

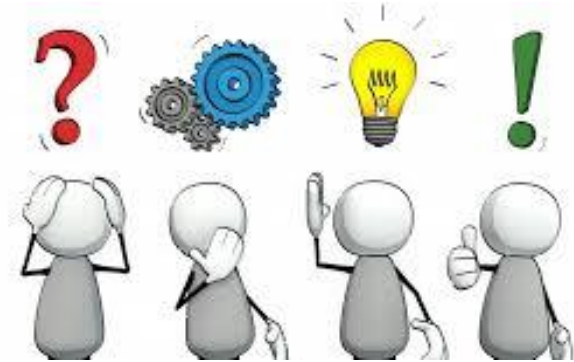


**ST JOHN OF GOD**  
Midland Public & Private  
Hospitals

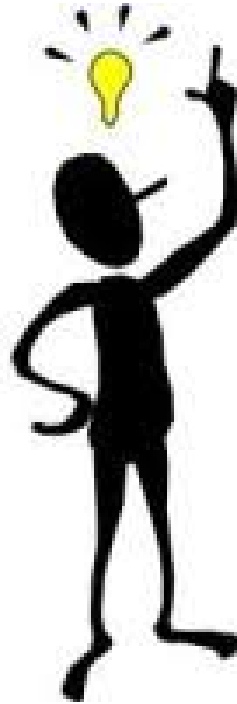
# Congratulations – you are the new falls project officer! Now what?!

Miriam Ruthenberg

Physiotherapist, SJOG Midland



# Key learning



# The elephant in the room...





# Background information

- SJOG Midland Public & Private Hospitals falls journey
- What precipitated the creation of the Falls Project position?
- What were the details of the position?
  - FTE, length of contract
  - Position description
  - Governance

'Do what you  
think is right'



# Key lessons learned



Goal posts



Confetti



Cake



# Goal posts

- *Identifying* the goal posts versus *erecting* the goal posts
- Research/Reconisence
- Policy
- Strategies
- Target group

*Key learning*

Identify the goal posts early





# Step by step – early phase

- Research (literature review)
- Consultation
- Seeking support
- Pitching the idea





# Strategy selection

Factors to consider:

- What has been tried before
- What resources do you have
- What do you have the support to do
- *Confetti verses cake*

## Key learning

Aim for cake rather than confetti  
Select a strategy that fits your landscape







# Falls Huddle Strategy Trial

- Multidisciplinary & Multifactorial
- Timeframe for a trial, with the potential for extension/rollout
- Ward selection
- 4 week trial period
- Adaptable design
- Mixed results





What happened next.....?





# Top 5 questions to ask before you start

- What is the **goal**?
- Who is the **sponsor**?
- What is the **governance**?
- **How** will I be supported?
- What is the **landscape**?

## Key learning

Is the foundation laid for a successful project?





# Top 5 pieces of advice

- Do your research
- Ask questions (and pester for answers)
- Specify what support you need to fulfill the role
- Schedule regular meeting times with key stakeholders
- Documentation



# Personal reflections

- Juggling of two positions – challenging
- Is this the right position for you?
- Learned more about my strengths and weaknesses
- Would I consider project work in the future?



# Acknowledgements

- SJOGMPPH, Quality & Risk Department
- WA Falls community
- Grassroots Falls Festival

Thank you, any questions?