

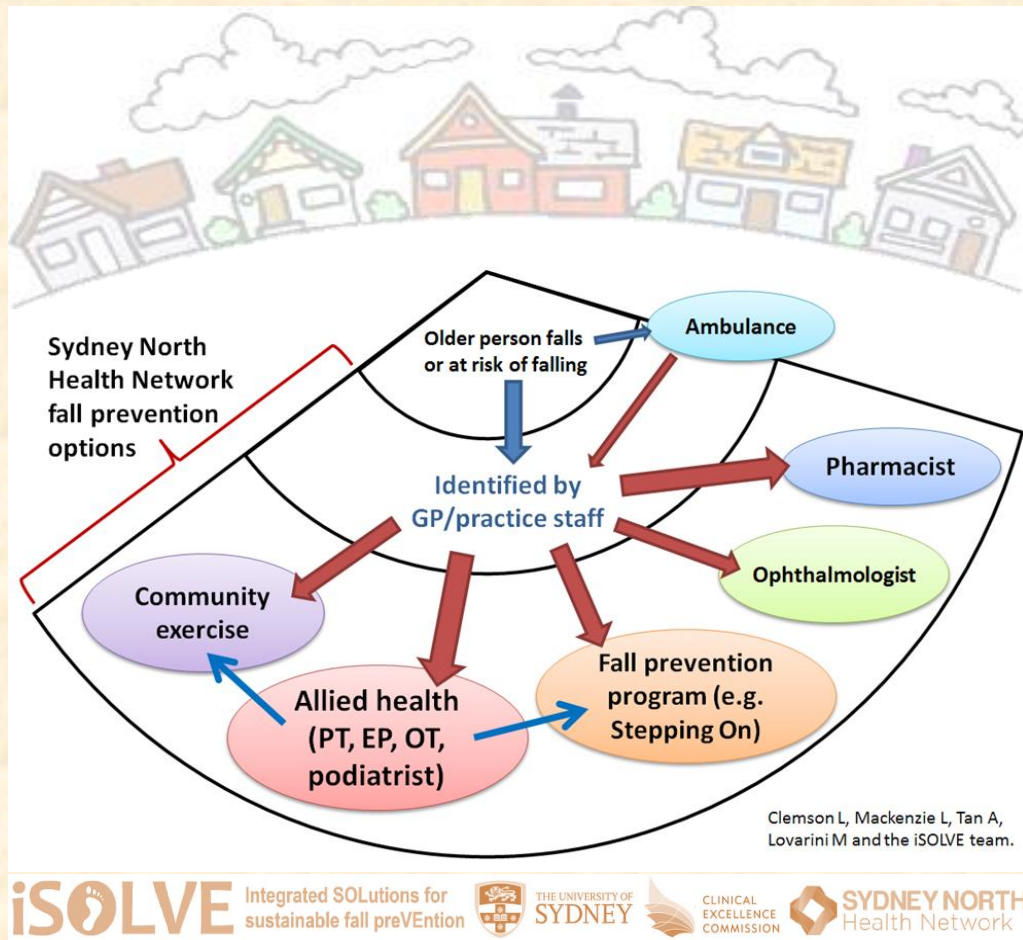
# Engaging a whole primary care “village” to prevent falls: general practice, allied health and patients

*Dr Amy Tan*

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*The iSOLVE team*



# The iSOLVE project



## Investigators

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- ▶ A/Prof Lynette Mackenzie
- ▶ A/Prof Chris Roberts
- ▶ Prof Cathie Sherrington
- ▶ Prof Karen Willis
- ▶ A/Prof Roslyn Poulos
- ▶ Dr Meryl Lovarini
- ▶ Dr Sabrina Pit
- ▶ A/Prof David Peiris
- ▶ 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

