



5 years after its launch....

Richmond Falls and Bone Health Service is still fully operational and expanding its bone health services.

Information for GPs

<p>What we do:</p>	<p>The <i>Falls and Bone Health Service</i> aims to reduce the rate and risk of falls and fragility fractures amongst Richmond adults aged 55 years and over.</p> <p>The service targets people who have had recurrent or occasional falls, those who feel at risk or afraid of falling and those aged 50+ for bone health management.</p> <p>We offer a range of multi-disciplinary interventions based on the outcome of the Multi Factorial Falls Risk Assessment. These may be offered in Clinics or in patients' homes and include:</p> <ul style="list-style-type: none"> ➤ Exercise and physical activity ➤ Medical assessment and management ➤ Medicines management ➤ Environmental risk assessment & modification ➤ Education ➤ Bone health assessment & advice on management in patients with risk factors for osteoporosis <p>If you are concerned about a patient who is at risk of falling, or a patient reports a fall to you, please refer to us for an assessment, particularly if you notice any difficulties with balance or gait.</p> <p>Patients are also able to self - refer to us by calling us direct, or the SPA telephone line.</p>
<p>What's new?</p>	<p>Two new classes focussing on 'Healthy Bones' which aim to:</p> <ul style="list-style-type: none"> • Educate those diagnosed with osteoporosis and osteopenia about the positive impact healthy lifestyles can have on bone density. • Promote self-management with advice including diet and physical activity



Who to refer?	<p>Patients over 55 years old and:</p> <ul style="list-style-type: none"> ○ have a diagnosis of osteoporosis/osteopenia or ○ a 'high' or 'medium' risk of fracture as determined by FRAX, or ○ bone health risk factors: <p>Major risk factors: (consider referral if 1 or more is present)</p> <ul style="list-style-type: none"> ▪ Fragility Fracture ▪ Parental Osteoporosis <p>Minor risk factors: (consider if 2 or more are present)</p> <ul style="list-style-type: none"> ▪ Currently on Glucocorticoid treatment ▪ Smoker ▪ >3 units of alcohol a day ▪ Low BMI <19 ▪ Chronic liver disease ▪ Premature menopause < age 45 ▪ Rheumatoid arthritis
Service contact details:	<p>Falls & Bone Health Service Whitton Corner Health & Social Care Centre Percy Road Twickenham TW2 6JL</p> <p>Tel: 020 8614 5397 Email: falls.team@nhs.net Website: www.hrch.nhs.uk/falls</p> <p>Monday to Friday: 8:30am - 4:30pm</p>
Referral information:	<p>Patients must have a Richmond GP:</p> <p>All referrals to the team should be made through the Single Point of Access service (SPA):</p> <ul style="list-style-type: none"> • Tel No: 020 8630 3943 • Fax: 020 8630 3639 • Email: hounslowandrichmond.spa@nhs.net <p>Using this Single Point of Access referral form – available here.</p>
Healthcare professionals within in service:	<ul style="list-style-type: none"> • GP • Physiotherapists/Occupational Therapist • Therapy Assistants • Admin Support

