



MOTIVATIONAL SPECIALISTS FOR THE CARE SECTOR

Falls Prevention/Intervention pilot project using Motivation & Co.

NHS Hertfordshire approached Motivation & Co. to develop a programme that would address barriers, supporting dementia clients at risk of falls, which would meet the criteria of the GPS scheme (GPS being -General Practitioners Scheme)

Falls Prevention/Intervention pilot project using Motivation & Co.

Rationale:

The Motivation & Co. falls prevention/intervention pilot was introduced to 'fill the gap' thus addressing barriers in supporting clients who were at risk of falls. Many of these may feel uncomfortable leaving their familiar surroundings, or may become more disorientated if they need to go out to attend classes. The Motivation & Co. classes would be carried out as a group activity in care homes so that clients are not segregated and to encourage participation. The classes are designed to motivate, activate, vitalise, energise and stimulate clients.

Methodology:

To assist in the identification of homes that may benefit from supportive interactions to improve mobility and therefore reduce the numbers of individuals falling, Hertfordshire GP's suggested 10 homes that had a high incidence of falls requiring hospitalisation.

Of these homes all were contacted but only 7 agreed to take part in the project. A further 3 were identified by HCPA as they had previously expressed interest in falls prevention programmes and they agreed to join the trial programme.

The homes who undertook the programme were;

Belmont View

Cooperscroft

Forest Care Village

Grace Muriel House

Hatfield Nursing Home

Highbury Rise

High View Lodge

Lime Tree Manor

Sunrise Chorleywood

Villa Scalabrini

One hour classes were delivered on a weekly basis for a period of ten weeks, to ten care homes which had been identified as having clients with high risk of falls. *Note: for the future it is vital that the Activity Co-ordinators in the homes are trained and then encouraged to continue to support the clients to undertake the exercises between classes.*

A trained Motivation & Co. therapist delivered the classes which were specifically designed to engage clients with dementia. The classes were aimed to prevent falls through building hand strength, joint mobility and balance. Prior to commencing, each individual had a base line assessment of physical ability. This included hand strength and joint flexibility. It had been planned that balance would be assessed but this proved to be too high a risk as individuals assessed within the first group were unable to complete the tasks required which included standing on one leg with their eyes closed. The therapist considered adjusting balance tests but this also proved too risky. Therefore success was based on the change to hand strength and joint mobility.

Having undertaken initial ability tests the classes were commenced. The classes began with cognitive stimulation which allowed clients to interact with the therapist and the others in the group. The cognitive stimulation section of the class engages the long term memory to encourage **clients with dementia** to participate and build their confidence of their abilities within the group. This usually consists of a quiz or long term memory jogging session. This allows the therapist to raise individual's awareness of their surroundings and allows movement to the next stage.

Having completed the cognitive stimulation section, the therapist continues by encouraging individuals to engage in a 30 minute session of chair based exercises. These exercises have been created by a qualified physiotherapist and specifically targets clients with dementia but are also extremely well received by those without. Instructions in this section are easy to follow and are played on a CD with music accompaniment. At the same time the moves are demonstrated by the therapist at the front of the class. This ensures that clients with sensory difficulties such as poor hearing or poor cognition can visually see what is required and follow accordingly. The therapist observes each individual throughout the exercise section, ensuring that they are all completing the exercises correctly and safely.

Following the exercise section, the group are encouraged to work as a team taking part in a motivational game. The games encourage the clients to continue to be physically active and focus on the use fine motor skills and co-ordination.

The session ends with shared music, this is a time for individuals to 'cool down' from the exercise and they are encouraged to use this time to sing, dance or just sit back and enjoy the music. It also gives the therapist time to discuss with individuals their thoughts on the session and allows documentation of individual assessments.

Evaluation:

Level 1 – Reaction

Activity Co-ordinators comments;

“Right, when Sam came in the first time and I (Maria Berriel) encouraged a group of ten service users to attend to the assessments - they weren't very happy. The very first Friday, a group of eight

residents came downstairs to do the exercises and enjoyed it. After that, between the residents they were talking and every week on Friday, before I got in the building there was the group of ten waiting for Sam, and week after week the group was getting bigger and bigger arriving once till 21 residents that encouraged by Sam were doing all the exercises and games, even those that they weren't able or not interested....they did it!!!!"

"I have to say that, Sam didn't only give a service, she gave us a brilliant service, a laugh, kindness, punctuality, fun...i could give you an infinite list"

"They all improve in their movements, even those who because of illnesses weren't able to do so before"

"The classes were fun, fresh, new, different and easy to follow. I think that is why they all enjoyed them"

"I don't know what else to say, my group of residents still wait every week for their classes. Even when I tell them the other activities for the day they are not interested because they miss their motivation and co exercises"

"The classes were well structured and clients who do not usually join in with group activities really enjoyed all sections and participated well. They all wanted the classes to continue and some said they felt a great improvement in their walking ability"

"All our residents liked the sessions. The tutor was fantastic and engaged well with our residents. I was surprised at how many of them joined in with the exercises and they liked practising what they had learnt before the next class each week"

"I have seen a great difference in a couple of our resident's confidence levels. They would not usually join in with anything in a group and after being quite quiet for the first couple of times, they started joining in and by the end of the classes they were really alert and more active"

Client's comments;

"Sam was great. I really loved doing the classes and especially the games. We will miss her"

"I have had physiotherapy as well as doing these classes for my knees and I feel a lot better than I did before Christmas, so I think the exercises I have done have done something to help me get fitter"

