such as coffee mornings, Stadium Tours and sporting memories, older people and dementia.
- No plan to withdraw. Aiming for 10 care homes to be involved.



DERBY COUNTY
Community Trust

Falls Prevention

- Addressing modifiable falls risk factors using React To Falls
- Aiming for Care Home staff to feel empowered and competent to be at the centre of Falls Prevention
- Promoting everyone working in care homes to assess a resident's fear of falling



Pharmacy

- Team consisting of one pharmacist and one pharmacy technician
- Supporting Heatherton House : Medicines reconciliation following hospital discharge and for new residents; structured medication reviews
- Anticholinergic burden (ACB): audit and reviewing potential impact of high ACB scores to prevent falls, cognitive decline and improve cardiovascular outcomes
- Supporting care homes with medication queries, urgent script not being issued, supporting organisation of medicines in care homes, reducing missed medication by residents
- Bone health

Admiral Nurses

- 2 Admiral Nurses **Sophie Dodsworth** and **Stephanie Clarke**.
- Supporting EHCH staff (including ECPs) with input for residents living with dementia for **specialist advice** and **signposting to the most appropriate service**.
- See patients if they are not appropriate for CMHT, DRRT, or Dementia Palliative Care Team.
- Can support complex decision making and if family and residents are struggling with dementia diagnosis, maintaining relationships, guilt and anticipatory grief.
- **DiADem** - Diagnosis of advanced dementia.

Project plans

- Continence: Ontex supplies pads for care homes, device monitoring when a pad is full. Trialled in wards improved weight, skin, behaviour. Keen to trial in a care home supporting with this.
- Esther patient education re. falls, what to do, when they are at risk
- Bone health
- Improving quality of structured medication reviews undertaken in other care homes.

Helpful resources

- **What is EHCH?:** NHS England » Enhanced health in care homes
- **National Falls Prevention Coordination Group "Medicines and Falls":**
<https://www.rpharms.com/Portals/0/RPS%20document%20library/Open%20access/Pharmacy%20guide%20docs/Medicines%20and%20falls%208%2023.pdf>
- [DiADeM \(Diagnosing Advanced Dementia Mandate\) | Alzheimer's Society \(alzheimers.org.uk\)](#)
- **AgeUK Falls Awareness Training:** Age UK Derby and Derbyshire | Falls Awareness Training
- **React To Falls:** Training resources for care home staff
- **ISTUMBLE APP** - Help with Falls Management | Mangar UK (mangarhealth.com)