

Falls and falls prevention in residential care: perspectives of older people in Western Australia and Wales, UK.

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Background

- 1 in 2 older people admitted to RAC homes fall annually
- Limited evidence for which interventions are effective in prevention
 - Vit D supplementation
 - Multifactorial approach (intrinsic & extrinsic factors)
- Falls prevention interventions only effective if enacted in daily life
- Barriers & facilitators falls prevention interventions identified in hospital and community dwelling populations
- Gap in RAC population???



Study aims

- Explore resident's levels of:
 - knowledge and awareness of falls risks
 - knowledge of falls prevention strategies
 - opportunities, motivation and confidence to engage in falls prevention strategies
 - preferences for receiving falls prevention education
- in RAC homes in Australia & Wales**

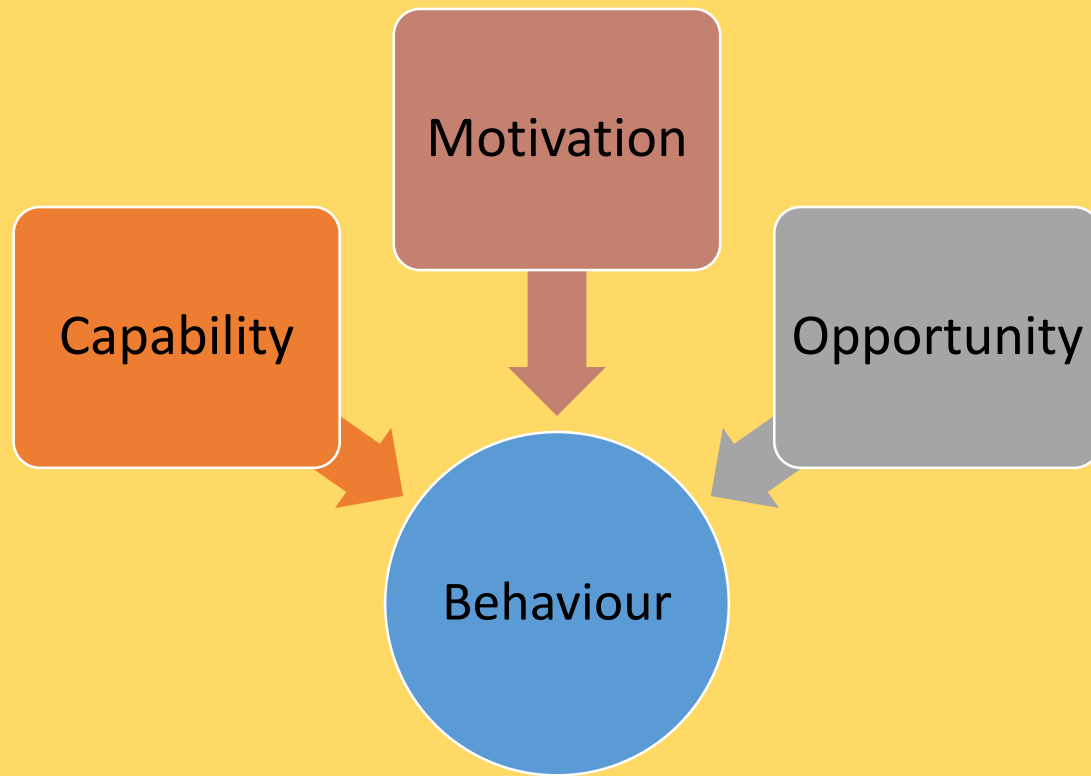
Participants, setting & procedure



- **Residents n=70**
 - 6 RAC homes in Perth, Australia
 - 6 RAC homes in Swansea, Wales
- **Eligibility criteria**
 - >65 yrs
 - Resident for >3/12
 - Able to give informed consent
- **Cross-sectional survey**
 - Conducted May 2015 (Aus) and Oct 2016 (Wales)
 - Custom designed questionnaire



Questionnaire: 21 questions



- Health behaviour change COM-B framework e.g.
 - Why do you think older people fall over?
 - I am very keen to lower my risk of falling whilst living here by using these strategies
 - Is there anything the staff or management could do to help prevent you having falls?

Data Analysis

- **Descriptive statistics**
 - **Mann-Whitney U test**
- **Deductive content analysis**
 - **COM-B**
 - **Category matrix to test theory**
- **Qualitative content analysis**

Demographics & findings



- Mean age 85.47 yrs (SD 8.17)
- Female 71.4% (50)
- Ambulant 85.7% (60)
- 78.6% (55) used walking aid
- Fall since admission 61.4% (43)
- **No** significant differences between Australian and Welsh residents' levels of knowledge and awareness of falls prevention, perceived opportunities, confidence and motivation to engage in falls prevention strategies

Why residents think older people fall

‘sometimes they forget, try to walk without their frame or staff move them away’

‘wearing shoes or slippers that aren’t suitable, you could trip over anything’

Behaviour & extrinsic risk factors

Not paying attention

Over estimating ability

Not using walking aid

Slippery floors
Poor footwear

‘sometimes we’re not careful enough, you go to move but find your feet haven’t!’

‘they (residents) do things without help... we all think we are 21’

Barriers and facilitators to using falls prevention strategies

Barriers

- Staff not being available to assist
- Distractions
- Poor memory

Facilitators

- Staff having time to be more attentive
- Staff having more knowledge and understanding of falls prevention strategies



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Preferences for falls prevention education

- Positive perspective focusing on maintaining independence, functional mobility and staying safe [n=41 (58.6%)]
- Reminders with pictorial poster for room (Aus) or brochure (Wales)
 - Both cohorts also requested small group discussions including demonstrations

Before you leave ...



Call bell close



Walking aid close



Glasses/hearing aids on



Supportive shoes on



Lighting for day or night



Drink of water



Comfortable

Discussion / Conclusion



- Residents demonstrated similarities:
 - limited knowledge regarding etiology of falls and awareness of intrinsic falls risk factors and prevention strategies
 - dislike for engaging with promotion messages perceived as negative - threatening their identity
- Falls prevention education should be informed by residents and re-framed around:
 - what motivates residents (maintaining independence for mobility and functional activities)
 - alternative formats for delivery

DIOLCH THANK YOU

Citation

Evaluation of older people's knowledge, awareness, motivation and perceptions about falls and falls prevention in residential aged care homes: A tale of two cities
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