

## Falls prevention (community based) clinical competencies

Name:	Role: <b>Band 5/6/7</b>
Base:	Date initial training completed:

### Competency Statement:

The participant demonstrates clinical knowledge and skill in falls prevention without assistance and/or direct supervision (level 3 - see level descriptors). Assessment in practice must be by a Registered Health Care Professional who can demonstrate competence at level 4 or above.

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
<b>The Participant will be able to:</b>				
<b>1. Demonstrate an in-depth understanding of the factors including lifestyle, which predispose or determine the risk of falls and the relative impact of these.</b>				
a) Show awareness of current thinking/research in the falls arena	Questioning			
b) Articulate the main intrinsic, extrinsic and behavioural risk factors for falling and demonstrate understanding of how these may interact by discussing specific patients encountered.	Questioning			
c) Demonstrate an in-depth understanding of the medical conditions that may cause or increase the risk of falls and osteoporosis, and demonstrate understanding of how these may interact by discussing specific patients encountered.	Questioning			
d) Interpret past medical history given in the context of patients' falls history and draw conclusions about the likely cause of falls.	Questioning			
e) Understand the role of polypharmacy and specific medications in causing falls and to take appropriate action in the presence of this risk factor.	Questioning			
<b>2. Demonstrate a working knowledge of the clinical symptoms of osteoporosis</b>				
a) Articulate the risk factors for Osteoporosis and demonstrate understanding of these factors, correctly identifying patients at risk.	Questioning			
<b>3. Demonstrate a working knowledge of the possible physical and psychological effects of falls and osteoporosis on individuals and those who care for them</b>				

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
a) Detect reduced confidence, self limitation of activity and fear of falling on subjective examination and know what referrals are needed if this is detected.	Questioning			
<b>4. Demonstrate a working knowledge of the diagnostic, therapeutic and preventative interventions that are effective in assessing, managing and treating falls and osteoporosis and the effects of these on the overall health and well-being of individuals.</b>				
a) Articulate simply what interventions work in managing falls and osteoporosis in community settings according to the evidence base.	Questioning			
<b>5. Correctly identify patients admitted on caseload who have fallen or are at risk of falls and complete the falls documentation.</b>				
a) Demonstrate an in-depth understanding of the possible impact of the ageing process on individual's communication needs	Questioning, direct observation			
b) Demonstrate an in depth knowledge of how to take and interpret a Falls History using the community falls and osteoporosis assessment document part 1	Questioning, direct observation			
c) Correctly complete the Falls History using the community falls and osteoporosis assessment document part 2, acting on information provided by patient/carers, and update appropriately, referring appropriately to other members of the multi-disciplinary team	Questioning, direct observation			
d) Understand the causes of orthostatic hypotension, the procedure for testing, and demonstrate clinical reasoning in interpreting results.	Questioning, direct observation			
<b>6. Demonstrate a critical understanding of the range of services, agencies and resources available locally for individuals at risk of falls and osteoporosis</b>				
a) Understand the health services in the community available to patients locally and refer appropriately, providing information for patients and carers.	Questioning			
<b>7. Demonstrate an understanding of the procedures that must be followed if a patient falls while on the ward</b>				
a) Demonstrate immediate assessment and care of the patient	Questioning, direct observation			
b) Demonstrate knowledge of deterioration in patients condition and when medical intervention is required	Questioning, direct observation			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
c) Demonstrate knowledge of the procedure to follow in the case of a fall with suspected head injury or an unwitnessed fall	Questioning, direct observation			
d) Demonstrate understanding of information required in order to report a fall using Datix system	Questioning, direct observation			
e) Demonstrate knowledge required to report a fall using Datix	Questioning, direct observation			
<b>8. Fulfil the role of falls champion for the team, acting as a source of expertise for falls &amp; osteoporosis on the ward</b>				
a) Attend quarterly falls meetings liaising with the falls coordinator	Questioning, direct observation			
b) Feedback to other staff within the team from these meetings in a timely manner	Questioning, direct observation			
c) Deliver the annual update falls training (as provided by the falls coordinators) to ward staff, keeping a record of attendance at these sessions and sending this to the falls coordinator.	Questioning, direct observation			

Source: Preventing slips, trips and falls in the community competency statement 2009

Date all elements of Competency Tool completed to level 3 \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Status \_\_\_\_\_ Date \_\_\_\_\_

I confirm that I have assessed the above named individual and can verify that he/she demonstrates competency in falls prevention

Assessor \_\_\_\_\_ Signature \_\_\_\_\_ Status \_\_\_\_\_ Date \_\_\_\_\_

Review Dates:	Competent Yes / No	Health Care Professional / Assessor Signature	Verifier signature	Comments