

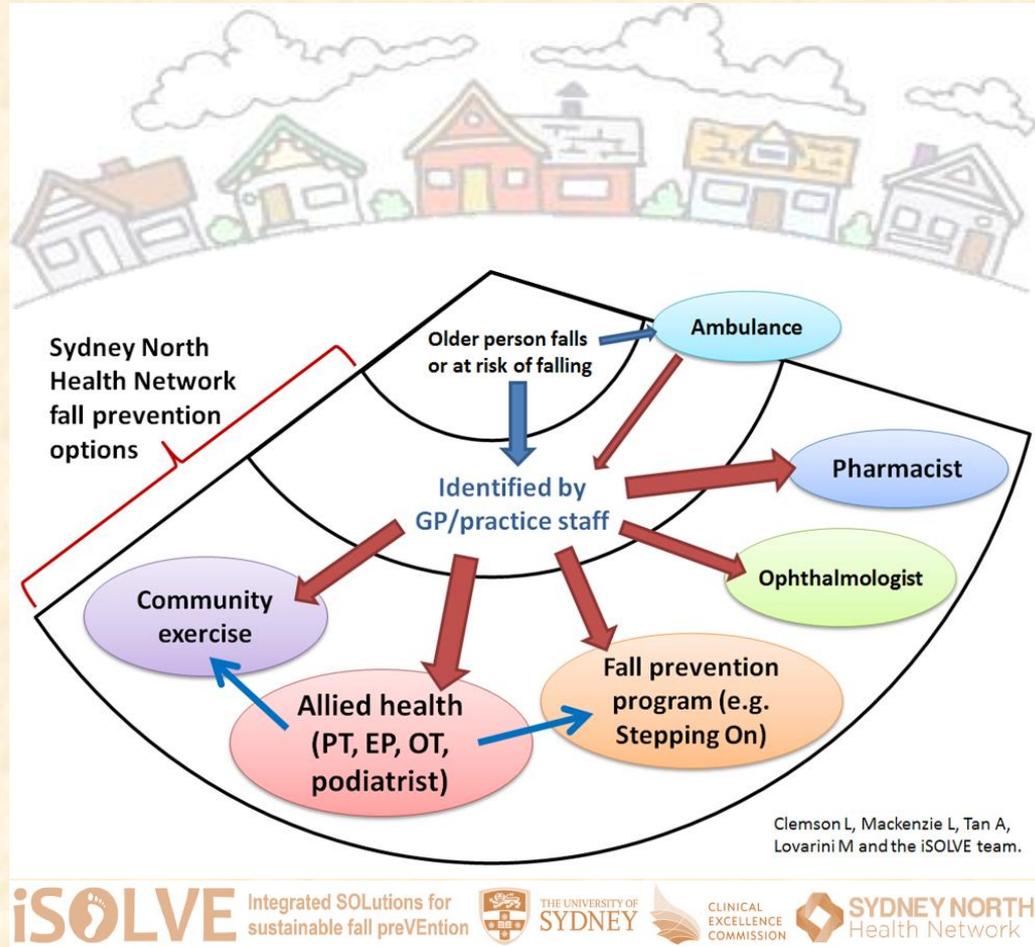
Engaging a whole primary care “village” to prevent falls: general practice, allied health and patients

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The iSOLVE team



The iSOLVE project



Investigators

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- ▶ A/Prof Chris Roberts
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- ▶ Dr Meryl Lovarini
- ▶ Dr Sabrina Pit
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- ▶ Dr Mary Lam
- ▶ Dr Anne Tiedemann
- ▶ Prof Dimity Pond
- ▶ Prof Judy Simpson
- ▶ Dr Judy Stevens (CDC, US)

Partners

- ▶ Sydney North Health Network, Cynthia Stanton/Deborah Pallavicini
- ▶ Clinical Excellence Commission, Lorraine Lovitt