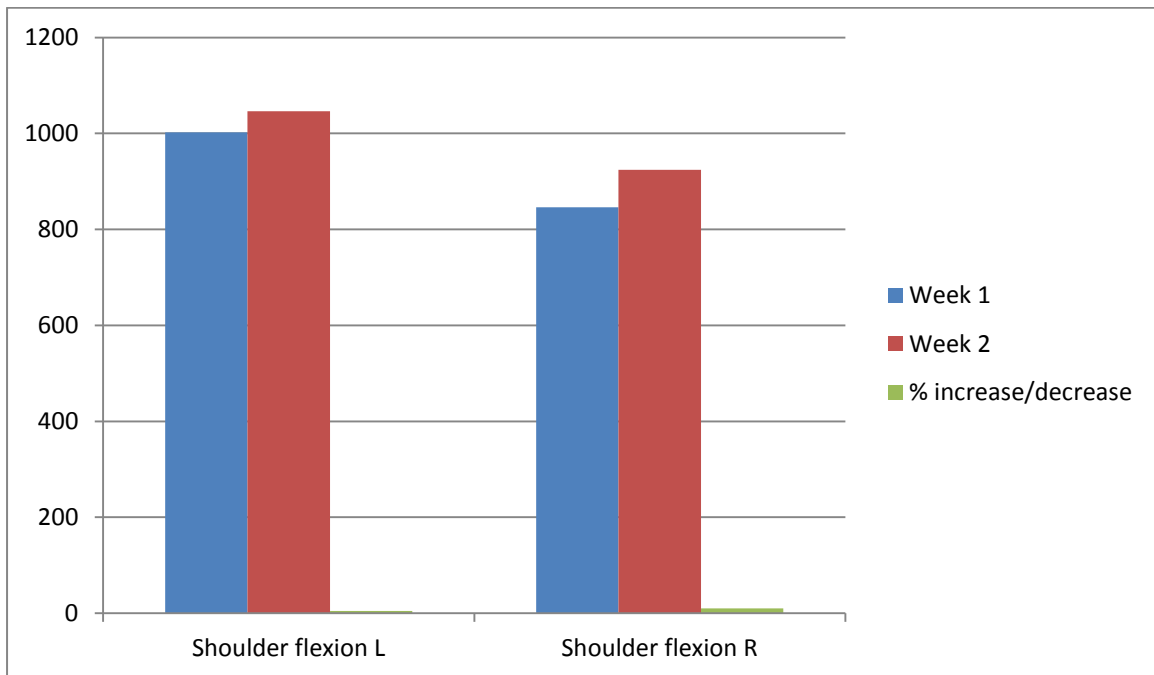
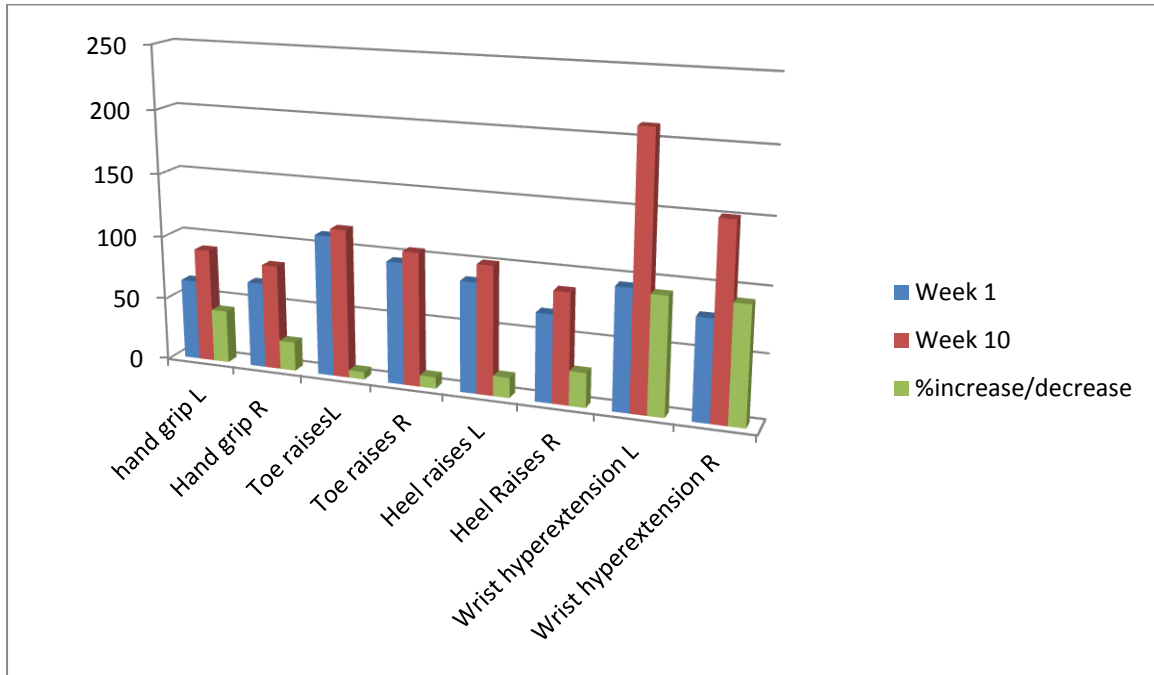
"I liked the activities, especially the exercises as I don't go out much and can't walk far"

"It is such a shame that we can't have these classes every day"

