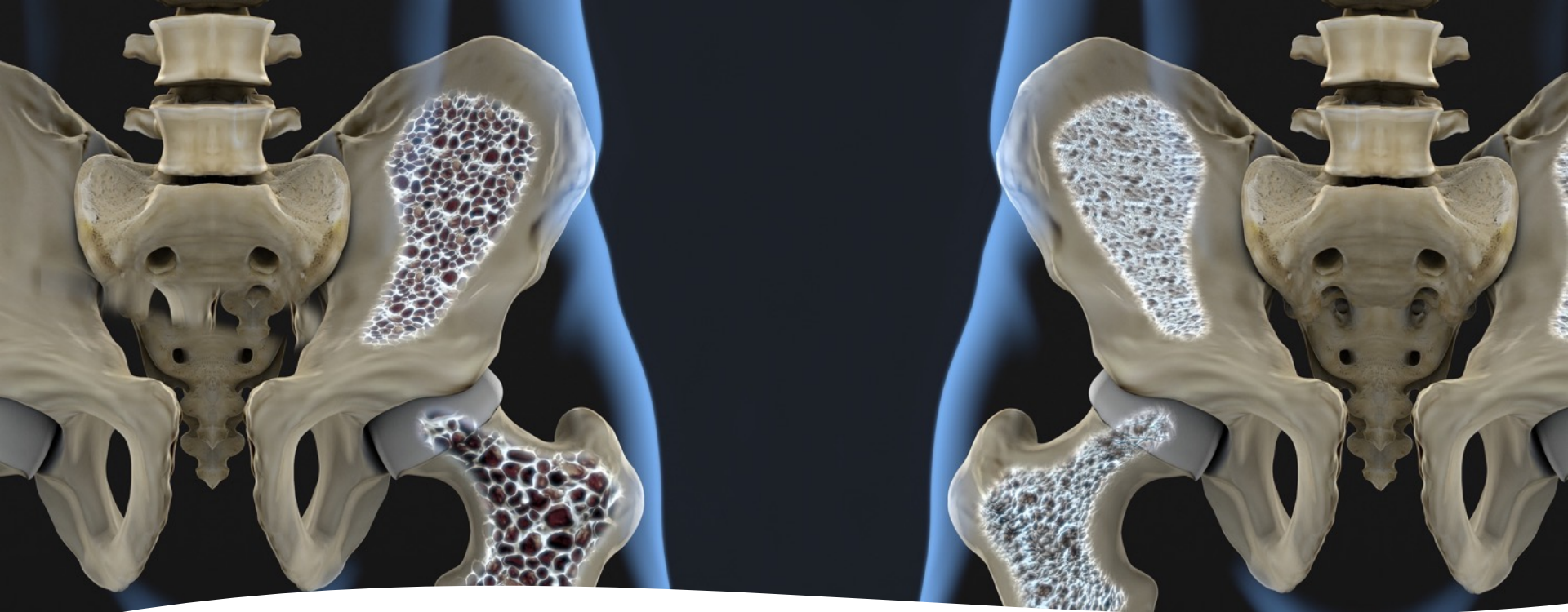


**Update:**

Note change of venue  
on 17<sup>th</sup> October – now Ballymun HQ

# Falls Awareness & Bone Health 2023

**Remember Healthy Bones  
Are Happy Bones!**



## Why Should We Focus on Bone Health?

- We have an ageing population – nationally & globally
- Younger cohort of service users with more complex needs
- An overall increase in the number of falls and falls related injuries
- More evidence available on the importance of bone health and how to manage it
- Lifestyle changes – more sedentary lifestyle
- Decrease in screening opportunities e.g. DEXA Scan
- Increase in medication side effects
- Happy Bones resource devised by SMH (received international recognition) – soon to be relaunched
- Many new staff and service users within the organisation since previous awareness campaign in 2015

# 2011 - St Michaels House



## Fact

**7 /10** people with an ID have either osteopenia or osteoporosis

## Prevalence of Osteoporosis

People with an **intellectual disability** compared to **general population** (age 50-64 yrs of age)

