

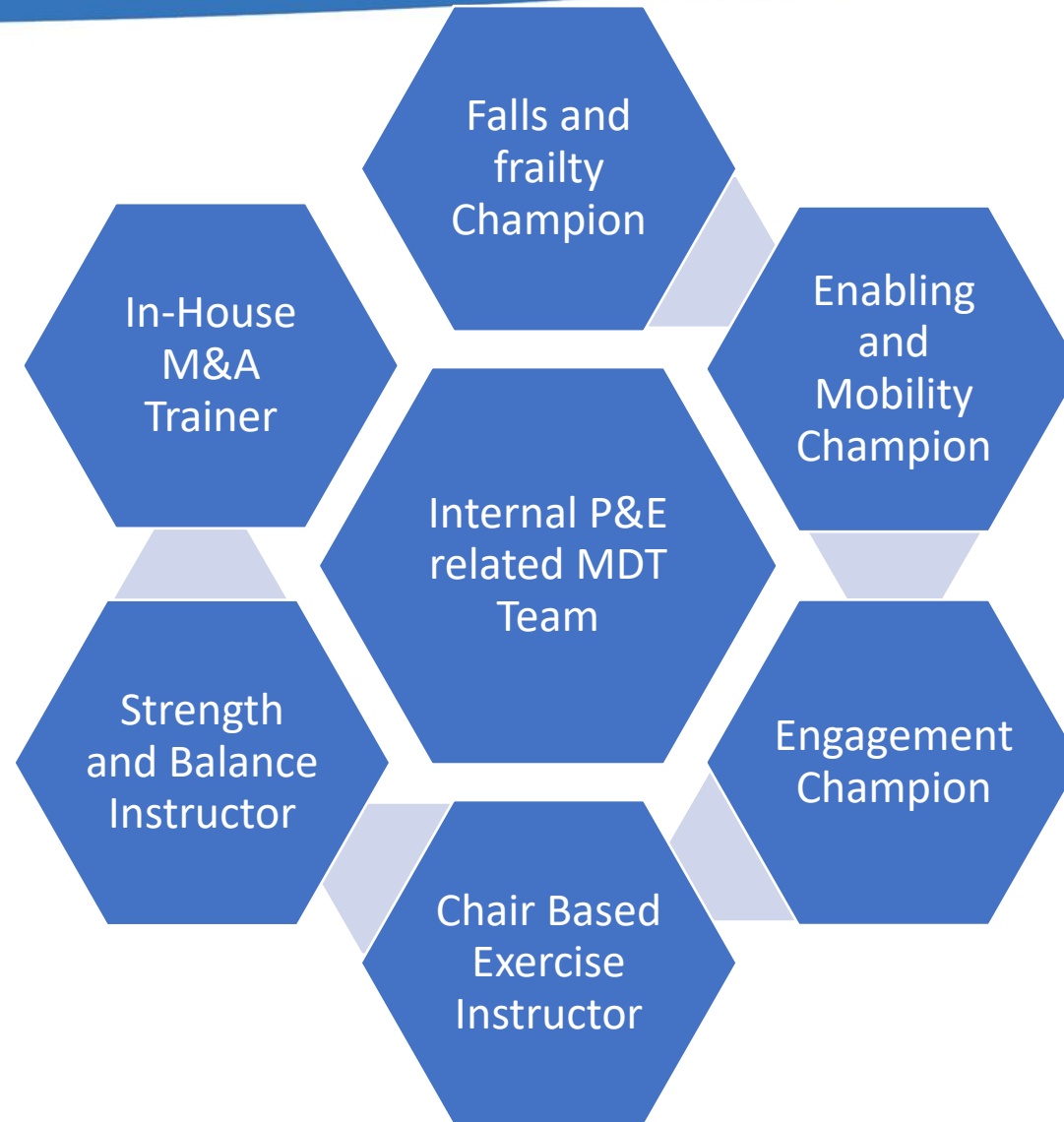
Prevention and Enablement within your Service

The Prevention and Enablement Team

All overseen and supported by management

Skills required across the team in:

- **Importance of Bed Prevention**
- **Working with external partners**
- **Physical deterioration**
- **Positive Behaviour Support**



The Prevention and Enablement Team



A prevention and enablement team can ensure that your service has a focus on supporting all individuals to maintain independence, keeping people out of hospital, preventing falls and keeping individuals as well as possible.

Having a team is better than one person taking the responsibility for all Prevention and Enablement tasks. This will ensure that changes are implemented, and actions delegated across the team to fit in with other day-to-day responsibilities.