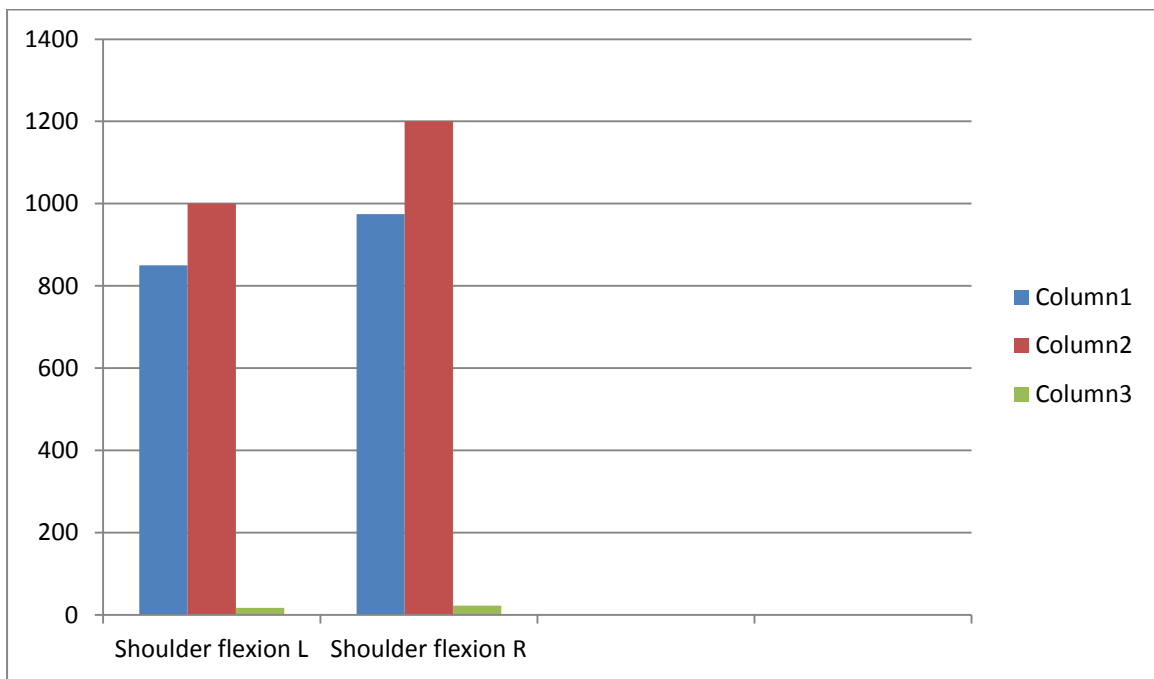
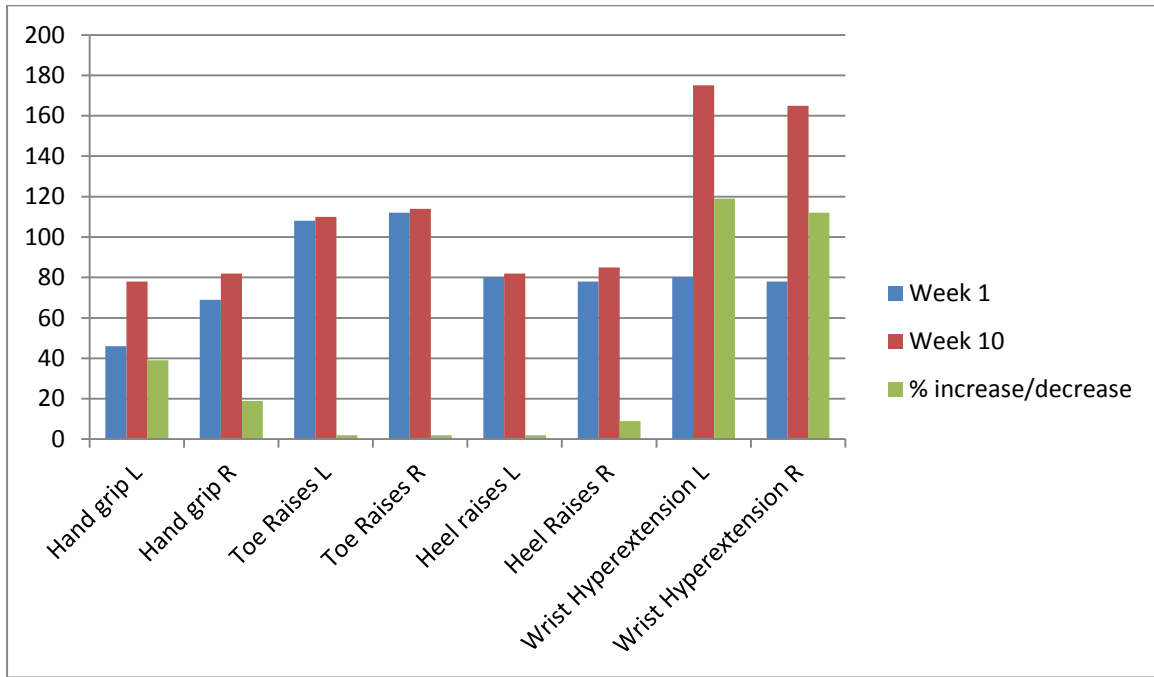
Level 2/3 – learning;

Graphs below set out the results of the project. Ten