Exercise programme aims to cut number of falls across Europe

OLDER PEOPLE should practise strength and balance exercises such as t’ai chi to reduce falls and fracture risk, according to experts from an international research group.

The Prevention of Falls Network for Dissemination provides training for exercise instructors who then teach coaches in their local regions. It aims to extend exercise programmes to 84,000 older people across Europe by 2016.

Older people who have conditions such as Parkinson’s disease, dementia or arthritis, take thought care of their loved one was excellent or outstanding, 24% said it was only fair or poor. Ms Taylor added: ‘The emphasis now should be on transforming support in the community.

‘High spend does not equate to a “good death” and reallocation of resources from the more expensive hospital setting should lead to better quality care that is cost neutral if not cost saving.’

Go to tinyurl.com/mmp5g2u

Support in community needed to transform end of life services

AT LEAST £4.5 billion is spent each year in England caring for people at the end of their lives but the quality of services varies, a report has found.

While some individuals, particularly those accessing hospice or specialist community and hospital palliative services, receive good care, many others do not.

The report, by the Deloitte UK Centre for Health Solutions, analyses national reviews and audits over the past 18 months. It highlights shortcomings and concerns about the large degree of variation in services.

There are half a million deaths each year in England, two thirds of which are people aged 75 and over.

Centre director Karen Taylor said: ‘The primary barrier to the delivery of good quality end of life care is lack of access to effective services that support people to die at home or in their care home. In 2013, 50% of people died in hospital, despite the fact that opinion polls show that, on average, 70% would prefer to die in their usual place of residence.’

The report argues that while there has been much positive activity since the End of Life Care Strategy was published in 2008, significant inequalities remain. This was highlighted by Public Health England’s 2013 national survey of bereaved people, which found that while 43% of respondents

Cancer partnership to roll out recovery package for survivors

A MAJOR partnership of cancer nursing organisations has been launched to try to improve care for patients who are living with and beyond the disease.

The Cancer Nursing Partnership represents more than 22,000 nurses from 12 organisations including the RCN. Its aim is to implement the recovery package – a series of interventions that, when delivered together, can improve outcomes for survivors.

The package consists of four aspects that focus on supporting people to self-manage after diagnosis: holistic assessment of needs, treatment summary, cancer care review and health and wellbeing event.

RCN lead for cancer care Rose Gallagher said: ‘Nursing staff have a big part to play in the roll out of the recovery package and in increasing patients’ access to person-centred care.’

Find out more at www.ukons.org/cnp