Barriers and enablers to falls prevention following hospitalisation: perspectives of older adults

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Older people recently discharged from hospital

Falls

Risk taking

Reduced function

Research Article

Falls After Hospital Discharge: A Randomized Clinical Trial of Individualized Multimodal Falls Prevention Education

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Impact of tailored falls prevention education for older adults at hospital discharge on engagement in falls prevention strategies postdischarge: protocol for a process evaluation

Chiara Naseri, Steven M McPhail, Julie Netto, Terrence P Haines, Meg E Morris, Christopher Etherton-Beer, Leon Flicker, Den-Ching A Lee, Jacqueline Francis-Coad, Anne-Marie Hill
Study Design & Framework

- **BEHAVIOUR**
  - (Quantitative)
  - **Study 1**
    - Initiates or accepts social and environmental supports, engages in safe habits including mobility, graduated return of function and exercise. Avoids falls.

- **CAPABILITY**
  - (Quantitative)
  - **Study 2**
    - Awareness of falls risks, fall prevention strategies, and benefits of taking action

- **MOTIVATION**
  - (Quantitative)
  - **Study 2**
    - Belief in benefits, and willingness to undertake fall prevention strategies

- **OPPORTUNITY**
  - (Qualitative)
  - **Study 3**
    - Social and physical opportunity (barriers & enablers) to access fall prevention strategies and graduated return of function

(Creswell, 2014)

(Michie et al., 2011)

Interpretation & Synthesis
- Research and clinical recommendations
Aim

To explore perspectives of older adults regarding the barriers and enablers to engaging in fall prevention activities within six months after hospital discharge.
I used the information to make a good choice

They made me feel like I could keep going

having the home help meant I could pace myself; I did a little bit here and a little bit there

I'm too short of breath

I wish someone could have told me it was going to be this difficult

I've got nobody to help me and that worries me

Planning, choice, and 'opportunity'

Self-awareness of fall risks
Research Implications

- First evaluation of a tailored fall prevention education intervention
- The intervention was scalable to existing hospital discharge resources
- Interventions delivered at the time of hospital discharge are limited in their ability to predict and change fall prevention behaviour in the post-discharge setting
- Further investigation of the problems encountered by older adults after hospital discharge would be augmented by interviewing caregivers and community support providers
Conclusion

- Patient-centred outcomes used during this evaluation improved understanding of how older patients manage their own health as they transition from hospital to home.

- Participants who received the tailored education intervention were found to be significantly more capable and motivated to engage in fall prevention activities at the time of hospital discharge, but then faced barriers to engagement after hospital discharge.

- Further tailored support that was integrated between healthcare and care providers in the community after hospital discharge may have provided opportunities for participants to undertake their individualised action plan and improve their safety and functional ability.
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Reference List


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