**36.8% / 8%**

## Prevalence of Osteopenia

People with an **intellectual disability** compared to **general population**

**37% / 14%**

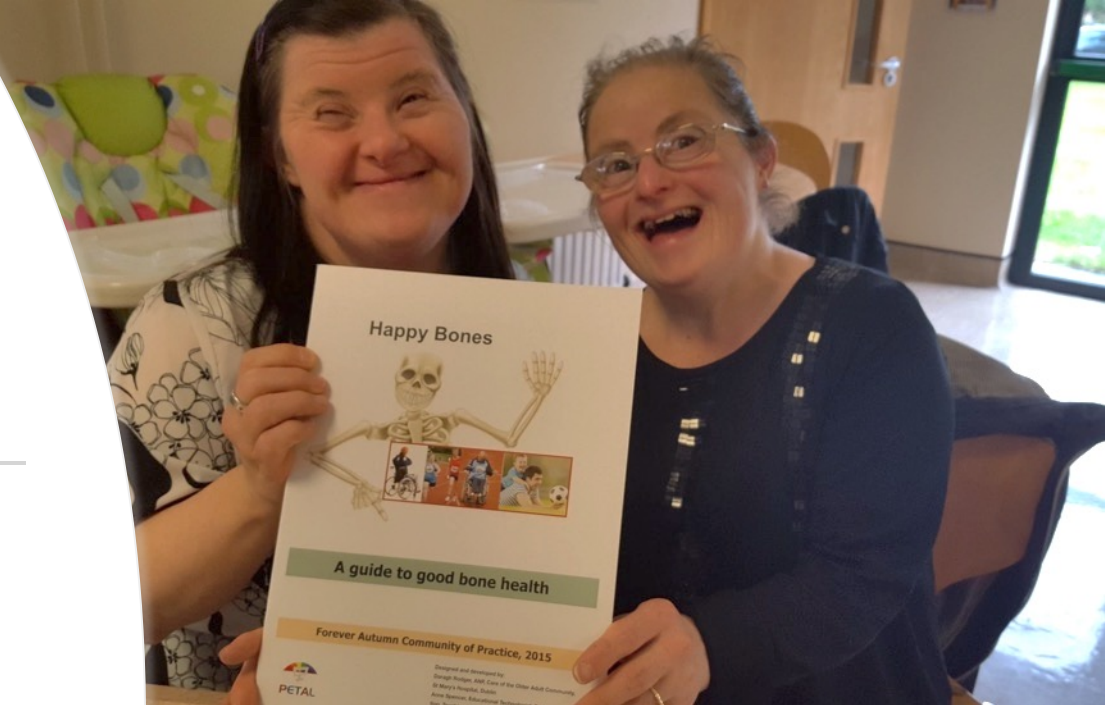
# What Did We Do?

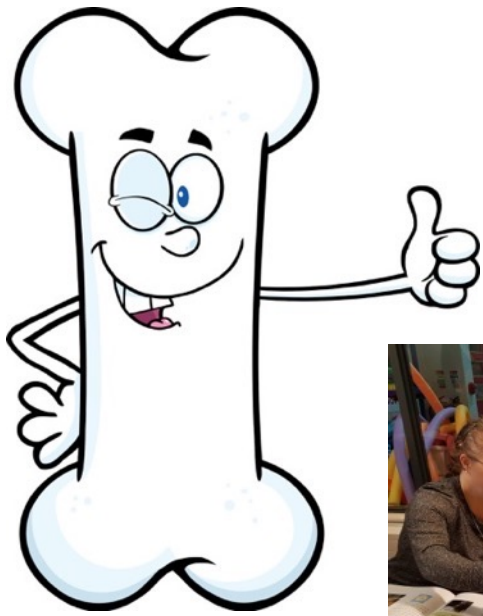
- MDT approach
- Awareness campaign for Service Users, families, staff and the wider community nationally and internationally
- 2015 Launch of Happy Bones



# Action Taken 2015-2019

- An Educational Resource for people with Intellectual Disabilities, their families' carers and allied health professionals
- A website, a booklet and a leaflet
- The material is developed in a format that makes it easily transferable - on line through website, eBook store, and YouTube – including 3 short videos in which service users feature:
  - Paula's Story
  - Having a DXA scan
  - Best Foot Forward - Chrissies Story



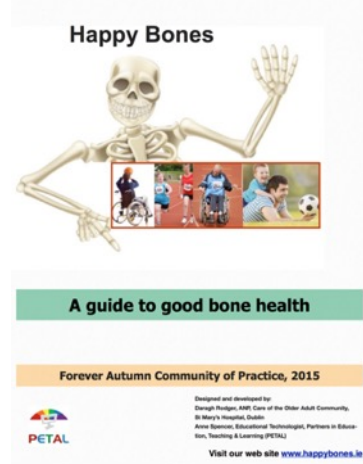


# Impact of Happy Bones



Home

## Abroad



# Updates in Relation to Bone Health

## St Michael's House - The Reality

- Increase in people with ASD utilising SMH services
- Men may not be considered for bone screening



## What We Need to Know

**People with ASD may have poorer bone health and a greater risk of fracture**

- Bone Density in Adolescents and Young Adults with Autism Spectrum Disorders Laya Ekhlaspour<sup>1</sup>, Charumathi Baskaran<sup>1</sup>, Karen Joanie Campoverde<sup>2</sup>, Natalia Cano Sokoloff<sup>2</sup>, Ann M. Neumeyer<sup>3</sup>, and Madhusmita Misra<sup>1</sup> J Autism Dev Disord. 2016 November ; 46(11): 3387–3391. doi:10.1007/s10803-016-2871-9