Co-ordinator

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Research Assistants

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Advisory Committee

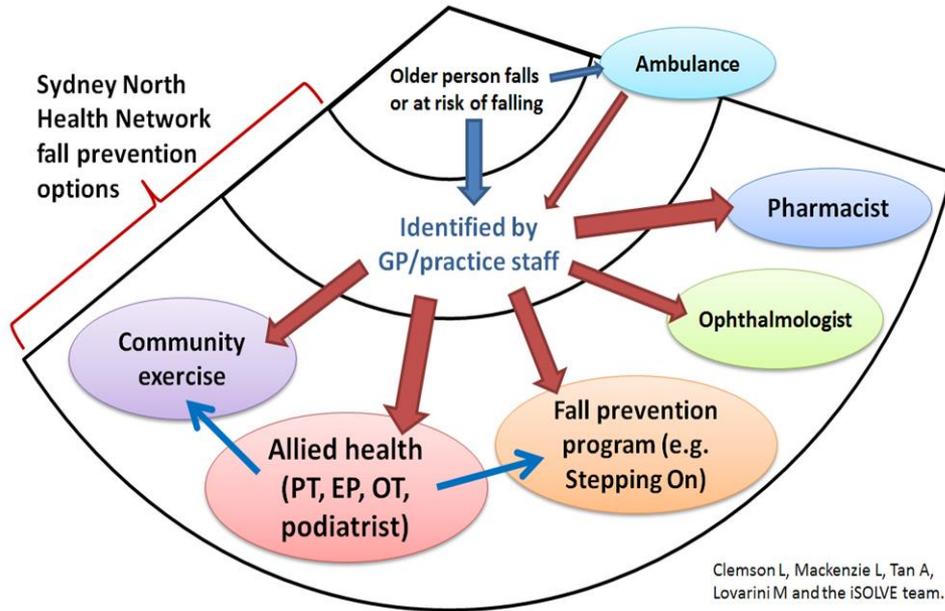
Northern Sydney Local Health District, GP, pharmacist, occupational therapist, physiotherapist, exercise physiologist, podiatrist, nurse, hospital, consumer representatives

**NHMRC Partnership Project
Grant: 1072790 (2014-2019)**

ANZ Clinical Trial Registry:
ACTRN12615000401550

Website: www.bit.ly/isolve

The iSOLVE project



- Establish integrated processes and pathways to **identify older people at risk of falls** and engage a whole of primary care approach to fall prevention.
- Form **referral pathways** and networks with GPs and allied health service providers.
- Improve access to appropriate fall prevention interventions for older people, **ensure ongoing knowledge acquisition and sustainable action** by healthcare professionals and organisations.

iSOLVE intervention



Patient: completes *Stay Independent* check list in GP practice waiting room



May 2016 NSW network forum: content/resources
Nov 2016 ANZ falls conference: recruitment
May 2017 NSW network forum: communication

Review patient's *Stay Independent* checklist + GP fall risk assessment

- Fall history, balance/strength/gait, medications, vision, dizziness, foot pain, urge incontinence, cognitive impairment, hospitalisation



Provide falls prevention information and refer for tailored interventions

- Balance and strength exercises
- Home safety review
- Cataract surgery
- Fall prevention program
- Falls Clinic



Patient follow up

GP recruitment



70 practices expressed interest (2015–2016)
via GP survey, practice presentation, promotion
mailout, education events, professional network
(24.65% of 284 practices in Northern Sydney)

51 practices visited

36 practices consented and prepped for patient
recruitment

27 practices randomised to either
intervention or control (target: 28 practices)

Practice size (# of GPs)	Practice recruited
Solo	5
2-3	2
4-6	7
7-10	9
11-20	3
>20	1

GP recruitment



Method	GP practice presentation	Mailout to GPs	Referral (GP, nurse, allied health, patient)	Education events	GP survey
Cost	\$\$\$	\$\$	-	\$	-
Contacted	18	16	15	12	9
Recruited (% contacted)	5 (27.8%)	9 (56.3%)	5 (33.3%)	2 (16.7%)	6 (66.7%)

- Case 1: nurse couldn't engage GPs, but GP responded separately
- Case 2: responded after the 3rd mailout
- Case 3: didn't respond to mailout but recruited via GP practice presentation
- Case 4: didn't respond to mailout but nurse found out about study

GP engagement



- Face-to-face
- In practice
- Individual/joint
- GP (n=43),
registrar (n=3),
nurse (n=16),
manager (n=3)
- Recruitment
promotion
- Educational visiting



Patient engagement



27 practices randomised



5241 letters sent to patients



1091 patients contacted via phone,
reply mail, and/or email (20.8%)



560 patients recruited
(target: 560 patients, 20/practice)

Did not recruit:

- **184** (34.7%) no falls/FOF
- **133** (25.1%) full recruitment

Recruited:

- **291** with 1 or more falls
- **269** with FOF
- Socio-economic groups
- Ethnic/cultural groups
- ~1/3 males

