

STOP FALLING BEFORE IT STARTS:

INCREASING ACCESS TO MULTIFACTORIAL FALLS AND FRACTURE RISK ASSESSMENT AND INTERVENTION FOR OLDER PEOPLE AT RISK OF FALLS OR EARLY IN THEIR FALLS CAREER VIA PROACTIVE CASE FINDING

J Turner, S W Parry, F E Shaw

Older People's Medicine, Newcastle upon Tyne Hospitals NHS Foundation Trust

Background

Target population:

- patients from 6 (of 43) Newcastle upon Tyne General Practices
- age 65 - 75
- mild frailty on electronic frailty index (0.13 - 0.24)
- fall or noticed a problem with balance in the previous year
- not known to falls or syncope services

Introduction

- Multifactorial falls risk assessment and intervention, and progressive strength and balance exercise as a single intervention, reduce risk of falls
- Treatment of osteoporosis reduces risk of fractures
- Usually multifactorial falls and fracture prevention services target frailer older people, and intervention begins after a fall or fracture has occurred
- There is limited provision of community-based strength and balance exercise classes
- Opportunities for early intervention and prevention are missed

Intervention

New service model:

'Stop Falling Before It Starts (SFBIS)'

- proactive case finding by postal questionnaire
- multifactorial falls and fracture risk assessment by specialist nurse
- interventions recommended to General Practitioner (GP) by expert doctor, communicated by letter
- community-based exercise offered



to all, predominantly new 15 week 'Steady On' strength and balance classes suitable for fitter older people

Steady On...

THE HEALTH RESOURCE CENTRE, BENWELL GYM AND CLASS TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm | 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm | 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm | 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm | 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm | 10.00 - 11.00am 11.30 - 12.30pm 1.30 - 2.30pm 3.00 - 4.00pm 4.30 - 5.30pm |

Did you know?
Around a third of all people aged 65 and over fall each year, increasing to half of those aged 80 and over. One in two women and one in five men in the UK will experience a fracture after the age of 50.

We are offering exercise classes specifically designed to promote strength and balance that will reduce your risk of falling in the future

Steady On is a 15-week programme of one hour sessions. It is a group exercise of up to 16 participants and is free of charge. You will also be given two hours of weekly home exercises.

It runs once a week in 4 venues:
• East End Pool (Benwell)
• Blackhills Centre (New Bridge Street)
• Health Resource Centre, Benwell
• The Leazes Centre

Steady On is for those who are:
• Not housebound
• Not receiving palliative care
• Able to mobilise independently with or without a walking aid
• 65 to 75 years old

For more information call 0191 273 8889 or mobile number 07261646000, email fran@nhs.uk

Active Newcastle
BETTER

EAST END POOL

Health Resource Centre, Benwell

The Leazes Centre

Funded by:
NHS, Age UK, Newcastle Health Services, Newcastle City Council, Newcastle Gateshead Clinical Commissioning Group