Dr Amy Tan

## Research Assistants

Fiona White,  
Dr Jeannine Liddle

## 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](http://www.bit.ly/isolve)



Integrated **SOL**utions for  
sustainable fall pre**VE**ntion



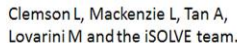
THE UNIVERSITY OF  
**SYDNEY**



CLINICAL  
EXCELLENCE  
COMMISSION



**SYDNEY NORTH**  
Health Network



- 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 3<sup>rd</sup> 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**

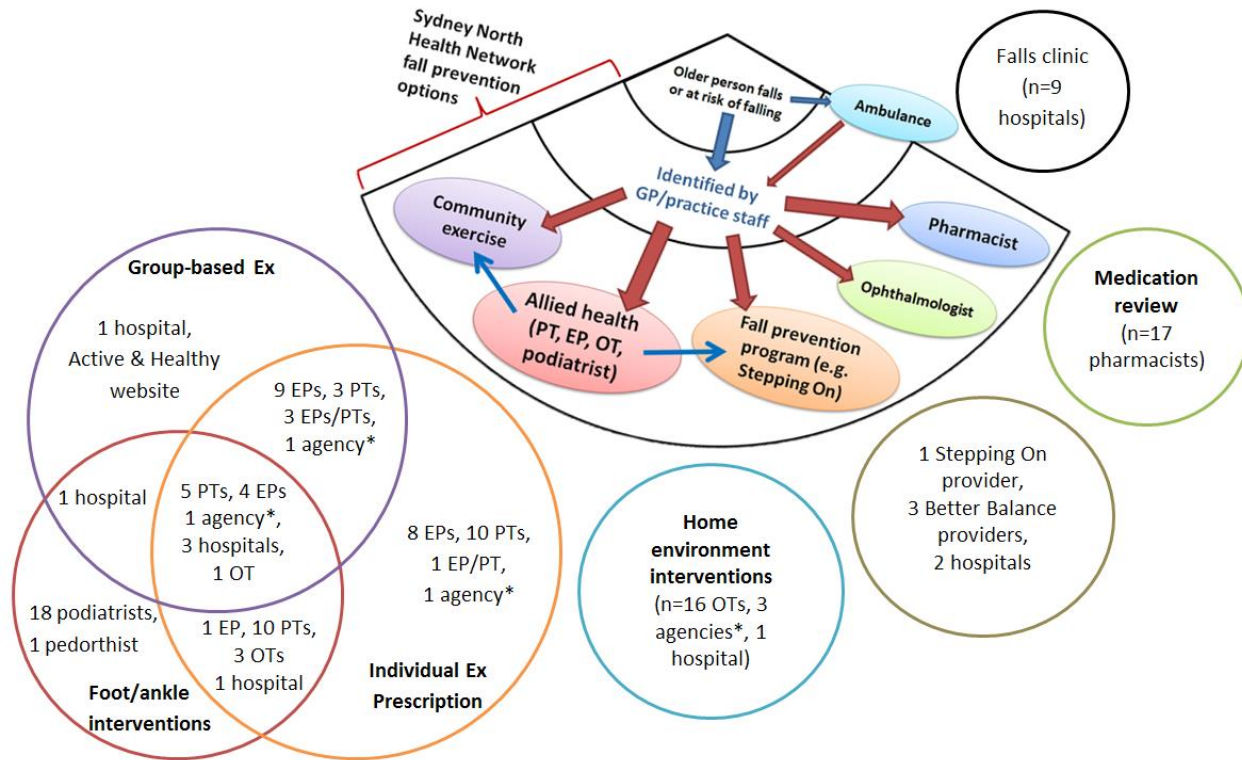


2017 follow up: 87 responded, 25 non-respondents verified via listings, 9 changes to referral details, 7 removed

