

Falls in Care Homes, clinical trial



A programme of activity designed to prevent, manage or reduce falls...

The Guide to Action for Care Homes (GtACH) programme was designed by researchers, care home staff and residents to prevent falls in care homes. It includes training, resources, case studies and a list of actions.

...Because falls cause injuries and distress



...Because falls are three times more likely to happen in a care home than in people living in their own home



...That was tested in the biggest care home study in the UK (10 sites)



...That 84 care homes took part in



Received normal care



Received normal care plus the GtACH programme

1657 CARE HOME RESIDENTS TOOK PART IN THIS STUDY...

...With a mean age of 85 years old



...68% were Female & 32% were Male



GtACH training was delivered to 71% (n=1051) of staff in over 146 training sessions.



88 participants took part in the Process Evaluation through...

44 interviews

11 focus groups

This included management, care staff, residents and those delivering the training.

THE GtACH PROGRAMME...

...Reduced falls by 43%



...Did not affect residents activity & dependence levels



...Was cost effective

Costing £108 per resident



...Offers benefit in the management of falls, however delivery of the programme was influenced by the local needs of care homes.

Our next study, FinCH Imp, aims to find how best to use the GtACH programme in everyday practice.

Thank you for your participation in this study. Success!