

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

QUALITY STANDARD TOPIC OVERVIEW

1 Quality standard title

Falls in older people: preventing a first fall

2 Introduction

2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards,

published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation programme](#).

3 This quality standard

This quality standard is expected to publish in January 2017.

3.1 Population and topic to be covered

The quality standard will cover primary prevention of falls for older people (65 and older) living in the community and during a hospital stay. It will also include people aged 50 to 64 who are in hospital and are judged by a clinician to be at higher risk of falling because of an underlying condition.

It will not cover preventing further falls after an initial fall (secondary prevention) or assessment after a fall. These are covered by the quality standard on [falls in older people](#).

3.2 Key development sources (NICE and NICE-accredited sources)

Primary source

- [Falls in older people: assessing risk and prevention](#) (2013) NICE guideline CG161

Other sources that may be used

- College of Occupational Therapists (2015) [Occupational therapy in the prevention and management of falls in adults](#)
- [Falls – risk assessment](#) (2014) NICE clinical knowledge summary

Key policy documents, reports and national audits

Relevant policy documents, reports and national audits will be used to inform the development of the quality standard.

- Health and Social Care Information Centre (2016) [NHS Safety Thermometer Report – January 2015 to January 2016](#)
- NICE uptake data (2015) [Falls in older people: assessment after a fall and preventing further falls \[QS86\]](#)
- Public Health England (2015) [Cold weather plan for England](#)
- Public Health England, SAGA, Chartered Society of Physiotherapists (2015) [Get up and go – a guide to staying steady](#)
- Royal College of Physicians (2015) [Health Foundation FallSafe Report](#)
- Royal College of Physicians Falls and Fragility Fracture Audit Programme (2015) [National Audit of Inpatient Falls audit report 2015](#)
- Age UK (2013) [Falls prevention exercise – following the evidence](#)
- Royal College of Physicians (2013) [Falls prevention in hospitals and mental health units: an extended evaluation of the FallSafe quality improvement project](#)
- Age UK and the National Osteoporosis Society (2012) [Breaking through: building better falls and fractures services in England](#)
- Department of Health (2010) [Prevention package for older people resources](#)

3.3 Related NICE quality standards

Published

- [Falls in older people](#) (2015) NICE quality standard 86
- [Hip fracture in adults](#) (2012) NICE quality standard 16

In development

- [Hip fracture \(update\)](#)

Future quality standards

This quality standard will be developed in the context of all quality standards referred to NICE, including the following quality standards scheduled for future development:

- Primary prevention: population and community based primary prevention strategies, including the role of A&E, at different stages of the life course

The full list of quality standard topics referred to NICE is available from the [quality standard topic library](#) on the NICE website.

4 Existing indicators

- Health and Social Care Information Centre [NHS Outcomes Framework](#), indicator 5.4 Hip fractures from falls during hospital care
- Public Health England [Health profiles](#), indicator Hip fractures in people aged 65 and over
- Public Health England [Injury profiles](#), indicators Deaths from unintentional falls, 65s and over hospital admissions due to falls and fall injuries
- Public Health England [Public Health Outcomes Framework](#), indicators 2.24 Injuries due to falls in people aged 65 and over, 4.14 Hip fractures in people aged 65 and over
- Royal College of Physicians Falls and Fragility Fracture Audit Programme (2015) [National Audit of Inpatient Falls](#)
- Royal College of Physicians Falls and Fragility Fracture Audit Programme [National Hip Fracture Database](#)

5 Further information

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).