AHP engagement



310 participants across twelve workshops 2015–2016
(Sydney North Health Network newsletters, GP preferred providers, health services databases, word of mouth)



211 submitted information for GP referral



123 verified service providers for GP referrals

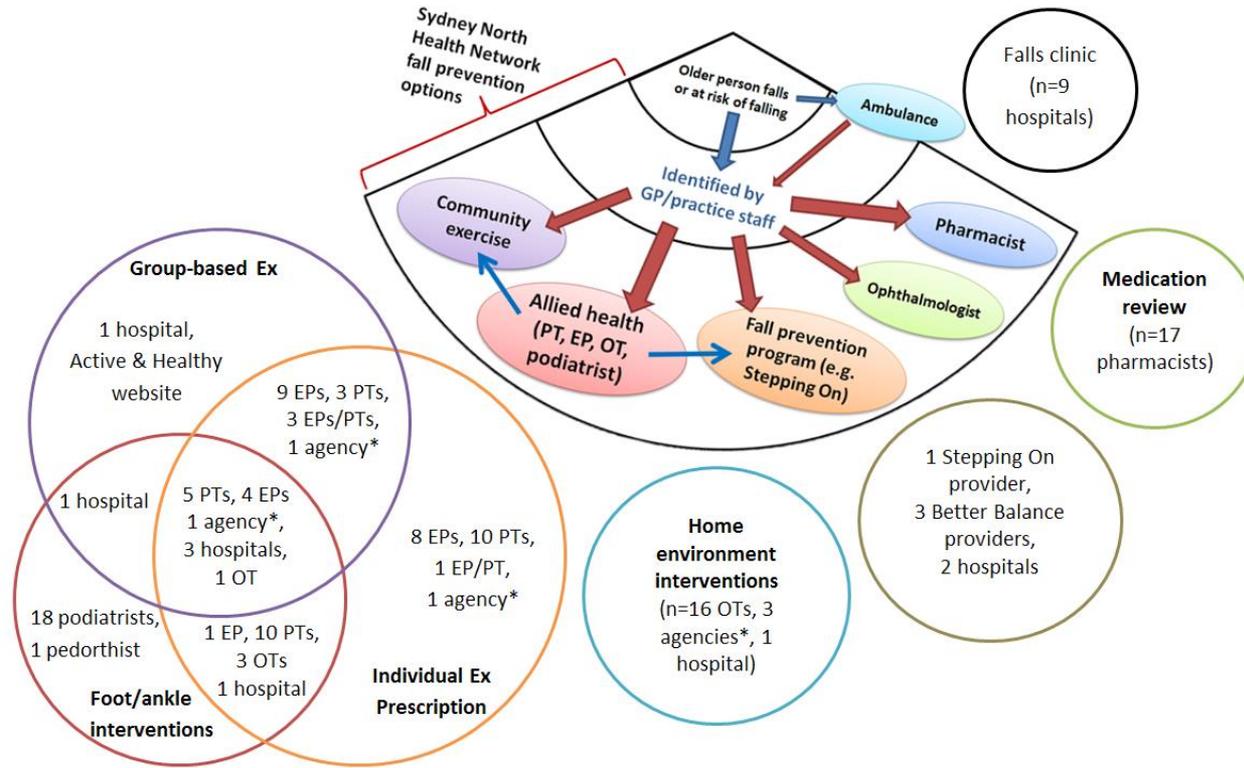


2017 follow up: 87 responded, 25 non-respondents verified via listings, 9 changes to referral details, 7 removed

