Occupational therapists working in fire and rescue services: exploring the benefits and opportunities

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London’s NHS organisations include all of London’s CCGs, NHS England and Health Education England
I ♥ Sherlock and Simba
Topics for discussion

• National background to health and fire service partnerships

• The PEO model – training non-clinicians in person centred practice

• Learning from the Fire Safe and Well project

• Wider opportunities for ‘blue light’ collaboration

• Including fire safety in your practice

This consensus statement describes our intent to work together to encourage joint strategies for intelligence-led early intervention and prevention; ensuring people with complex needs get the personalised, integrated care and support they need to live full lives, sustain their independence for longer and in doing so reduce preventable hospital admissions and avoidable winter pressures/deaths.
National background – links between fire & health

Underlying and common risk factors for fire and poor health:
• Age
• Smoking materials
• Living alone
• In receipt of social services/ agency support
• Physical disability/lack of mobility
• Mental Health
• Prescribed medication
• Cold homes

The Prevention Capability of FRS

• The 581,000 home visits carried out by FRS annually in England and targeted at vulnerable people provide an opportunity to deliver proactive support that delivers improved integrated care.
• Incidents have reduced by 40% over the last 10 years

Source: Serious About Prevention – Ged Devereux, Strategic Health Lead, NFCC
London Fire Brigade Health and Care Conference, November 2018
Endorsed by the National Fire Chiefs Council

Part of the Improving Lives, Saving Money campaign

Builds on Living, Not Existing: putting prevention at the heart of care for older people

Highlights how prevention and cross agency partnerships can enhance safety, wellbeing and health of vulnerable people and communities

Available at: http://cotimprovinglives.com/fire-rescue-services-value-working-partnership-occupational-therapists/
• Two-way referral pathways between FRS and OT Services

• Shared training programmes for reciprocal learning

• Placements for OT students within fire and rescue services

• Joint home visits by FRS staff and OTs to address complex needs and reduce fire risk

• OTs working in strategic roles alongside FRS colleagues on projects such as Safe and Well
(Fire) Safe and Well

- Enhanced home fire safety visit
- Targeted at people at increased risk of fire
- Delivered by fire fighters or community safety staff

- Person-centred fire risk assessment
- Person-centred fire safety advice and interventions
Why are OTs well placed to support fire safety?

1. Collect a ‘risk scenario’ lanyard

2. Your risk scenario will describe a person (P), environmental (E) or occupational (O) risk factor

3. Sit at the table you think your scenario belongs to – P, E or O

4. In the new groups at your tables, list the factors for consideration in a person-centred fire risk assessment, under P,E, or O

5. You can use your risk scenario lanyards to get you started

6. Spend 10 minutes doing this and then feedback to the whole group
5 Main Causes Of Fire

- Cooking
- Smoking
- Fires & Heaters
- Electrical
- Candles
Managing and Reducing Fire Risk in the Home

What can you do during a Safe and Well visit to reduce or manage risk?

• Fire Safety Advice (verbal/written)
• Smoke detection (fitting, testing, providing advice)
• Recommend telecare / sprinklers / other protection equipment
• Agree bedtime routines and escape plans
• Provide or recommend fire safety equipment such as fire retardant bedding
• Brief Advice (Making Every Contact Count)
• Signposting and referrals
• Advocacy
• Involve family, friends, neighbours, carers, professionals
Take a lanyard and get into groups of 5

As a group, look at the risks on your lanyards together and imagine these are the risks facing you in a safe and well visit.

Look at the table of equipment and literature and choose pieces that can help to mitigate the risks for the family you are visiting.

Feedback to the group on what the risks are and how you have chosen to reduce them, showing us the equipment and literature you have found.
Please note that this resource is in development and not yet implemented. Content and timescales are indicative.
# Person-centred Fire Risk Checklist

https://www.london-fire.gov.uk/safety/the-home/home-fire-safety-visits/

## Checklist for Person-Centred Fire Risk Assessment

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Does the individual have an increased fire risk?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoking – with signs of misuse of smoking or vaping materials (e.g., smoking in bed)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of emollient creams that are petrol or paraffin based.</td>
<td></td>
<td></td>
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<tr>
<td>Sudden temperature changes in space (e.g., fire or burning rubber)</td>
<td></td>
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<tr>
<td>Unusual use of portable heaters (e.g., placed too close to materials that could catch fire)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unusual cooking practices (e.g., cooking let unattended)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overloaded electrical sockets/adaptors or extension leads</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Faulty or damaged wiring</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electric blankets used</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burn marks, scorch marks or char marks on carpets and furniture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unusual candle use (e.g., left too close to curtains or other items that could catch fire)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (please specify):</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## What to do next

1. If yes, tick all the risk factors below.
2. If no, skip to next question.

## Fire Safety in the Home

### What happens during a home fire safety visit?

1. Firefighters or trained staff will visit the home and offer advice based on individual needs, including information on how to prevent fire, the importance of smoke alarms, and escape plans in the event of a fire. They will also fit smoke alarms if required.

2. A Fire Safety in the Home booklet is available from London Fire Brigade and can be downloaded from their website. Some basic fire safety advice has also been provided below.

