

FALLS PROGRAMME FOR GERIATRIC MEDICINE TRAINEES IN MERSEY DEANERY

OBJECTIVE	SUBJECT MATTER	TEACHING/LEARNING METHOD	ASSESSMENT	EVIDENCE OF COMPETENCE TO BE INCLUDED IN RECORD
<p>To provide the trainee with the knowledge and skills to assess and manage older patients presenting with falls (with or without fracture) in an in- or out-patient setting</p>	<p>Knowledge</p> <ul style="list-style-type: none"> • Basic Gerontology • Causes of and risk factors for falls • Drug and neurovascular causes of falls and syncope • Interventions to prevent falls <p>Skills</p> <ul style="list-style-type: none"> • Communication skills • Falls risk assessment tools • Gait assessment • Diagnostic skills • Drug and non-drug interventions • Team and leadership skills • Health promotion <p>Behaviour and attitudes</p> <ul style="list-style-type: none"> • Collaborative working with other professions and agencies, including Orthopaedic services. • Seeking remediable causes of falls • Positive but realistic approach to falls investigation and management • Aim to enable patients to the maximum (function and safety) 	<ul style="list-style-type: none"> • Observation and discussion with senior staff in various contexts (e.g. admitting wards, ward referrals, outpatient falls clinics, day hospitals, residential care homes and patients home) • On-the-job training including Falls-liaison and falls rehabilitation, falls risk assessment, gait/balance assessment, tilt testing, other specialist procedures, and multi-disciplinary team meetings, with feedback from senior staff • Personal study (textbooks, journals, internet, CD ROM, self-assessment media) • "Shadowing" of other health care professionals (therapists and Nurses) and social care professionals during the assessment process • Formal postgraduate education courses (e.g. regional teaching programmes, conferences, in-house lectures at base-hospital, RCP and specialist society courses) • Peer-supported learning methods, such as journal club • Awareness of national guidelines and protocols (NICE, specialist society or RCP) as well as the local Trust-based policies • Participating in falls audits 	<ul style="list-style-type: none"> • Ability to perform an accurate history and examination • Ability to accurately identify the causes of and risk factors for falls in different individuals • Ability to formulate an appropriate investigation and management plan • Ability to pursue the management plan along with the multi-disciplinary team • Ability to provide a satisfactory explanation to the patient • Ability to write a clear record and communication to the patient's General Practitioner 	<ul style="list-style-type: none"> • Satisfactory trainer's report, including the views of the multi-disciplinary team: <ol style="list-style-type: none"> i. Attending two Falls clinic consultations ii. Observing a ward-based referral or consultation on Falls iii. Feedback comment on the local Falls policy • Satisfactory knowledge about falls assessment and management: <ol style="list-style-type: none"> i. KBA ii. Advisory attendance at a regional or national meeting/lecture on Falls • Satisfactory Mini-CEX of consultations and multidisciplinary meetings: <ol style="list-style-type: none"> i. Mini-CEX and CBD on falls related topics.