Our webinar will take you through education topics needed to create your team of champions. The benefit is having someone who can take ownership for that topic and contribute to the Prevention and Enablement team with their expertise.

By working together they will focus on the people most at risk of deterioration and ensure that there is collaborative problem-solving, leading to better outcomes for individuals.

Chair Based Exercise (Accredited Course)

Chair Based Exercises include a range of seated exercises that can be adapted to an individual's abilities or goals.

These exercises have been shown to have a positive impact on maintaining and promoting independence and mobility in older people and can be a stepping stone towards reducing falls.

Delegates will understand the impact of ageing and the importance of a person-centred approach when planning exercise sessions.

Learning objectives:

- Know how to plan an evidence-based exercise class
- Know how to make safe, effective adaptations to allow all individuals to take part.
- Understand the impact of ageing and the importance of person – centred planning.



Strength and Balance Instructor

The World Health Organisation (WHO), and the UK Physical Activity Guidelines (2019) all recommend that exercising programmes for falls prevention for community-dwelling older adults should include balance and functional exercises (e.g. sit-to-stand, stepping). They state these exercise programmes should be offered three times or more weekly to enhance functional capacity and to prevent falls.

HCPA's Strength and Balance in Care course will ensure that you have a member of staff who is qualified to carry out Strength and Balance group classes within your organisation.

Course entry criteria:

Delegate needs to be a Level 2 Chair- Based Exercise instructor and must have delivered 2 classes a week for approximately 6 months (approx. 50 hours).

Learning Outcomes

- To understand the role of Strength and Balance exercise in the prevention of falls in older adults.
- To understand the importance of ensuring that class participation is appropriate and effective for all individuals.
- To understand the structure of a Strength and Balance class.
- To be able to plan and carry out a Strength and Balance class.

Engagement Champion

This course will equip you with the skills and knowledge to create and implement meaningful and effective activities tailored to the needs of those in your care.

Through a combination of theoretical learning and practical application, you will become a champion in delivering person-centred, outcome-focused, care activities.

Topics Covered:

- The roles and responsibilities of an activity lead.
- The Connected Lives framework
- Principles and practices of enabling care
- Strategies for setting goals and starting activities.
- Environment and reality orientation
- Problem solving strategies
- Understanding how sensory processing affects individuals
- Culture
- Budgeting and recording Spending



Enabling and Mobility Champion

The Enabling and Mobility Champion course will equip staff to become an Enabling Care Champion, where they will learn how simple changes can be made to improve functional independence, so that individuals can fully participate in their life physically and mentally, thereby improving overall health outcomes and quality of life, and supporting people to live longer better.

Delegates will also be taught the importance of having a questioning mind, which enquires about a person's current abilities or circumstances, with a view to seeking solutions to improve outcomes.

Topics include:

- **An Enabling Care Culture** (including spotting problems that may arise and how to appropriately signpost to Health Professionals)
- **Anatomy and Physiology** (including the importance of physical activity and how to encourage participation in ADLS by using normal movement)
- **Posture and Positioning** (including awareness of joint positioning and optimal alignment, and how to check sitting posture)
- **Therapeutic Handling** (including how facilitate movement by using therapeutic touch)
- **Acute Deterioration** (including the use of RESTORE2 and NEWS2)

Falls and Frailty Champion

In the UK alone, ¼ million of older people are hospitalised as a result of falls each year and more than 9000 people die each year after a fall.

The falls champion training is vital for all care providers and will equip carers with the knowledge and processes needed to both work on preventing falls and also manage someone who has fallen.

Learning Objectives:

- Understand how to identify falls and frailty
- Learn the current evidence, legislation and guidance relating to falls and frailty
- Understand the local management of a fall pathway for care homes
- Understand how an individual's risk of falls and frailty can be assessed, monitored, and reviewed
- Understand the process of SMART goal setting and be able to relate this in own place of work
- Understand how to get up from the floor safely after a fall
- Understand a range of effective interventions to reduce the risk of falls and frailty, linking to physical and mental health.
- Understand why we must evidence enabling care, preventing sedentary behaviour



The number of people requiring bed care appears to have risen since the pandemic, leading to a variety of challenges for both clients and care providers. This course aims to provide knowledge on the decision-making process for individuals at risk of receiving permanent bed care. Delegates will learn to consider all factors to prevent long-term bed care dependency, incorporating practical solutions at both the carer and provider levels.

