

Who is going home today?

Kirstie Stenhouse
Fracture Liaison Practitioner

Kirstie.stenhouse@nhs.net
@kirstieahp

“increase the number of patients who return home to their original residence within 30 days”

Challenge your assumptions



What community services are available?





How frail individuals manage in their own homes



Ask what patients and families want

- Last 1000 days | Making patients' time the most important currency in healthcare



Be honest about how many days are green



Red and Green days - The Academy of
Fabulous Stuff

Flip risk analysis

She may be incontinent overnight....

She might fall at home!

“Ten days in hospital leads to the equivalent of 10 years aging in the muscles for people over 80”

Think of impact, likelihood and severity.

Seek ways to reduce these.

Be realistic!

Kirstie Stenhouse
Fracture Liaison Practitioner

Kirstie.stenhouse@nhs.net
@kirstieahp