homes were identified and took part in the project.

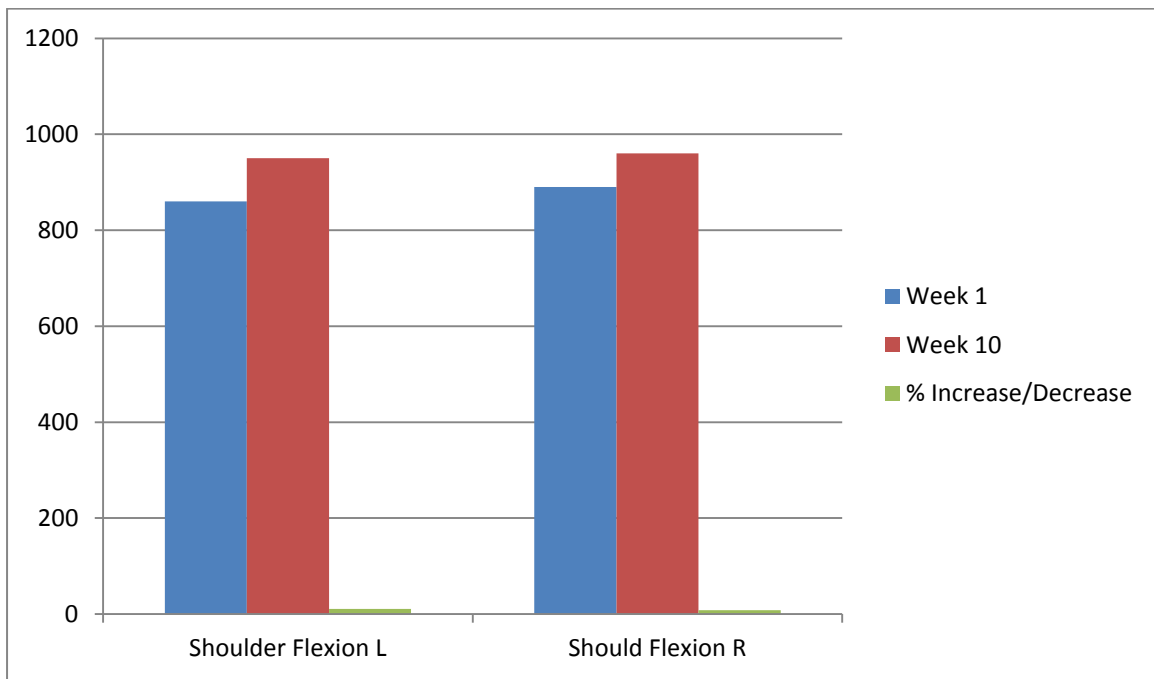
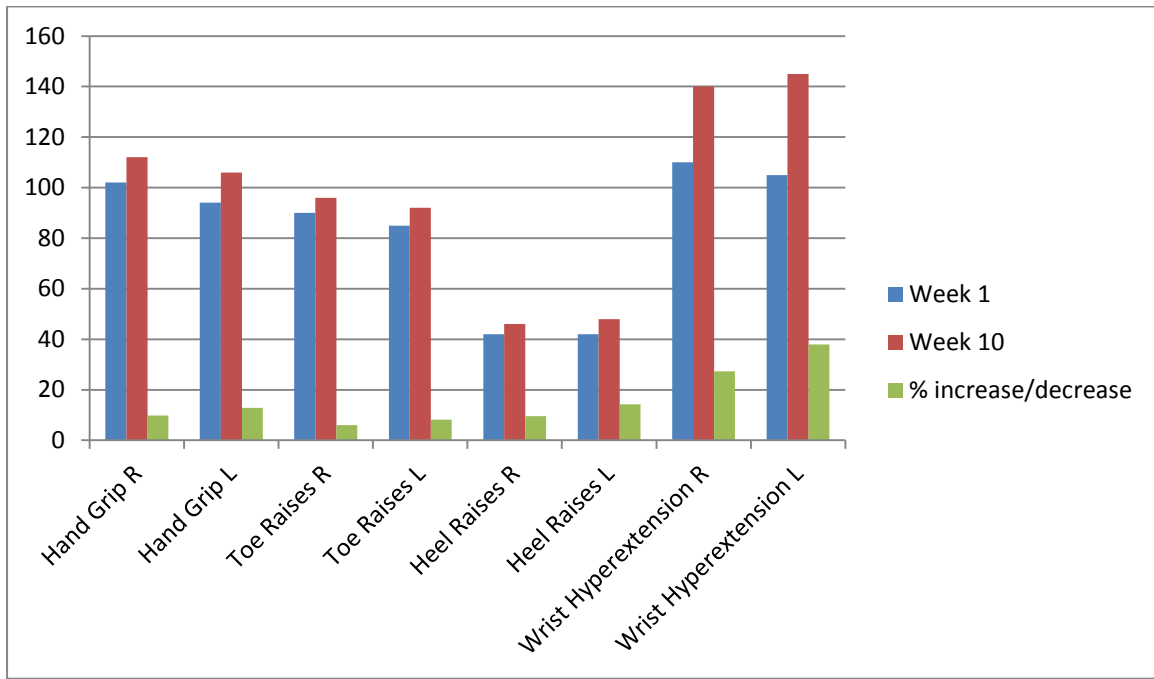
Villa Scalabrini