### Prevention

- It is safer not to smoke, but anyone who does should try to smoke outside and always make sure cigarettes are put out properly.
- Never smoke in bed, anywhere else, if there’s a chance of falling asleep.
- Use fixed smoke alarms and fire resistant bedding, including pillowcases and duvets.
- Ensure smoke alarm batteries are replaced with non-flammable alternatives.
- Candles, tea lights and incense burners should be placed in stable, heat-resistant holders. Keep these items or any other types of naked flames well away from curtains, furniture and furnishings.
- Sit at least one metre away from heaters and keep well away from anything that can catch fire.
- Don’t use electrical soaks.
- Close all doors at night as this helps to prevent fire and smoke spreading.
- Switch off and unplugging electrical items such as TVs and avoid using electrical devices like mobile phones whilst asleep.

### Early warning and detection of a fire is essential

- It is important that at least one smoke alarm is on every level of the home and in any room where a fire could start. The ideal position for these is usually in rooms that are used most, in hallways and anywhere electrical equipment is likely switched on.
- If petting multiple smoke alarms, all should be in the best place in the event of a fire. For some older homes, the provision of a Telesure monitoring system may also be beneficial.
- Smoke alarms can be fitted for free, even in difficult-to-reach areas – for example, smoke alarm and carbon monoxide alarm for the elderly or disabled.

### Escape

- Make sure escape routes are clear of anything that may slow down or block them.
- Ensure fire escape gates can be safely opened from the inside without needing to look for a key. Keep a spare key in a secure place.
- Make sure everyone in the home knows the escape plan and the designated meeting point.
- Mobility aids and any methods of calling for help should always be kept close to hand. (e.g., mobile phone, link alarm/pendant).
A person may be more vulnerable to fire if:

- There is an increased fire risk in their property
  - Memory problems
  - Unsafe heating arrangements
  - Smoking behaviour

- They have a reduced ability to react to a fire
  - Sensory impairment
  - Ineffective smoke detection
  - Use of drugs, medication or alcohol

- They have a reduced ability to escape from a fire
  - Reduced mobility
  - Unsuitable door locking / opening mechanism
  - Hoarding behaviour
London Fire Safe and Well totals – Dec 17 to May 19

1,036 visits in total
(delivered by 10 staff across 5 London boroughs)

- 336 Winter wellness referrals
- 137 Falls prevention referrals
- 153 Social isolation referrals
- 32 Smoking cessation referrals
- 1,200+ beneficiaries
Person-centred signposting

- Making Every Contact Count
  - London Sport
  - One You London
  - Home security
  - Substance use support
  - Carer support
  - Local charities
  - Social prescribing
  - Medication reviews
  - Understanding Health Improvement

Local charities
Medication reviews
Social prescribing
Medication reviews
Home security
Substance use support
Understanding Health Improvement
Carer support
Local charities
Making Every Contact Count
London Sport
One You London
Beneficiary feedback

Friends and Family Test – 1 week post visit

How likely are you to recommend Fire Safe and Well

- Extremely likely: 83%
- Likely: 17%

How satisfied were you with your visit

- Very satisfied: 89%
- Satisfied: 10%
- Neither satisfied nor dissatisfied: 1%

Telephone survey of 82 beneficiaries
Beneficiary feedback

Secondary follow-up – 3 months post visit

Do you feel your safety (fire, security, health and wellbeing) has improved as a result of your onward referral(s)

- Greatly improved: 70%
- Somewhat improved: 16%
- Slightly improved: 6%
- No improvement: 8%

Has your experience of our referral partners changed your level of satisfaction with Fire Safe and Well?

- Yes - it has increased my satisfaction: 13%
- No - my satisfaction is the same: 87%

Telephone survey of 81 beneficiaries
“They gave me so much advice and they helped me so much - they were just amazing.”

“Other health workers haven't made referrals to the falls service, but you were able to.”

“All three of the services you mentioned have helped me enormously”

“Pleasantly surprised at the numerous services on offer throughout the borough.”

“The befriending service have been really diligent and have contacted us many times and could not really have done more.”

“Falls prevention have been fantastic. They have organised for things to be fitted- railings, cushions and toilet seats.”

“This is such a valuable service - we need this everywhere.”

Fire Safe and Well case study
Consensus statements
Guidance
Evaluations & research
Interventions
Workforce development
Public facing information
Blogs
London Fire Brigade and Mental Health Services

Therapists run hoarding support group at fire station

https://www.slam.nhs.uk/media/news/therapists-run-hoarding-support-group-at-fire-station
Meet the NHS duo keeping the elderly safe at home

An NHS partnership has reduced the number of elderly people admitted to hospital after falling at home.

The scheme is a collaboration between North West Ambulance Service and East Lancashire hospitals in Burnley.

Video by Sanchia Berg and Aff Rashid

26 Jul 2018

Policing and Mental Health
Who do we work with who might be more vulnerable to fire risk?

- Sensory impairment
- Long term conditions
- Reduced mobility
- Cognitive impairment
- Mental health problems
- Learning disabilities
- Older people
- O2 users
Healthcare equipment and fire risk
**Requesting a Home Fire Safety Visit**

London Fire Brigade deliver around 86,000 Home Fire Safety Visits every year. They are available in every London borough and are free of charge.

**Contact details to request Home Fire Safety Visits (in London):**


Telephone: 0800 028 44 28

**Number for urgent and out of hours HFSV referrals (in London):**

Telephone: 0208 555 1200

**Outside of London:**

All fire and rescue services offer a home safety visit or ‘Safe and Well’ service

Google your city / county, “fire service” and “home fire safety”
Free online training suitable for anyone visiting vulnerable individuals at home:
https://www.tsa-voice.org.uk/e-learning

Community of practice for professionals interested in partnership working between health, social care and fire services:
https://www.nationalfirechiefs.org.uk/Communities-of-Practice
Any questions?

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