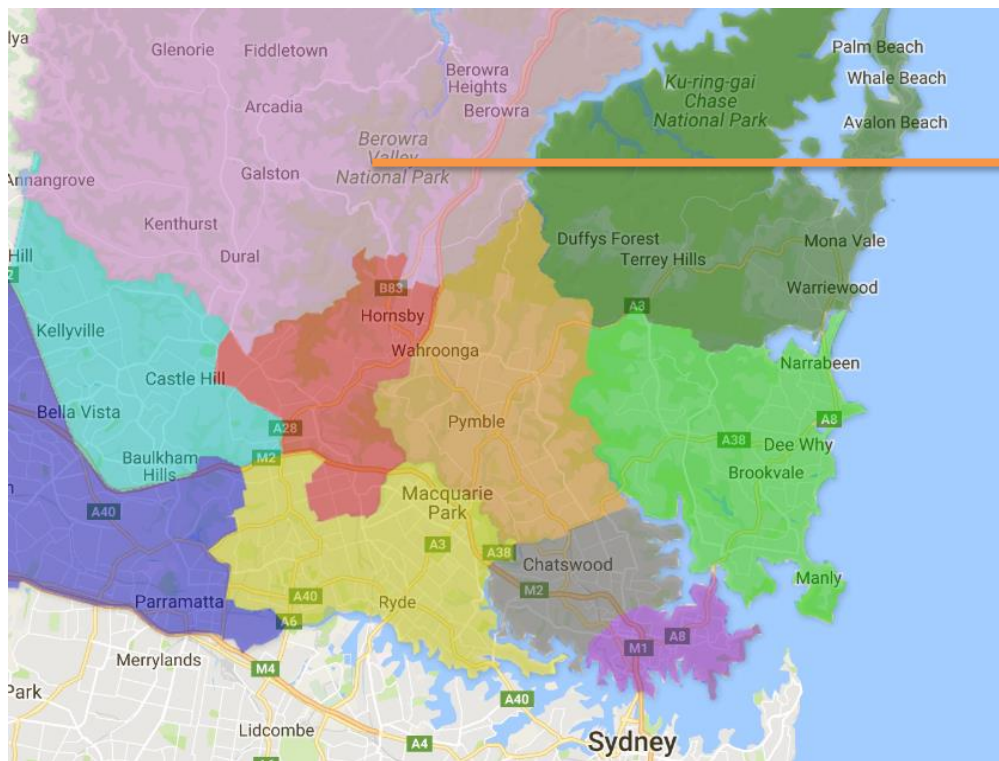
## Excluded:

- 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** Integrated Solutions for sustainable fall prevention

Horsby surrounding northern suburbs including Asquith, Arcadia, Asquith, Berlee, Berwara, Biddin Head, Brooklyn, Cowan, Cowan Creek, Cowan North, Dargal Island, Dural, Fiddletown, Fishermans Point, Forest Glen, Galston, Glenorie, Hornsby Heights, Loughendale, Long Island, Marwata, Middle Dural, Milton Island, Mt Colah, Mt Ku-ring-gai, Singleton MBE, Wisemans Ferry

Searching for other local government areas? Go to: [www.isolvefallprevention.com](http://www.isolvefallprevention.com)

### Groups/Community Fall Prevention Exercises

Active Balance/Heartmoves/Tai Chi	Running Wild Fitness, SP Turner Rd, Berwara Heights	Ph: 9456 5242
E-Lost Physiology	Unit 56/52 Leighton Pl, Hornsby	Ph: 9987 2749
Heartmoves (Samantha Pines)	Asquith Bowling Club, 1 Lodge St, Asquith	Ph: 0423 239 480
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](http://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 735 845