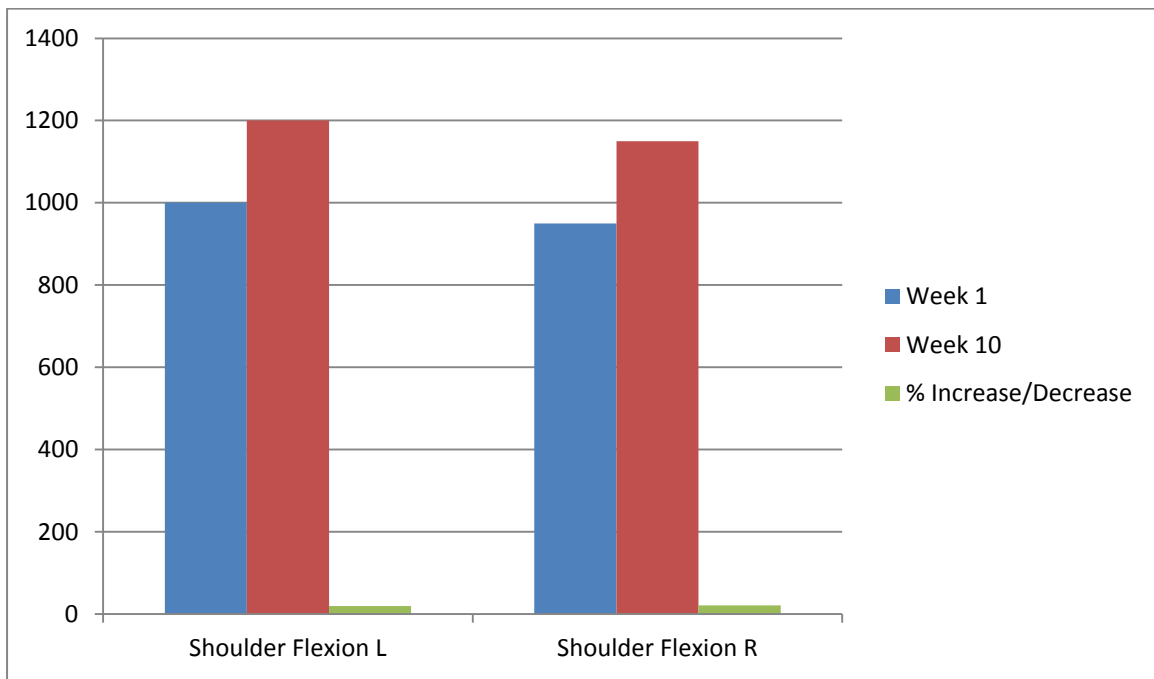
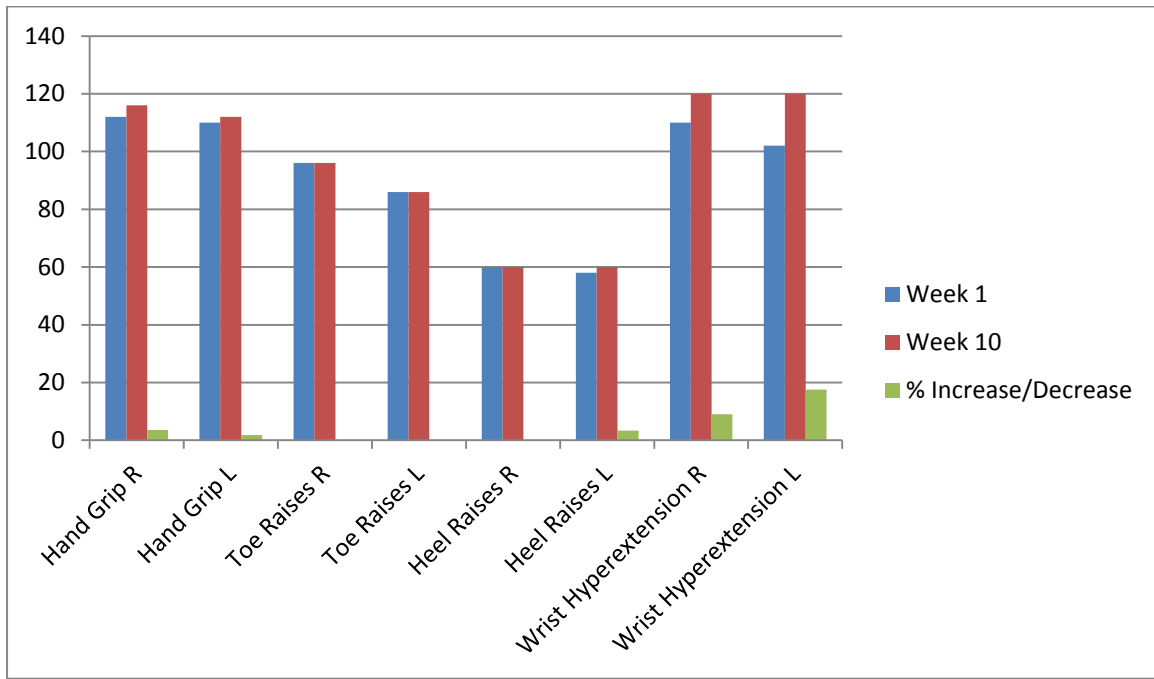
Belmont View



