

# Remote Falls Medication Review Service: Impact on Falls in Care Homes

Dawn Fleming, Lead Pharmacist, Gemma Stott, Lead Pharmacy Technician

## Introduction

Immedicare, a digitally-enabled, round-the-clock NHS clinical service provides remote support to care homes nationwide, with approximately a quarter of clinical consultations pertaining to falls. In July 2024, Immedicare's pharmacy team launched a targeted, remote falls medication review service (FMRS) to support residents who had fallen and were prescribed at least one medicine identified as contributing to falls, according to the STOPPFall tool<sup>1</sup>.

## Method

The FMRS involved a comprehensive review of medical records and consultation with care homes. Following each review, patient centred medication recommendations were sent to primary care teams. Three months after advice was issued, medical records were re-examined to assess whether recommendations were actioned and determine outcomes, including number of falls two months before and after the advice was actioned. The first 250 reviews following the service launch were analysed.

## Results

Of the 250 patient-centred Falls medication reviews completed, medical records showed that recommendations were followed for 146 residents (58.4%). Ninety-five residents (38%) had medication stopped and/or reduced. Where medication was stopped or reduced the fall rate over the next two months decreased for 46% of residents (RR 0.54, 95% CI 0.32–0.90, p=0.018).

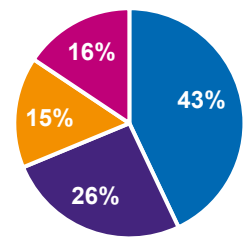
## Conclusion

The FMRS suggests that a remote targeted, patient-centred medication intervention can reduce fall rates in care home residents. Further evaluation with longer follow-up and broader data collection is warranted to substantiate these findings.

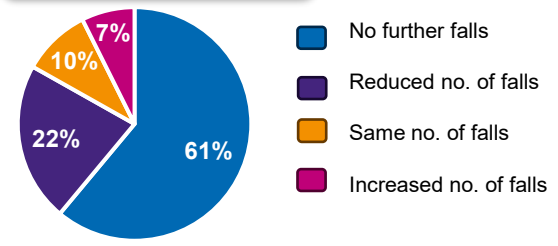
## References

1. Seppala et al, (2021). STOPPFall ( Screening Tool of Older Persons Prescriptions in older adult with high falls risk) a Delphi study by the EuGMS Task and Finish Group on Fall- Risk-Increasing Drugs. Age and Ageing 50(4), 1189-1199

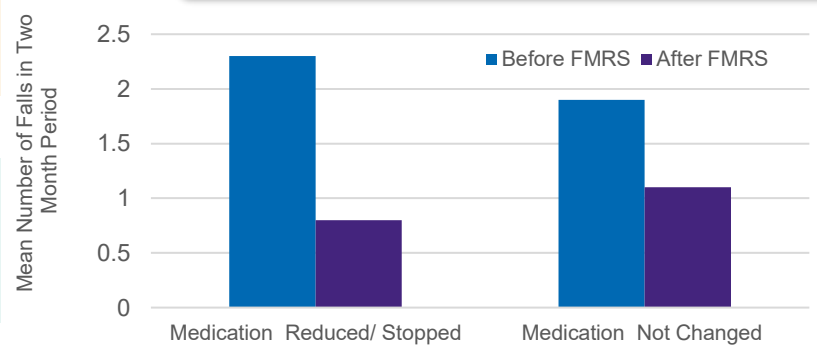
Impact of continuing medication on falls



Impact of reducing/stopping medication on falls



Impact of reducing/stopping medication on falls rate



**Contact Information**  
Dawn Fleming [dawn.fleming@nhs.net](mailto:dawn.fleming@nhs.net) Airedale NHS Foundation Trust