




Will older people who have experienced a fall do more than *"take care"* to avoid future falls?

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PHC-RED Collaboration Event
21 September 2006




Outline

1. Background
2. Aims and methods
3. Preliminary results
4. Implications

Background

- Demographic changes (Moller, 2003)
- Evidence re effective interventions to reduce falls & fall injuries (Gillespie et al, 2003)
- Uptake of falls prevention strategies (Health Evidence Network, 2004)
- Older peoples' views of falls prevention advice





Uptake of evidence-based fall prevention strategies

Home safety assessment	52%
Exercise/ balance	17%


(Nolan and Gaughwin, 2002)

...supported by Yardley et al (2006)




Views of older people regarding falls prevention


- Falls happen to **"other" people** (Yardley et al, 2006)
- **"Taking care"** is preferred by hospitalised older people to avoid falls (Simpson et al, 2003)
- **Gap in knowledge** regarding views of older people hospitalised with a fall

Window of opportunity

"If additional efforts to reduce the rate of fall related injury for this age group are not implemented the total cost of treatment will rise to a point that it is likely to make investment in prevention difficult once the demographic shift occurs..."

Moller (2003) p 9



Overall aims

To

- understand the views of older people who have experienced a fall leading to hospital admission regarding
 - fall prevention strategies
 - advice given to them aimed to prevent future falls
- assist health professionals to present future fall prevention advice that is likely to be acceptable to, and acted upon, by older people who have experienced a serious fall.

Method

This study:

- Included community dwelling patients 65+ admitted to FMC with a fall related injury
- Physiotherapists reviewed these patients
- Alerted investigator to potential participants

Data collected

- Demographic and descriptive;
 - Hospital data
 - History of falls past year
 - Scales outlining fear and perceived consequences of falling
- Semi-structured in-depth interviewing

Preliminary demographic data

based on 11 participants

Age	65-95 years
Sex	7 female 4 male
Falls in past year	1 – 8

Preliminary results

Length of hospital stay n=7 (4 still admitted)	2-15 days
Fractures	6
Soft tissue injuries	1
Laceration and bruising	2
Data not available	2

"How concerned are you about falling during.....(activities of daily living)?"

n=11
(FES-I Yardley et al, 2006)

Not at all	A little	Quite a bit	Very much
27%	55%	9%	9%

"In general, are you afraid of falling?"
(Yardley and Smith, 2002)

	Not at all	A little	Quite a bit or Very much
Preliminary results n=11 All fallen in previous year	36%	36%	27%
Yardley & Smith (2002) n=224 44% fallen in previous year	46%	43%	11%

"If you were to have a fall, you would..."
n=11 (Yardley & Smith, 2002)

	disagree strongly	disagree	neither	agree	agree strongly
...lose confidence"	9%	64%	0%	0%	27%
...suffer serious harm"	18%	0%	27%	18%	36%

- Implications for practice & policy.... and next steps**
1. Despite severe / moderate fall injuries, participants appear to be relatively unconcerned about falling
 2. Qualitative data analysis to flesh out preliminary data
 3. Increased awareness amongst front-line practitioners regarding patients' views of falling
 4. Potential to assist in reduction of falls and fall injuries

- Acknowledge**
- Flinders Medical Centre Physiotherapy Department
 - Participants
 - Flinders University Department of General Practice
PHC RED Individual Research Bursary
 - University of Adelaide Discipline of General Practice
Research Development Program (PHC RED Fellow)
 - Australian Govt Department of Health and Ageing