### Physiotherapist/Exercise Physiologist

GP Active Ability (Rene Paschke, Helen He)	(mobile)	Ph: 0422 025 052 (Rene)
GP Active Movement (Michael Kline)	(mobile)	Ph: 0438 825 882
GP Align Breathe Connect (Dominic Lee)	(mobile)	Ph: 0478 127 075
PT At Home Physiotherapy & Rehabilitation (Danielle McKendrick)	(mobile)	Ph: 0422 332 835
PT Bites Health Clinic (Chantelle Wardle)	(mobile)	Ph: 0452 458 146
PT SP Dynamic Motion Physiotherapy (Darren Pivetta, Alexander Bates)	385 Pacific Hwy, Asquith (mobile - South)	Ph: 9477 2997
PT Eldon Self Physiotherapy	(mobile)	Ph: 9887 3441
PT Keep Moving Health Mobile Service Team (Louise Puffer, Sasha Miller)	(mobile)	Ph: 9943 5362 / 9403 592 494
PT Northshore Exercise Physiology & Pilates (Nikki McManus)	(mobile)	Ph: 0434 262 124
PT Stay Active Mobile Physiotherapy (Daniela Grosschel)	(mobile)	Ph: 0434 505 765
PT Waters Physiotherapy (Brendan Willis)	501/2-10 Orara St, Walthers (mobile)	Ph: 0434 389 389

### Occupational Therapist (Mobile)

Catholic Community Services (Elin Strubbe)	Ph: 1300 225 474	Forest Occupational Therapy (Rena Cox)	Ph: 0424 243 486
Independent Living Specialists (Ayea Housenchild)	Ph: 0431 063 926	Libby Marriot	Ph: 0451 284 124
Melanie Penick Occupational Therapist	Ph: 0422 405 304	Pearson Shah Private Practice	Ph: 0401 666 750

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

Advance Rehab Centre (PT, EP, OT)	<a href="http://www.artshealth.com.au">www.artshealth.com.au</a> (mobile)	Ph: 9906 7777
Anglicare (ARV) Health Centre	52 Broughton Ave, Castle Hill	Ph: 8820 3033
Recovery Station (PT, OT)	<a href="http://www.recoverystation.com.au">www.recoverystation.com.au</a> (mobile)	Ph: 1300 588 851
Rehab on the Move (PT, OT)	<a href="http://www.rehabonthe-move.com.au">www.rehabonthe-move.com.au</a> (mobile)	Ph: 1300 733 552 / 9400 1333

### Podiatrist

Infiniti Podiatry (Robyn Damp)	(mobile)	Ph: 9889 2888
Morison Podiatry Centre (Megan Morrison)	(mobile)	Ph: 9455 6644
Rebecca Walker Podiatry	(mobile)	Ph: 0407 063 368
Shoe Solutions (Anne Yunes, podiatrist/footwear specialist)	(mobile)	Ph: 0405 602 233
Turramurra Podiatry Centre (Marshall Hunter, Ramesh Henry)	2/14 Eastern Rd, Turramurra (mobile)	Ph: 9344 6227
Westleigh Podiatry (Julie Verma)	3309 Duffy Ave, Westleigh (mobile)	Ph: 8453 2967 / 0438 065 943

### HMBS Pharmacist (Mobile)

Carrie Leung	Ph: 0426 260 373	Dina Farag	Ph: 0402 022 325, fax: 8180 5010
Elizabeth Sakulich	Ph: 0434 080 765	Lara Letlin	Ph: 0457 445 580
Leanne Ashby-Doran	Ph: 0402 225 990	Mahdi Poyzadeh	Ph: 0432 586 711
Rasa Safaei-Hosseini	Ph: 0425 225 406	Richard Sam	Ph: 9987 2253 / 0426 397 505

Superpharmacy, 21-23 Florence St, Hornsby

Please turn over for falls clinics →



# 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](http://www.bit.ly/isolve)
  - E: [amy.tan@sydney.edu.au](mailto: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](http://www.cec.health.nsw.gov.au)
- Fall prevention education webinars: [www.armchairmedical.com/falls-prevention](http://www.armchairmedical.com/falls-prevention)
- Sydney University Press ([www.sydney.edu.au/sup](http://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](http://www.aheconnect.com)
- Home and community safety online workshop:  
[www.fallspreventiononlineworkshops.com.au/](http://www.fallspreventiononlineworkshops.com.au/)
- Foot and ankle exercise program: [www.foothold.org.au](http://www.foothold.org.au)