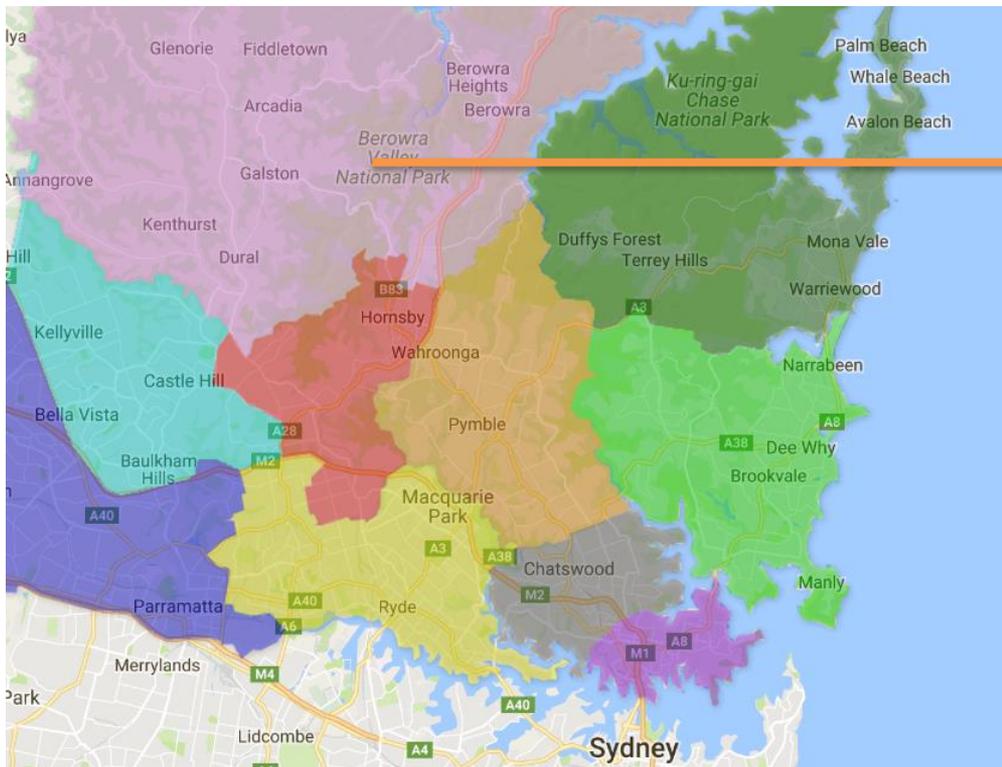
Excluded:

- Did not want to be involved
- Repeat attendees
- Same organisation
- Not community-based
- Not part of GP's tailored guidelines

GP referral to AHP



GP referral to AHP



REFERRAL OPTIONS FOR FALL PREVENTION (NORTH HORSBY) | ISOLVE

Horribly surrounding northern suburbs including Asquith, Arcadia, Asquith, Berloo, Berwara, Biddin Head, Brooklyn, Cooran, Cooran Creek, Cooran North, Dangar Island, Dural, Fiddletown, Fishermans Paddock, Forest Glen, Galston, Glenorie, Hornsby Heights, Langhamsdale, Long Island, Marwata, Middle Dural, Milton Island, Mt Colah, Mt Ku-ring-gai, Singleton MIE, Wisemanns Ferry

Searching for other local government areas? Go to: www.isolvefallprevention.com

Groups/Community Fall Prevention Exercises

Active Balance/Heartmovers/Tai Chi	Running Wild Fitness, 59 Turner Rd, Berwara Heights	Ph: 9456 5242
E-Lost Physiology	Unit 56/53 Leighton Pl, Hornsby	Ph: 9987 2748
Heartmovers (Samantha Fine)	Asquith Bowling Club, 1 Lodge St, Asquith	Ph: 0423 239 489
Healthy Lifestyle (Balance, strength training, tai chi, yoga)	Various locations	Ph: 8877 5300
Tai Chi and other group exercise classes	Anglicare (ARV) Castle Hill or Glenhaven	Ph: 8820 3033

Find a different exercise program: www.isolvefallprevention.com

Fall Prevention Program

Better Balance	Anglicare (ARV) Health Centre 22 Broughton Ave, Castle Hill	Ph: 8820 3033
Stepping On (no cost)	(Nadia Williams) Various locations	Ph: 9808 9685 / 0401 755 845

Physiotherapist/Exercise Physiologist

GP Active Ability (Sara Fenech, Helen He)	(mobile)	Ph: 0422 025 052 (Sara)
GP ActiveAssessment (Michael Kline)	(mobile)	Ph: 0438 825 882
GP Align Breathe Connect (Dominic Le)	(mobile)	Ph: 0478 127 075
PT At Home Physiotherapy & Rehabilitation (Danielle McKendrick)	(mobile)	Ph: 0422 152 835
PT Bites Health Clinic (Chantelle Wardle)	(mobile)	Ph: 0452 458 146
PT GP Dynamic Motion Physiotherapy (Darren Pivetta, Alexander Bates)	365 Pacific Hwy, Asquith (mobile - Inshel)	Ph: 9477 1997
PT Eldon Self Physiotherapy	(mobile)	Ph: 9987 3441
PT Keep Moving Health Mobile Service Team (Leslie Puffer, Sasha Miller)	(mobile)	Ph: 9943 5362/9403 592 894
GP Northshore Exercise Physiology & Pilates (Nicola McMahon)	(mobile)	Ph: 0414 262 124
PT Stay Active Mobile Physiotherapy (Daniela Grassie)	(mobile)	Ph: 0434 505 283
PT Walters Physiotherapy (Brendan Willis)	501/3-10 Orara St, Walters (mobile)	Ph: 0434 589 980