Cooperscroft



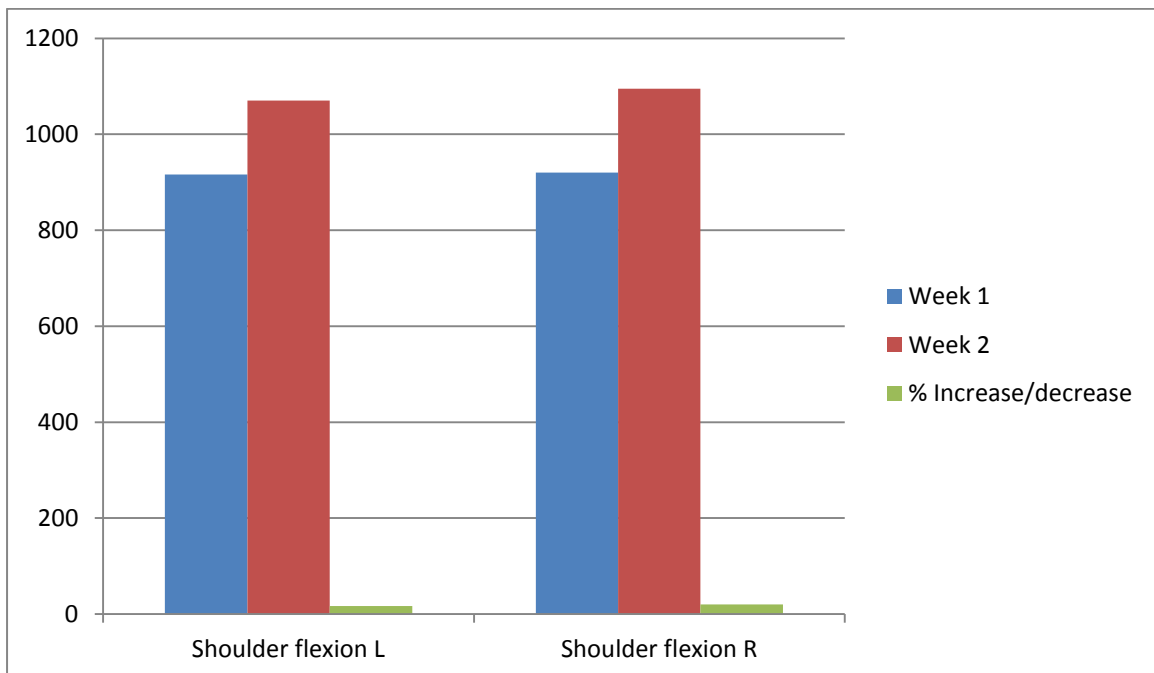
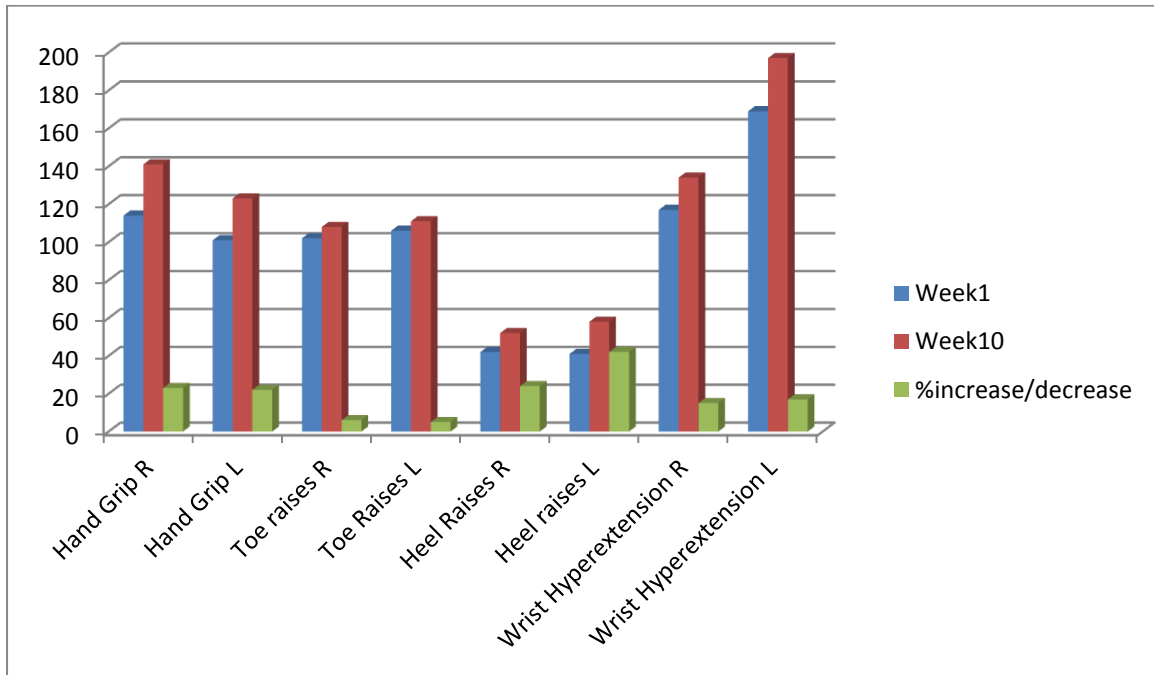
Grace Muriel House



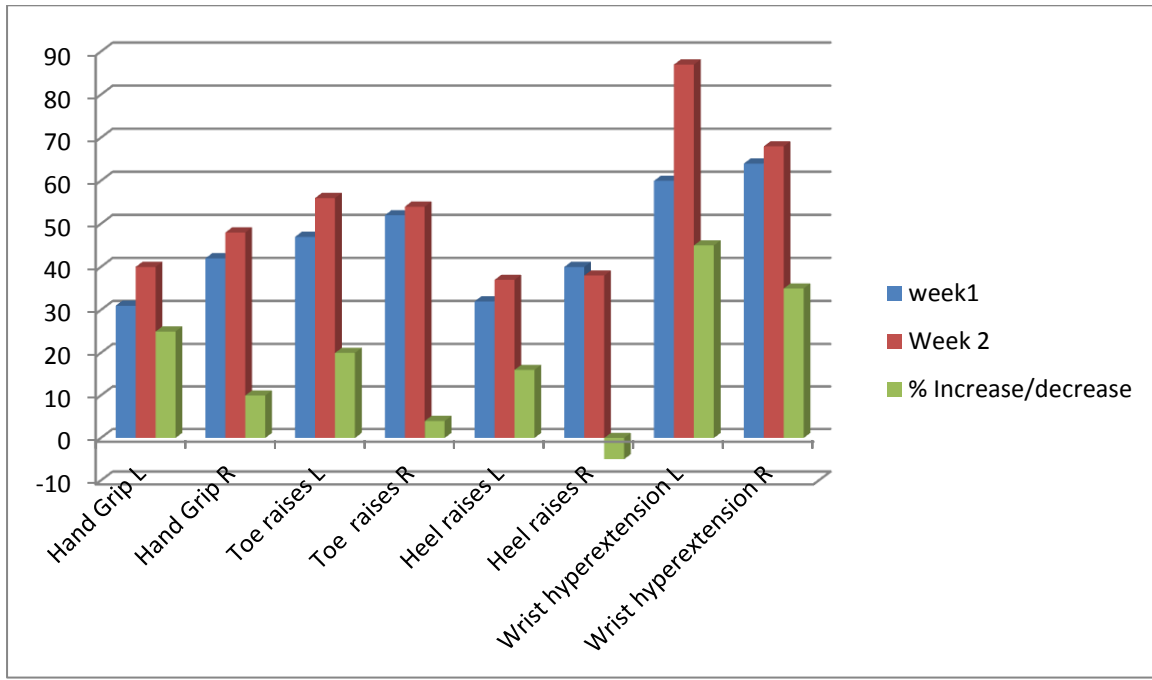
These graphs above indicate that although there was an increase in flexibility and hand strength, this was a small increase in comparison to other homes participating in the project. This particular care

