

## **Osteoporosis and Falls Prevention Service**

The Osteoporosis and Falls Prevention Service is a specialist service offering evidence based assessment and interventions to patients at risk of falls and Osteoporosis. Patients can be assessed both at home and within clinic settings. We hold clinics at Brighton General Hospital & Knoll House

### **Services on offer to patients include:**

- Multifactorial falls risk assessment at home or in clinic
- Home Exercise Programme – Based on Otago and Falls Management Exercise Programme
- Balance and bone health classes – 14 weeks programmes at venues across Brighton & Hove
- Postural hypotension clinic – joint assessment with Nurse and Pharmacist
- Vertigo clinic
- Diagnostic falls clinic – Assessment by a Specialist Registrar
- Home environment assessment and equipment provision
- Anxiety management to reduce fear of falling
- Osteoporosis/Fracture risk Screening
- Referral for DEXA scan as appropriate

### **Inclusion Criteria Osteoporosis & Falls service:**

- Adults at risk of falls, low trauma fractures and Osteoporosis, over 18 years of age.
- Community dwelling, including residential care homes
- Patients motivated to participate in a rehabilitation programme

### **Exclusion Criteria**

- People under the age of 18yrs or people not registered with a Brighton and Hove GP
- Patients with severe cognitive impairment or learning disability that prevents them from following commands or participating in a rehabilitation programme
- Those where alcohol or drug use is the primary problem (with the exception of assessments which may be completed by the Osteoporosis Specialist Nurse)
- People for whom the cause of falling is as a direct result of diagnosed ear conditions (infections, Meniere's disease etc.)

### **Things to consider before referring to the Osteoporosis and Falls Prevention Service:**

- Patients that are acutely unwell and need immediate assessment should be referred to the Community Rapid Response Service or Intermediate Care.
- Patients suffering with a Neurological Condition may be more appropriately assessed by Specialist Neurological Services such as Community Neuro Rehab Team (multidisciplinary team), or the Neuro gym at Brighton General Hospital (Physiotherapy only)
- Patients requiring Major Adaptations to their home need to be referred to Social Services via Access Point Tel: 01273 295555
- Evidence supporting Falls Prevention Intervention is only appropriate for people over the Age of 65. Therefore please consider whether patients under the age of 65 may be more appropriately assessed by other services such as Outpatient Physiotherapy.
- Patients that have not fallen but may benefit from attending a balance class can be referred directly to the Standing Tall Community Class. Tel: 07856407541

**If you wish to discuss whether a referral is appropriate please contact the service on:**

**Telephone: 01273 265574**