Occupational Therapist (Mobile)

Catholic Community Services (Erin Stubbs)	Ph: 1800 225 474	Forest Occupational Therapy (Sena Cox)	Ph: 0424 243 486
Independent Living Specialists (Anja Houwenschild)	Ph: 0431 063 926	Libby Marsout	Ph: 0451 284 524
Melanie Pevsnik Occupational Therapist	Ph: 0422 405 304	Peasam Shah Private Practice	Ph: 0401 666 750

Multidisciplinary Agency (Physiotherapist, Exercise Physiologist and/or Occupational Therapist)

Advance Rehab Centre (PT, EP, OT)	www.artshealth.com.au (mobile)	Ph: 9906 7777
Anglicare (ARV) Health Centre	52 Broughton Ave, Castle Hill	Ph: 8820 3033
Recovery Station (PT, OT)	www.recoverystation.com.au (mobile)	Ph: 1800 588 851
Rehab on the Move (PT, OT)	www.rehabonthe-move.com.au (mobile)	Ph: 1300 733 513/9440 1333

Paediatric

Infinita Paediatric (Rahyn Damp)	(mobile)	Ph: 9889 2888
Marionston Paediatric Centre (Megan Morrison)	(mobile)	Ph: 9455 6444
Rebecca Walker Paediatric	(mobile)	Ph: 0407 063 368
Shoe Solutions (Anne Yanna, paediatric/footwear specialist)	(mobile)	Ph: 0405 002 233
Turrumunga Paediatric Centre (Marshall Hunter, Rames Henry)	2/14 Eastern Rd, Turrumunga (mobile)	Ph: 9344 6227
Westleigh Paediatric (Julie Verma)	3309 Duffy Ave, Westleigh (mobile)	Ph: 8453 2967/0438 065 943

HMBS Pharmacist (Mobile)

Carrie Leung	Ph: 0416 260 373	Dina Farag	Ph: 0402 022 325, fax: 8580 5010
Elisabeth Saklich	Ph: 0434 080 765	Lara Lettlin	Ph: 0417 445 580
Leanne Askey-Doran	Ph: 0402 225 999	Mahdi Fayzizadeh	Ph: 0432 586 711
Rasa Safar-Hosseingour	Ph: 0425 229 406	Richard Sam	Ph: 9987 2293/0426 197 505

Superpharmacy, 21-23 Florence St, Hornsby

Please turn over for falls clinic →

AHP engagement



Exercise interventions (Assoc Prof Anne Tiedemann, Dr Daina Sturnieks)



Foot and ankle interventions (Prof Hylton Menz)



Home environment interventions (Prof Lindy Clemson, Assoc Prof Lynette Mackenzie)

Watch this space



GP:

- Baseline, 3-month, 12-month survey
- Process evaluation (field notes, qualitative interviews)

Patient:

- 12 month falls surveillance + health service utilisation
- Baseline + 12-month survey

AHP:

- Pre-workshop and post-workshop knowledge questions
- Implementing interventions in practice discussion (Dr Meryl Lovarini)
- Baseline, 3-month, 12-month survey
- Qualitative interviews

Implications for fall prevention research in “the village”



- Need for fall prevention in GP practice settings
- Targeting GP practices increases “reach” to patients
- Complex and labourious
 - Research setting enabled implementation in practice
 - Sustainability issues?
- Further info:
 - W: www.bit.ly/isolve
 - E: amy.tan@sydney.edu.au
 - P: (02) 9036 7463 (Amy Tan)
 - Prof Lindy Clemson



Resources and links



- NSW Clinical Excellence Commission Information for Patients
www.cec.health.nsw.gov.au
- Fall prevention education webinars: www.armchairmedical.com/falls-prevention
- Sydney University Press (www.sydney.edu.au/sup):
 - LiFE Exercise Program (trainer's manual and participant's manual)
 - Stepping On manual
 - Staying Power: Tips and tools for keeping you on your feet
- Otago Exercise Program online training course (US-based): www.aheconnect.com
- Home and community safety online workshop:
www.fallspreventiononlineworkshops.com.au/
- Foot and ankle exercise program: www.foothold.org.au