home hold regular chair based exercise sessions for their residents and had been doing this for over a year prior to the Motivation and Co programme which may be the reason for the slight increase.

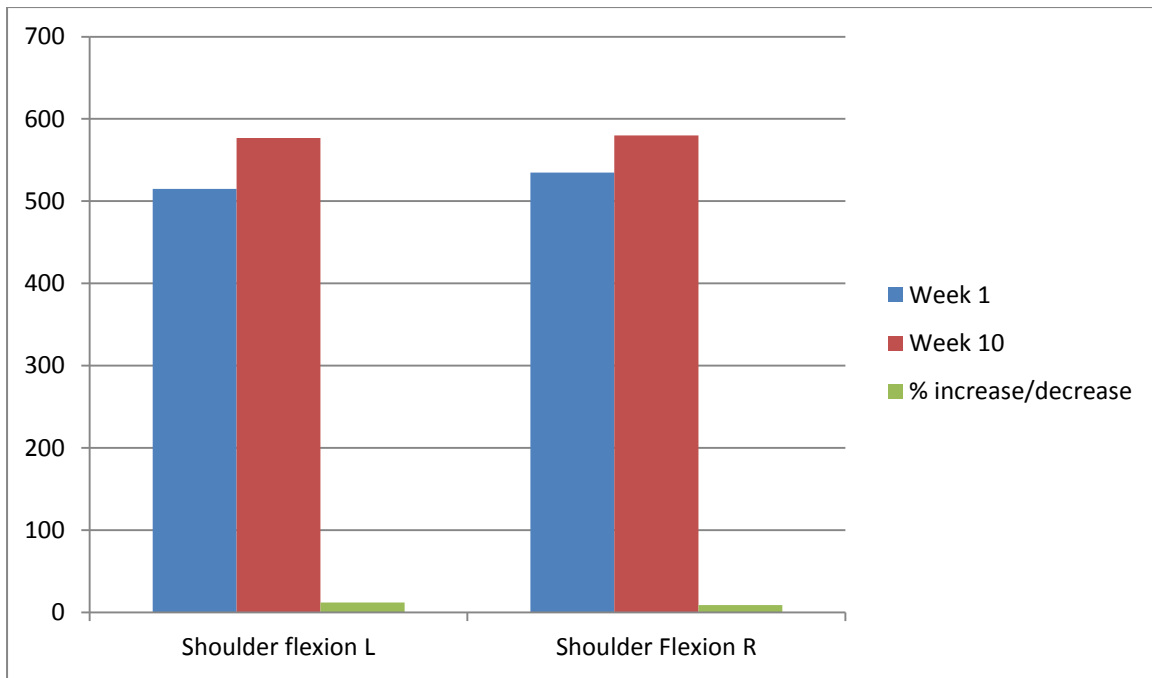
Hatfield Nursing Home



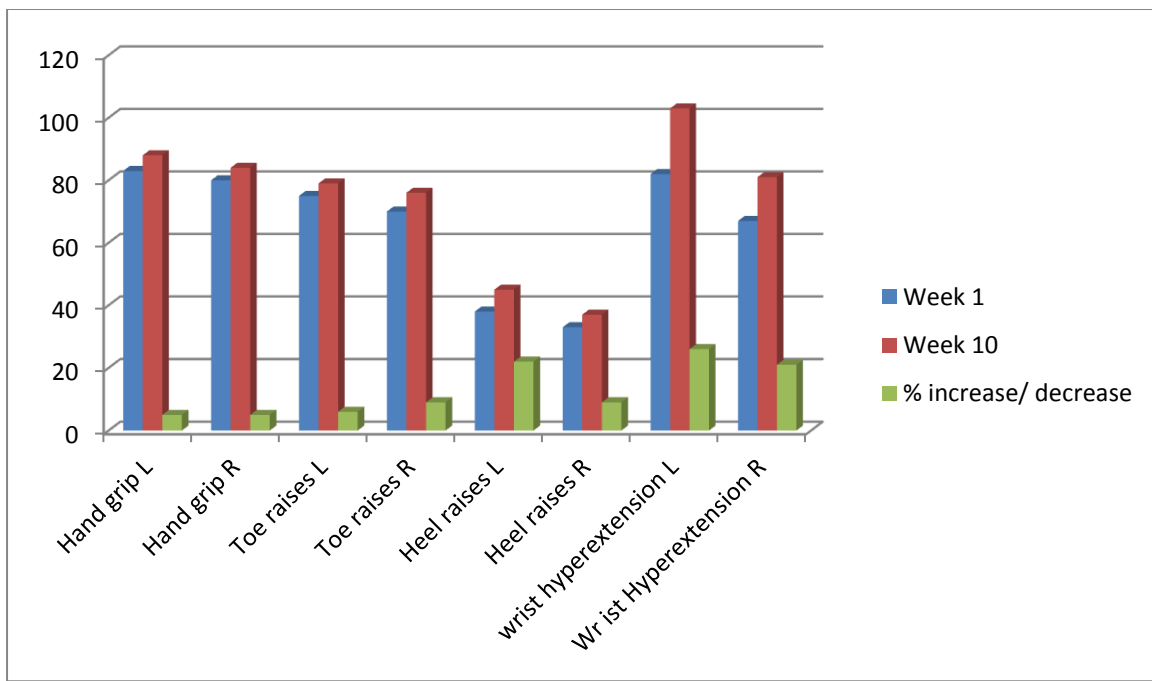
High View Lodge

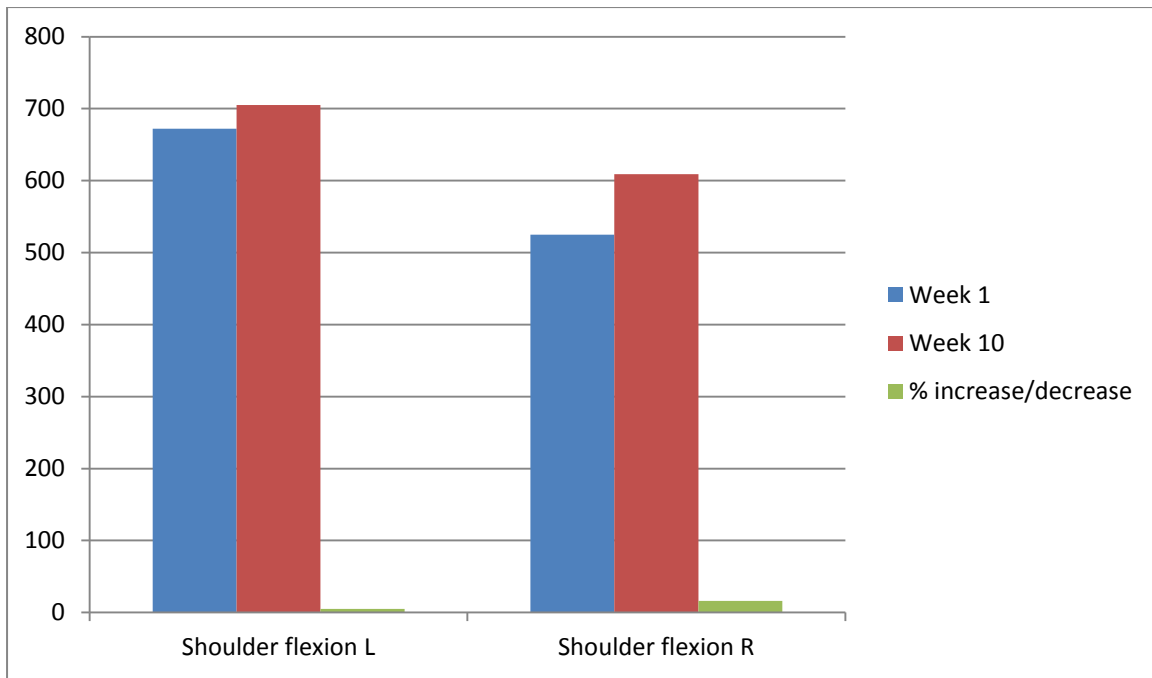


As you can see above there were positive increases in all areas except R heel raises, this was due to a major decrease in mobility of one service user following illness, therefore the numbers do not reflect the overall positive mobility increase outcome.

