

# Response ID ANON-628R-KC86-E

Submitted to **Falls and Fracture Prevention Strategy for Scotland, 2019-2024**

Submitted on **2019-08-12 11:25:51**

## Questions

### 1 Do you agree the Strategy will improve services for those who experience Falls?

Yes

#### If not, what improvements do you suggest?:

The College welcomes the Falls and Fracture Prevention Strategy proposed by the Scottish Government. It is in line with recommendations made by bodies such as the Royal Osteoporosis Society (endorsed by this College).

Our College believes that more emphasis should be placed on diet (in the home, residential accommodation and hospitals). It is known that many older people have a poor diet (this does not solely relate to bone health but general nutrition including vitamins). There is also no mention of obesity being a risk factor for falls. Alcohol consumption is only mentioned briefly in outcome 5 and in appendix 2.

Assessment of hearing is also important (only mentioned in appendix 2).

### 2 Do you agree with the outcomes in the Strategy?

Not Answered

#### If not, why not?:

Outcome 1 - The College welcomes a whole system integrated approach to prevention. This is however hard to achieve. The plan should have measures of success integrated into the strategy.

Outcome 2 - Encouraging behaviours which prevent fall and maintain bone health. This is where good diet, prevention of obesity and alcohol consumption should be considered.

Outcome 4 - There is no recommendation to look at design of building and communities which promote exercise and activity. This could include physical layout, avoidance of steps and width of doors and passages etc.

Commitment 10 - This should include prevention of isolation of the individual and may include maintenance of mental health.

Outcome 5 - There needs to be more emphasis on general nutrition. There are other risk factors for osteoporosis such as early menopause, family history which are relevant. Drug induced hypotension needs to be included. Many patients are put on antihypertensive drugs without monitoring.

The College is pleased to see foot care included. Often older people have difficulty accessing podiatry because of geography, limits to service or cost.

Diabetes mellitus should be a risk factor for both the primary disease and its complications such as peripheral and autonomic neuropathy.

Outcome 7 - while it is commendable that fracture liaison services exist in 13 of the 14 Health Boards, standards vary from area to area and there is need for national care standards in line with the Royal Osteoporosis Society recommendations.

Outcome 8 - Response times for emergency services are key to good outcomes for falls and fractures. Active monitoring in this area is required.

Outcome 11 - as 7. If there is a long wait for a scan there may be delay to adequate treatment with further fracture in the interim.

### 3 Do you have any comments or additions on topics which are not covered in the Strategy?

#### Please be specific in your reasons and include any resources or references we should consider.:

As already alluded to this strategy has a focus on exercise and maintenance of bone health. General diet, obesity and alcohol consumption need to be considered. Other medical measures as discussed are important. Primary care and Community services need to be aware of the issues at local level.

### 4 Are there any key areas missing or any general amendments you would suggest?

Please explain your views.:

### 5 Please comment your thought on how best to support the implementation of the Strategy.

Please explain your views.:

There should be a professional and public education programme within communities. While introducing changes in education for children and young people are excellent for the future, there is a need to educate the adult population in the shorter term.

### 6 Do you have any further general comments on the Falls and Fragility Fracture Prevention Scotland Strategy?

Please explain your views.:

## About you

What is your name?

Name:

Dr Richard Hull FRCP Glasgow

What is your email address?

Email:

media@rcpsg.ac.uk

Are you responding as an individual or an organisation?

Organisation

What is your organisation?

Organisation:

Royal College of Physicians and Surgeons of Glasgow

The Scottish Government would like your permission to publish your consultation response. Please indicate your publishing preference:

Publish response only (without name)

We will share your response internally with other Scottish Government policy teams who may be addressing the issues you discuss. They may wish to contact you again in the future, but we require your permission to do so. Are you content for Scottish Government to contact you again in relation to this consultation exercise?

Yes

## Evaluation

Please help us improve our consultations by answering the questions below. (Responses to the evaluation will not be published.)

Matrix 1 - How satisfied were you with this consultation?:

Neither satisfied nor dissatisfied

Please enter comments here.:

Matrix 1 - How would you rate your satisfaction with using this platform (Citizen Space) to respond to this consultation?:

Slightly satisfied

Please enter comments here.: