

Translating Evidence Into Practice – Implementing the “Stepping On Program”

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The Challenge of Translation

- Incomplete evidence base → comprehensive program strategies
- Evidence for interventions may not be as we would wish
- Program development – part art / part science
- Off the shelf solutions?



Program Background

- Based on 14 month RCT (JAGS 2004, Clemson et al.)
 - 310 community dwelling older people 65+
 - Results: 31% reduction in falls and an increase in protective behaviours
 - A decision was therefore taken to invest in Stepping On – one of the few evidence based programs designed in Australia
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What is Stepping On?

- Stepping On is a self management program based on 3 aspects:
 - A decision making framework to explore barriers and options to managing risk (Janis and Mann 1977)
 - Strategies to enhance self efficacy in falls risk situations (Bandura 1977)
 - Variety of learning techniques including story telling and group process as a learning process



Program content and design

- 2 hour face-to-face group sessions over 7 weeks
- 2 follow up phone calls over the following 6 months
- Booster session at 3 months





Multidisciplinary



Presented
by local public & private
health professionals





Program inclusion criteria



- Age 65+
- Community dwelling
- Independently mobile +/- walking stick
- Cognitively intact
- Conversant in English



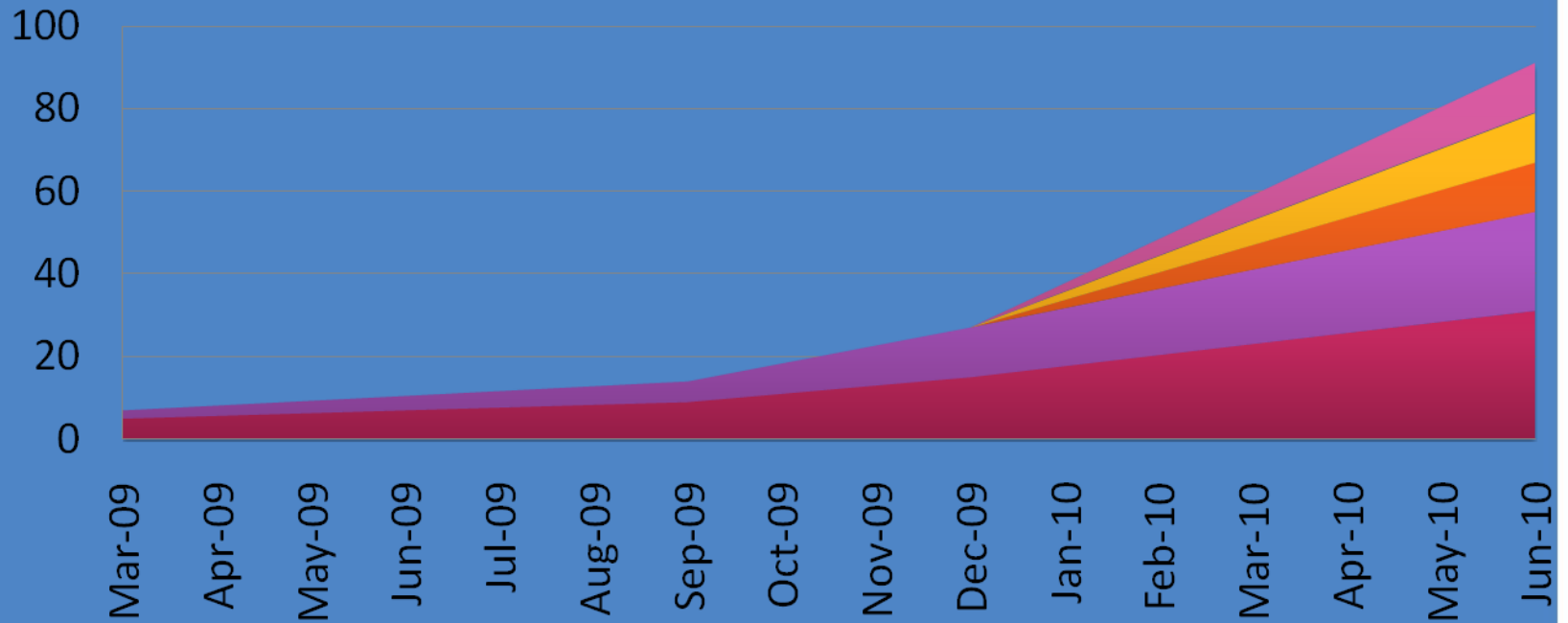
Statewide rollout

- Our investment so far Feb 09 to June 2010
 - 5 NSW Area Health Services
 - 91 programs
 - 1500 participants
- Independent evaluation – Ipsos
 - Process, impact and outcome + costing
 - NCAHS and NSCCAHS participating
- Completion of evaluation Dec 10/Jan 11



Projected Number of NSW Health Stepping On programs by AHS (Mar 2009- Jun 2010) N= 90

■ NCAHS ■ NSCCAHS ■ HNEAHS ■ SSWAHS ■ SESIAHS





Statewide rollout

- NSW Health has developed, produced and supplied standardised program resources to assist with the Statewide rollout:
 - Printed program operational and companion resources
 - Participant manual and exercise logbook
 - Program style guide
 - Facilitator CD of program templates and guest presentations
 - AHS / Stepping On stacked logos
- NSW Health has also organised facilitator training workshops for AHS staff, in conjunction with program co-designer Megan Swann



Program Evaluation

- Preliminary evaluation results of outcome measures collected weeks 1 and 7:
 - *Functional Efficacy Scale – International Version (FES-I)*
 - *Timed Up and Go test (TUG)*
 - *Sit To Stand test (STS)*
 - *Near Tandem Stance (NTS)*
- These tests measure subjective confidence and objective strength and balance in activities of daily function



Program Evaluation – interim data analysis

After week 7:

- 87% of those interviewed believed the program had helped them develop strategies to move around more safely in daily life
- 85% felt more confident to move around safely
- 89% believed that their chance of falling was reduced



Conclusions

- Between sessions 1 and 7, subjects displayed significant improvements in confidence, functional strength and balance for everyday living
- Would appear that larger AHSs can sustainably run about 30 groups a year
- Program starting to reach maturity but still a few challenges in next 6 months



Lessons Learned

- Success in rolling out Statewide a program like Stepping On is dependant upon:
 - Clear and effective centralised decision making
 - Provision of a sustainable level of funding
 - Support with high quality resources
 - Maintaining strong and consistent program fidelity
 - Strong support from local managers
 - Effective engagement with local health professionals
 - Monitoring and supporting local implementation strategies
 - Rollouts need to be staged
 - Equity is important but is best done “after low hanging fruit is picked”
 - Using an action orientation evaluation paradigm to ensure results feedback into program development