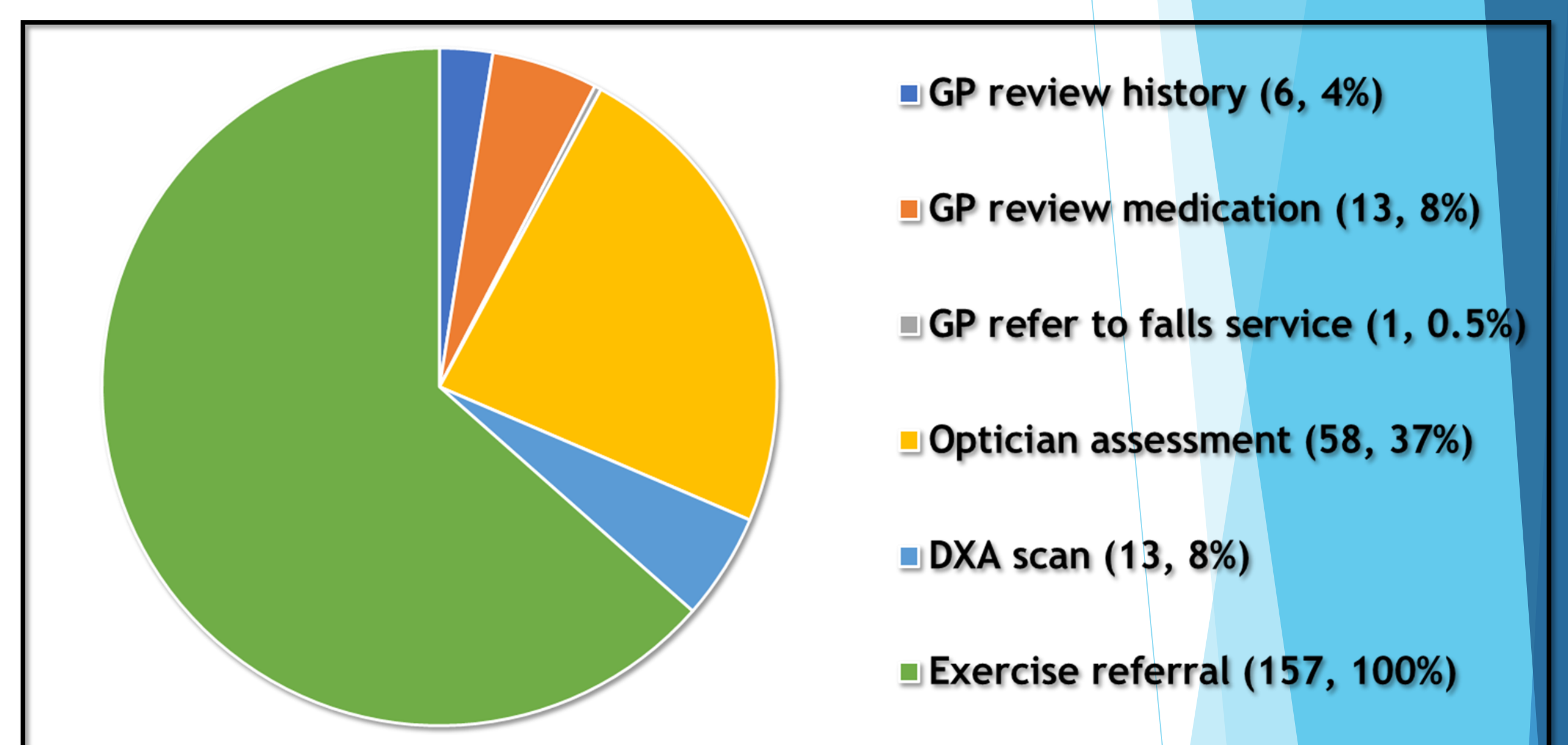
Method

Data collection:

- patient characteristics, service process measures, patient and GP experience
- physical performance (Timed up and Go (TUG), 30 second sit to stand (STS)) before starting and on completion of Steady On exercise classes

Results

- 769 letters sent out; 428 (56%) returned. 233 (54%) met criteria for assessment; 160 (69%) took up offer of assessment; 157 (98%) attended, 67% of eligible patients
- Mean age 71; 92 (59%) female; 80 (51%) fallen in previous year
- 9 (6%) history of syncope / presyncope. 18 (11%) orthostatic hypotension. 124 (79%) on culprit medications
- Recommendations after assessment:



- 131 (83%) referred to Steady On exercise class, 119 (91%) attended first class, 61 (51%) completed classes
- Mean initial TUG (n = 61) 11 secs, mean improvement TUG 3 secs, range -1 - +7
- Mean initial STS (n = 61) 11 reps, mean improvement 3 reps, range -1 - +8
- Mean patient feedback score 14.6/15, range 12 - 15 (15 maximum score)
- GP feedback uniformly positive

Conclusion

- SFBIS was effective in identifying the target population and engaging them in community-based strength and balance exercise classes
- Meaningful improvements in physical performance were demonstrated
- A smaller number of additional risk factors were identified
- There was a high level of satisfaction from patients and GPs
- Wider implementation would increase participation in evidence-based community exercise

Funded by:



The Newcastle upon Tyne Hospitals NHS Foundation Trust



Exercise intervention delivered by:

