

Apr 24th, 1:30 PM - 2:30 PM

Participants' Perceptions of Factors in Preventing Falls

Jaclyn Fok
Dominican University of California

Survey: Let us know how this paper benefits you.

Fok, Jaclyn, "Participants' Perceptions of Factors in Preventing Falls" (2015). *Scholarly and Creative Works Conference 2020*. 43.
<https://scholar.dominican.edu/scw/scw2015/Posters/43>

This Event is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Scholarly and Creative Works Conference 2020 by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.



Participants' Perceptions of Factors in Preventing Falls

Rajvinder Bains, Jaclyn Fok, Nadine Marcelo, & Tamara Vileshina

Thesis Advisor: Kitsum Li, OTD, OTR/L

Dominican University of California, Department of Occupational Therapy, San Rafael, CA



Introduction

- Approximately 3.5 million community-dwelling older adults reported at least one fall in a three-month period (Boyd & Stevens, 2009)
- Multifactorial fall prevention programs have been developed in response to the public and individual health concerns of community-dwelling older adults (Boyd & Stevens, 2009)
- Few multifactorial fall prevention programs have integrated participants' feedback to enhance program effectiveness (McMahon, Talley, & Wyman, 2011)
- The program under evaluation:
 - Services adults older than 65
 - Includes: medication review, exercise programs, home modifications, basic visual screening, and follow-up volunteer calls
 - Provides 2 home visits and a 1-year follow-up visit by an occupational therapist from the agency

Literature Review

- Older adults who have multiple medications, home hazards, and compromised balance are more likely to experience a fall (Ferreri, Roth, Casteel, Demby, & Blalock, 2008)
- Falls can result in injuries, fear of falling, financial consequences (Kwan, Close, Wai, & Lord, 2011)
- Research indicates that multifactorial fall prevention programs are more effective than single factor programs for older adults with a history of falls (Costello & Edelstein, 2008)

Purpose

- To interview participants who have completed the program to explore which aspects of the program were most beneficial for them

Method

- Based on self-report that the program was beneficial in helping them reduce their rate of falls or fall risk factors, five female participants (average age of 88.4; $SD = 5.8$) volunteered for a semi-structured interview with two program evaluators and an occupational therapist from the agency
- Interviews were transcribed verbatim
- Program evaluators read and coded the transcription while searching for recurring themes
- Program evaluators and the agency discussed the outcomes to ensure neutrality, veracity, and integrity of the themes

Program Recommendations

- Three primary themes were identified: integration of exercises into daily life, implementation of home modification recommendations, and appreciation of follow-up volunteer calls
- There were no significant findings regarding the medication review component
- Based upon the identified themes, the following recommendations were made:
 - **Exercises**
 - Purposefully teach participants how to integrate exercises into daily routines
 - Offer an interactive and social option through Skype exercise sessions
 - **Home Modifications**
 - Include an additional mid-year occupational therapist visit to ensure adherence to environmental modification recommendations
 - **Follow-Up Volunteer Calls**
 - Recruit additional volunteers to increase consistency and frequency of follow-up calls

Conclusion

- This program evaluation utilized a unique approach compared to previous program evaluations by going directly to the participants about their perceptions of a multifactorial fall prevention program
- Participants expressed greatest appreciation for the home modifications and volunteer calls
- Small, purposeful sampling yielded five female participants with an average age of 88.4
 - This sample is not reflective of the program participants who are of mixed sexes with an average age of 81.8
- Participants may have stated what they believed would meet the expectations of the program evaluators (Hawthorne Effect)
- Future program development may consider strengthening components of the program participants found beneficial in order to optimize program benefits

Acknowledgements

- Thank you to the following individuals for collaborating with Dominican University on this program evaluation: Deborah Bolding, PhD, OTR/L; Ellen Corman, BSOT, MRA; program therapists; Stanford Health Care; and 5 program participants

“Getting the call every month from your wonderful woman from the fall program is like a lifesaver. I knew someone was watching out for me. Someone was looking out for me. They were going to call me every month. It really helped me. It really helped me live.” comments from Participant 1

“It was kind of a nice feeling that somebody really acknowledged our problem and cared about it.” comments from Participant 3

References: Boyd, R. & Stevens, J. (2009). Falls and fear of falling: Burden, beliefs, and behaviours. *Age and Ageing* 38, 423-428. doi:10.1093/ageing/afp053. Costello, E., & Edelstein, J. E. (2008). Update on falls prevention for community-dwelling older adults: Review of single and multifactorial intervention programs. *Journal Of Rehabilitation Research & Development*, 45(8), 1135-1152. Ferreri, S., Roth, M., Casteel, C., Demby, K., & Blalock, S. (2008). Methodology of an ongoing, randomized controlled trial to prevent falls through enhanced pharmaceutical care. *American Journal Of Geriatric Pharmacotherapy*, 6(2), 61-81. Retrieved from <http://dx.doi.org/10.1016/j.archger.2013.10.010> McMahon, S., Talley, K. M., & Wyman, J. F. (2011). Twelve month follow up of a falls prevention program in older adults from diverse populations in Australia: A qualitative study. *Archives Of Gerontology And Geriatrics*, 58283-292. doi:10.1016/j.archger.2013.10.010 McMahon, S., Talley, K. M., & Wyman, J. F. (2011). Older people's perspectives on fall risk and fall prevention programs: a literature review. *International Journal Of Older People Nursing*, 6(4), 289-298. doi:10.1111/j.1748-3743.2011.00299.x. Kwan, M., Close, J. T., Wong, A. K. W., & Lord, S. R. (2011). Falls incidence, risk factors, and consequences in Chinese older people: A systematic review. *Journal of the American Geriatrics Society*, 59(3), 536-543. doi:10.1111/j.1532-5415.2010.03286.x