

## **Virtual delegate bag**

### **Falls & Frailty conference 20<sup>th</sup> September 2024**

#### **Articles & References from our Speakers**

##### **Lara Mitchell – An Overview of Frailty**

[Joining the dots: A blueprint for preventing and managing frailty in older people | British Geriatrics Society \(bgs.org.uk\)](#)

[Focus on Frailty Programme | Healthcare Improvement Scotland - Focus on Frailty \(ihub.scot\)](#)

[Frailty webinars - Frailty webinars \(ihub.scot\)](#)

##### **Esther Dickinson – The Excellence in care Framework**

[Excellence in Care \(healthcareimprovementscotland.scot\)](#)

[Leading Excellence in Care Education and Development Framework | Turas | Learn \(nhs.scot\)](#)

##### **Alison Moore – A review of RIDDOR reportable events – An NHSH overview**

[RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 - HSE](#)

##### **Helen McCloughlin – The MDT post falls project**

[QI initiative to reduce the number of inpatient falls in an acute hospital Trust | BMJ Open Quality](#)

(see also the SPSP falls driver diagram for more information on post fall reviews and its significance)

##### **Derek Laidler – Deconditioning #EndPJParalysis**

[Physical activity | NHS Highland \(scot.nhs.uk\)](#)

[Falls prevention | NHS Highland \(scot.nhs.uk\)](#)

### **Alyson Warren & Duncan Grey– Polypharmacy in Frailty**

[Deprescribing in older adults with polypharmacy | The BMJ](#)

[Prescribing and medication management | British Geriatrics Society \(bgs.org.uk\)](#)

### **Louise Comrie – Delirium in Frailty**

[SDA - Delirium pathway | Right Decisions \(scot.nhs.uk\)](#)

[Delirium | Acute Care | ihub - Delirium](#)

### **Key SPSP Acute Adult Resources**

- 2023 Falls [Driver Diagram and change package](#), and [measurement framework](#)
- 2023 Deterioration Patient [Driver Diagram and change package](#), and [measurement framework](#)
- 2023 Sepsis [Driver Diagram and change package](#), and [measurement framework](#)
- 2023 Pressure Ulcer [Driver Diagram and change package](#), and [measurement framework](#)
- [SPSP Essentials of Safe Care learning System](#)

### Groups you may wish to join

Healthcare Improvement Scotland Falls network: a wealth of resources from all boards:

[HIS SPSP Acute Adult Falls Network | General | Microsoft Teams](#)

NHS Highland Quality Improvement Forum: run by Jade & Laura 6 weekly sharing good news QI stories & QI learning opportunities: [NHSH Quality Improvement Forum | General | Microsoft Teams](#)

### Further learning opportunities

E-learning modules on the QI Zone to support you in testing any changes from the Driver Diagrams or Change Packages above: [eLearning](#) | [Turas](#) | [Learn \(nhs.scot\)](#)

Current quality Improvement programmes delivered by NHS Education Scotland: [Learning programmes](#) | [Turas](#) | [Learn \(nhs.scot\)](#)

The SIFS course is delivered by Jade & Laura for Highland to support you to explore a problem and use QI tools to make a change: [Scottish Improvement Foundation Skills \(SIFS\) course](#) | [NHS Highland](#)

A self-assessment tool for all NMAHP Leaders to support your learning & development: [LEiC Education and Development Framework: Self-Assessment and Action Planning](#) | [Turas](#) | [Learn \(nhs.scot\)](#)

A 90-minute Turas course led by Jade & Laura to introduce you to Quality Improvement concepts & understand the principle of QI: [Quality improvement : an introduction to QI](#) | [Turas](#) | [Learn \(nhs.scot\)](#)

Webinar for Frailty 3<sup>rd</sup> October: During the webinar you will hear from Moray Health and Social Care Partnership and NHS Dumfries & Galloway who are two of the teams participating in Healthcare Improvement Scotland's Focus on Frailty programme. Register here:

[Microsoft Virtual Events Powered by Teams](#)