**Males are just as likely to be at risk of poor bone health**

- OBM Geriatrics Original Research Men's Bones Matter Too, a Cross Sectional Study Examining Bone Health among Men with Intellectual Disability in Ireland. Éilish A Burke 1, \*, Rachael Carroll 1, Angela W. Ding 2, Melisa Yaman 2, J. Bernard Walsh 3, Philip McCallion<sup>4</sup>, Mary McCarron 5

# Updates

## St Michael's House

### – The Reality

- Many children with complex needs access the services
- Service Users require an array of medications known to have an adverse effect on bones



## What we need to know

- Osteoporosis can be a co morbidity for children with complex needs
- Not just AEDs and antipsychotic medications that effect bone health
- Many medications including those for reflux can effect bone health



# Updates

## St Michael's House – The Reality

- Ageing population



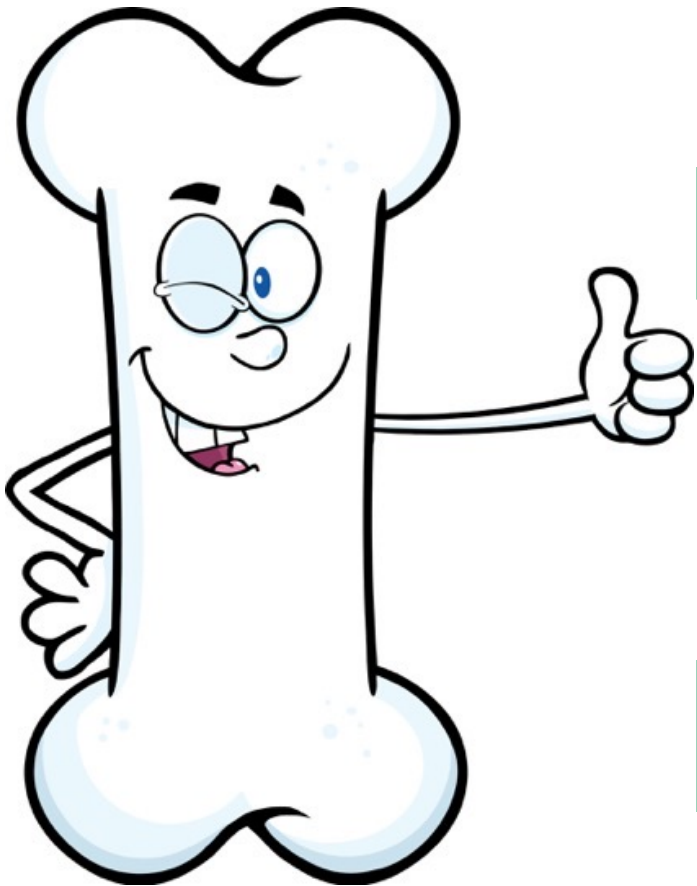
- Greater number of falls



## What we need to know

- People with ID age precociously and have a greater risk of fracture
- There was **696 REPORTED** falls related incidents in SMH in 2022

# So What Do We Need To Do?



1

**Become Bone Health  
and Falls Aware**

2

Work together to:

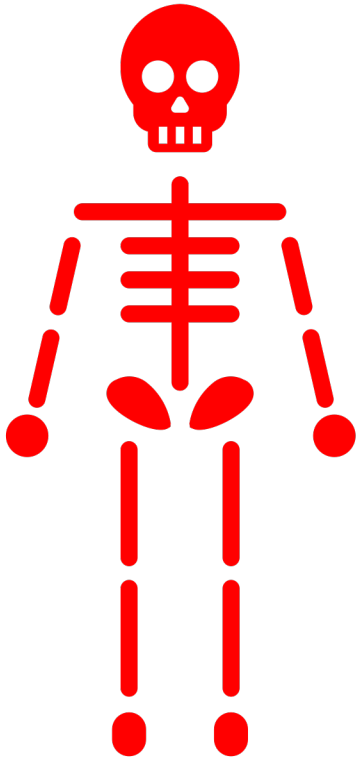
- ✓ Promote a healthy diet
- ✓ Encourage physical exercise
- ✓ Support bone screening
- ✓ Request regular medication reviews
- ✓ Reduce falls risk where possible

**Relaunch [www.happybones.ie](http://www.happybones.ie) website**

## Dates for Your Diary



**1100hrs to 1300hrs  
each day**



**October 17<sup>th</sup> - Ballymun HQ** (change of venue)

**October 18<sup>th</sup> - Coolock Canteen**

**October 19<sup>th</sup> - Templeogue**

Everyone is invited to learn more about the importance of maintaining good bone health and to increase their falls awareness