The course also addresses the outcomes of increased bed care management for both staff and those under our care. This includes the management of contractures and guidance on leveraging external agencies for additional support.

- **Learning objectives:**

- Understand the impact and risks of long-term bed care management.
- Recognise the factors that increase the risk bed care.
- Understand the impact of contractures and how to support people who have developed them.
- Explain how to support people when long term bed care is necessary.
- Explain how to prevent the risk of being cared for in bed through:
 - Simple Seating, Activity and Posture
 - Goals, actions, and evidence

Moving and Assisting TTT

This 4 day Moving and Assisting people Train the Trainer course will provide you with the knowledge and skills to provide suitable and sufficient training that meets legislative requirements and current best practice, to others in your workplace.

Who is this course for?

This course is designed for in-house staff allocated to deliver internal training. Attendees must have **at least two years'** experience in moving and assisting people in a care setting.

How is the Moving and Assisting Train the Trainer course assessed?

Delegates will be assessed via: Knowledge assessment, Practical demonstration of equipment, 20-min Micro-teach, Action plan

What does the course cover?

- To understand the principles of Moving and Assisting
- To understand the functions of the body
- To understand the legislation surrounding Moving and Assisting practices
- To be competent to facilitate independence when moving and assisting individuals
- To be competent to use a wide range of techniques and equipment when moving and assisting individuals
- To understand the principles of effective training, planning and delivery
- To provide assessment of and feedback for training delivery
- To take part in action planning and goal setting for effective future training



Falls Champion/Enabling Champion - Post-training Meeting Agenda

Date of meeting:	
Attendees/Apologies:	

Item #	Agenda item	Notes/Actions	Actions initials
1	Data (how many falls, patterns and trends, falls severity etc)		
2	Clients (<u>who</u> has fallen, how? MFRA in <u>place?</u> , referrals needed, action plan)		
3	Training (champions needed, refreshers, light bite sessions for staff, CPD, team meetings, handover)		
4	P&E Framework (have you got one, who is doing it, any updates, additions, next steps)		
5	Resources (equipment needed, environmental changes needed, budget etc)		
6	Other		
7	Other		
8			
9			

Actions: <ul style="list-style-type: none"> • •
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Prevention & Enablement Framework

The Prevention and Enablement Self Assessment Framework

The framework is a tool to help evidence everything you are doing to meet the outcomes/expectations required by CQC, Herts Monitoring and any other Stakeholder who may wish to know.

HCC want all homes to be embedding Prevention and Enablement within their service and to achieve **'assured'** status.



The Prevention and Enablement Self-Assessment Framework

As part of this framework, falls data is still collected:

- Number of falls in the last 6 months
- Number of hospital admissions in the last 6 months from falls
- Number of 999 calls in the last 6 months from falls
- Understanding the severity of falls
- Patterns/trends

The Prevention and Enablement Self-Assessment Framework

- Indicators are split up into what we expect the Organisation, Staff and Individuals to achieve
- You are expected to create an action plan with management on education and resources depending on what areas need improving
- To review the framework every 1 – 3 months
- It promotes 10 topics that underpin Prevention and Enablement
- Ratings can be: 'Exceeded', 'Assured', 'Partially Met' or 'Not met'
- The framework should be completed by/with the Manager +/- the Enabling and Mobility Champion, and then any education and support can be booked, based on identified actions.
- The framework is to show evidence of becoming an '**Assured**' home in Prevention and Enablement.



- **Culture:** Following the Connected Lives Outcomes Framework means that all our staff employ a questioning and solution focused approach, which involves always looking to make improvements and seeking to find the root cause of a problem.
- **Monitoring Trends:** We monitor trends and themes using appropriate tools, which are regularly checked and are accessible to staff
- **Governance and Auditing:** Use of the Prevention and Enablement Strategy Standards is demonstrated in our company policies and procedures, and we are confident that they are being implemented by all our staff.
- **Prevention of Admission:** Staff understand the importance of preventing unnecessary hospital admissions and use the appropriate local health support services to avoid unnecessary hospital admissions:
- **Positive Risk Taking:** We encourage an approach which allows Positive Risk Taking to be implemented safely, in order to empower individuals, to improve physical and mental health, and to promote independence and quality of life, whilst reaching a balance between independence and the risk of harm.

