

## Background

Action Falls is a falls prevention programme that has been proven to reduce falls in care homes by 43%. This study explored what needs to be in place for care homes to use Action Falls.

## What we did

We worked in collaboration with:

- Care home staff
- Patient and public contributors
- Health and social care professionals
- Commissioners

1657 care home staff were trained from 57 UK care homes



## Key messages

Care home manager is pivotal to successful use of Action Falls.

Action Falls is valued and accepted by care home staff providing it replaces, rather than duplicates, other systems.

Training all staff, regardless of role, was well received with an increase in falls knowledge reported.

Shared learning helped care homes use training most effectively and have lower falls rates. This involved staff working collectively and attending training.

Action Falls training needs to be delivered to all new staff.

Action Falls should be available on all digital care home record systems.

Cost savings were identified/ promising. In a care home with 50 residents, it may prevent 6 to 7 falls monthly, potentially saving the NHS £2,227 monthly in ambulance call-outs alone.

National policy  
Action Falls has been recommended for use in all care homes by NHS England enhanced health in care home framework and forms the basis of recommended care within the World Falls and NICE guidelines.

[www.actionfalls.org](http://www.actionfalls.org)



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