- **Goal Setting and Outcomes:** We ensure that staff help individuals to set achievable and measurable goals for all sections of their care plan
- **Engagement Plans:** We identify people who are at the most risk of decline in their independence and provide opportunities for them to participate in activities and to get involved with groups/societies
- **Movement and Exercise:** We foster an approach which encourages staff to encourage independence by engaging individuals in meaningful tasks (including ADLs and PADLs), as part of increasing levels of daily movement
- **Knowledge and Competence:** we ensure all staff attend yearly updates on key education around Prevention and Enablement
- **Environment and Equipment:** Environmental checks take place regularly, and all Moving and Assisting Equipment is monitored and regularly checked according to current practice guidelines

A	B	C	D	E	F
<p>Standard summary</p>	<p>Area</p>	<p>Indicators</p>	<p>Original Rating</p>	<p>Session 1 8/7/24 - Evidence - <i>Should be a mixture of observation or hard evidence.</i></p>	<p>ion 1 - Actions and dea</p>
<p>We have an Enabling Care Approach, which follows HCC's Connected Lives Outcomes Framework, and this is embedded in the culture of our organisation.</p> <p>This means that all our staff employ a questioning and solution-focused approach, which involves always looking to make improvements, and seeking to find the root cause of any problems, in order that the lives of the people we care for are positively impacted, in every possible way. We use Assessment tools and Outcome Measure tools to measure the impact of our care and to capture improvements that individuals make, as well as to spot early signs of deterioration.</p>	<p>Org</p>	<ul style="list-style-type: none"> • Enablement is embedded in the care delivery policy, which also explains how Connected Lives Outcomes are documented and reviewed <ul style="list-style-type: none"> • The organisation is actively training staff in Enabling and Mobility Champion and/or a Physiotherapy Support Facilitator/ falls champion • There are regular reviews of policies and procedures. These are at least annually or whenever there is a change in legislation or guidance • The organisation encourages the use of the NHS 5 Whys tool/other root cause analysis tools in care plans <ul style="list-style-type: none"> • The organisation focuses on Assessment and Outcome Measure tools to monitor for signs of deterioration and for to evidence any improvements individuals make - please see 'Assessment and Outcome Measures' tab (last tab of this document) for details <ul style="list-style-type: none"> • The organisation ensures that regular medication reviews take place 	<p>Partially Met</p>		
	<p>Staff</p>	<ul style="list-style-type: none"> • There is evidence that staff use a questioning approach to all care interventions, seeking to prevent, reduce and delay needs wherever possible • Staff use enabling language, encouraging individuals to do tasks independently where possible <ul style="list-style-type: none"> • Staff understand the importance of using Assessment tools and Outcome Measure tools - please see 'Assessment and Outcome Measures' tab (last tab of this document) for details • Staff request referrals appropriately and participate in confident communication with Allied Health Professionals <ul style="list-style-type: none"> • Staff understand Mental Capacity and use the principles appropriately, thereby ensuring they are giving individuals choice where the person has capacity to make a decision, and acting in an individual's Best Interests where the individual lacks capacity for a decision • Staff are aware of individuals' goals and they review care plans regularly, checking individuals are progressing and meeting their outcomes 			

Each indicator

Exceeded	95% and over
Assured	80% and over
Partially Met	50% and over
Not Met	Under 50% = Not met








Based on CQC ratings

Overall rating:

- Exceeded:** 2 standards need to be rated as exceeded if no ratings of not met or partially met
- Assured:** overall rating will be assured if there are no indicators rated at not met and only one indicator at partially met
- Partially Met:** If a standard is not met - the home cannot reach exceeded or assured overall
- Not Met:** If 2 or more standards are not met, the overall rating will be not met

ASSESSMENTS	PREVENTION AND ENABLEMENT	ENGAGEMENT AND WELL-BEING	ENVIRONMENT
EQUIPMENT	EXERCISE	FOOTWEAR	FRAILITY
HYDRATION: UTI'S AND DELIRIUM	INTERGENERATIONAL ACTIVITY	INTERVENING A FALL	MEDICATION
NUTRITION	TECHNOLOGY	VISUAL AWARENESS	FAQ'S

Description	Preview
An Enabling Care Approach	
Sit Less Move More	
Staying healthy at home	
StopFalls App Poster	
StopFalls Brochure	

Team Actions

- Review any role gaps and book staff for training
- Review P&E framework and identify actions
- Book a targeted support meeting on P&E Framework
- Organise Monthly meeting using template for meetings
- Regular review of care plan and risk assessments
- Data Analysis- Falls including times, time spent in beds or chairs.
- Action including Robust post falls processes and triangulation document
- Reviews of correct equipment

Any questions?



THANK YOU