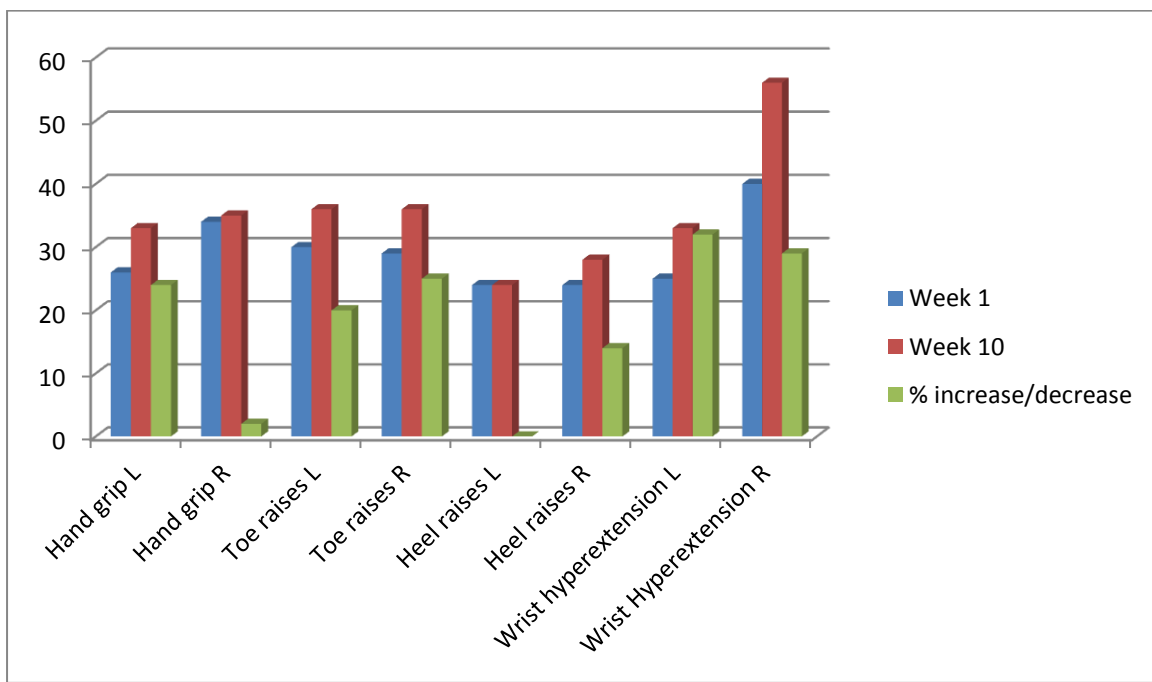


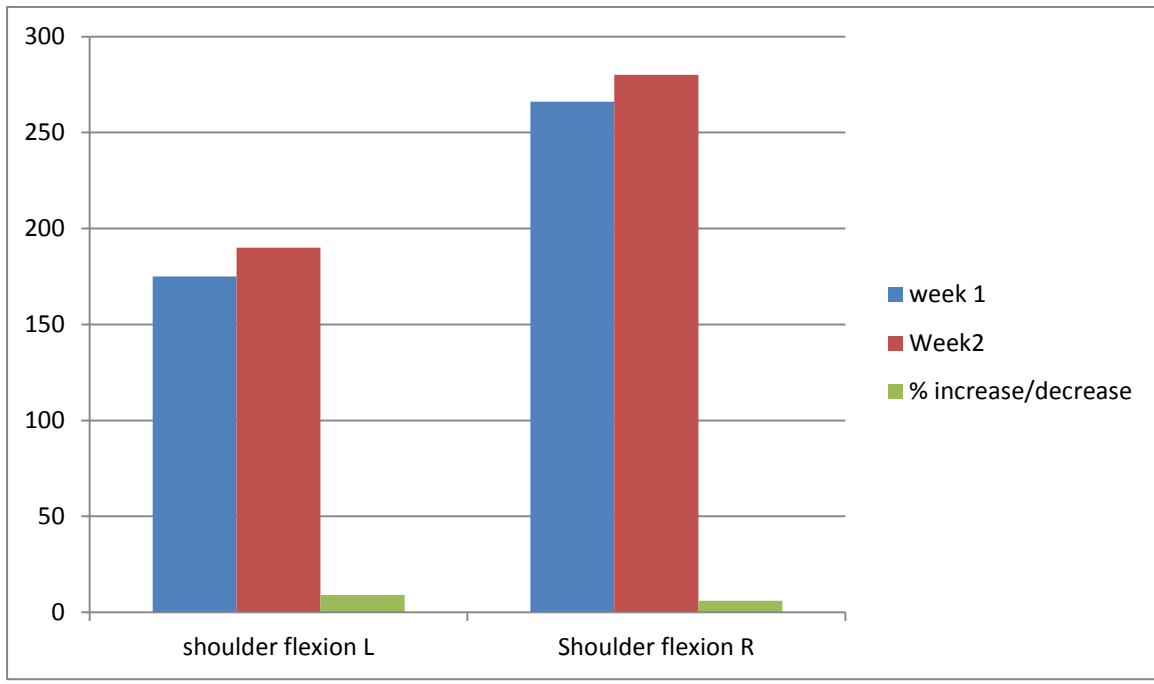
Lime Tree Manor



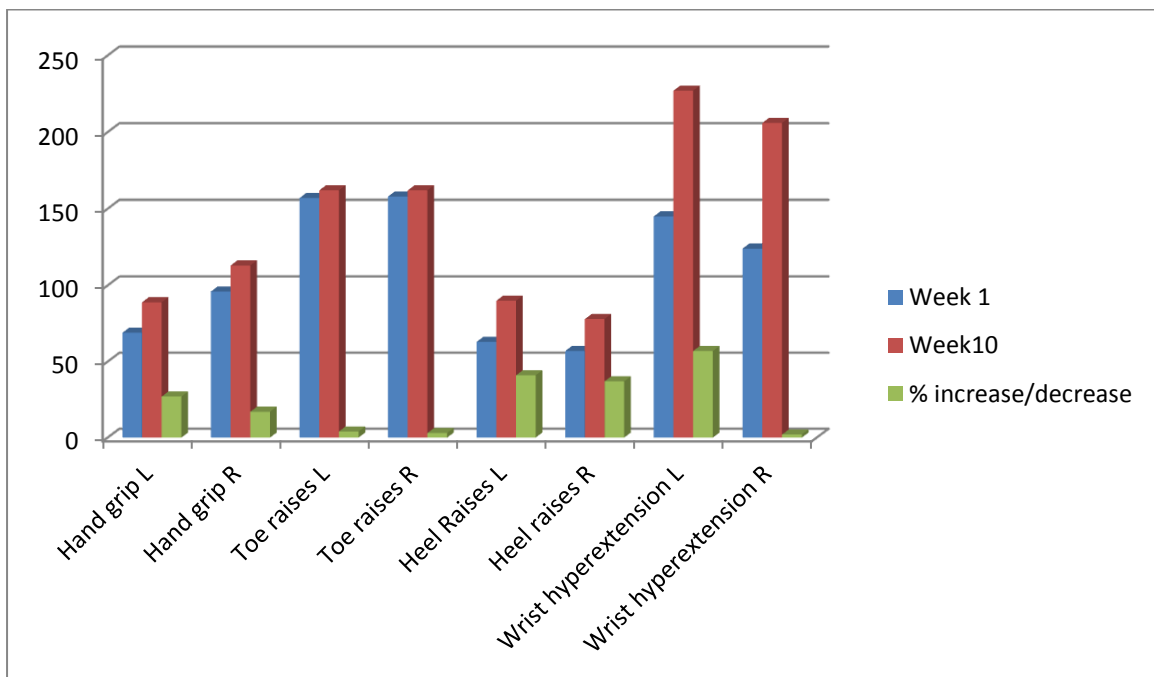


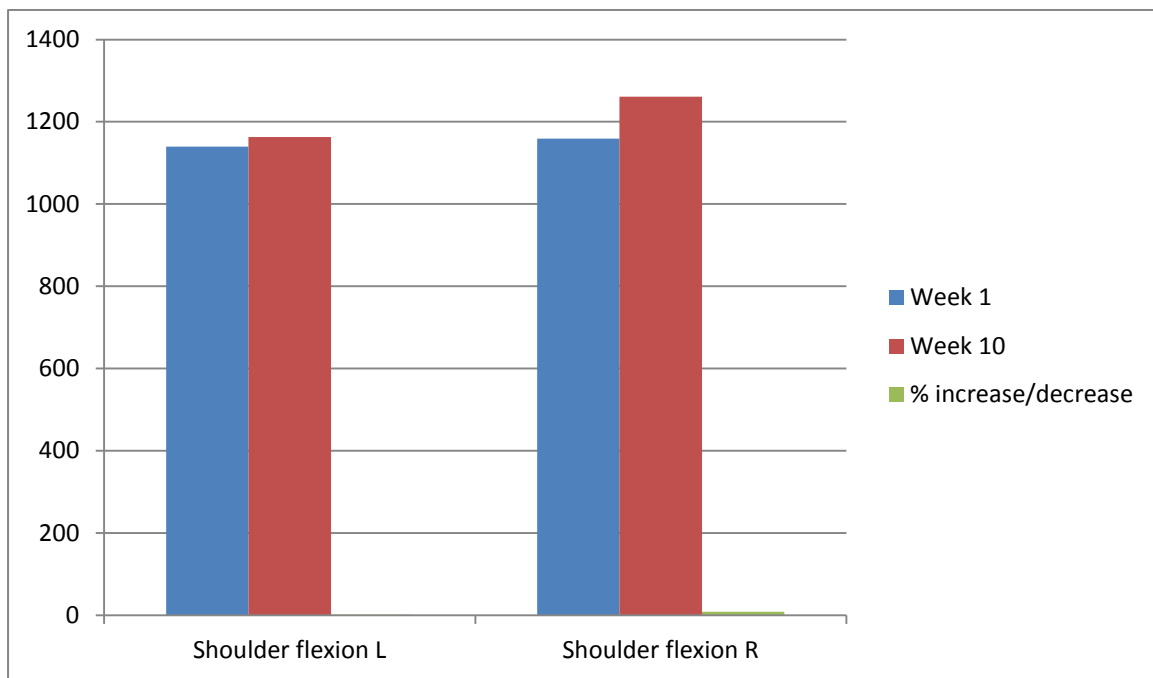
Sunrise – Chorleywood



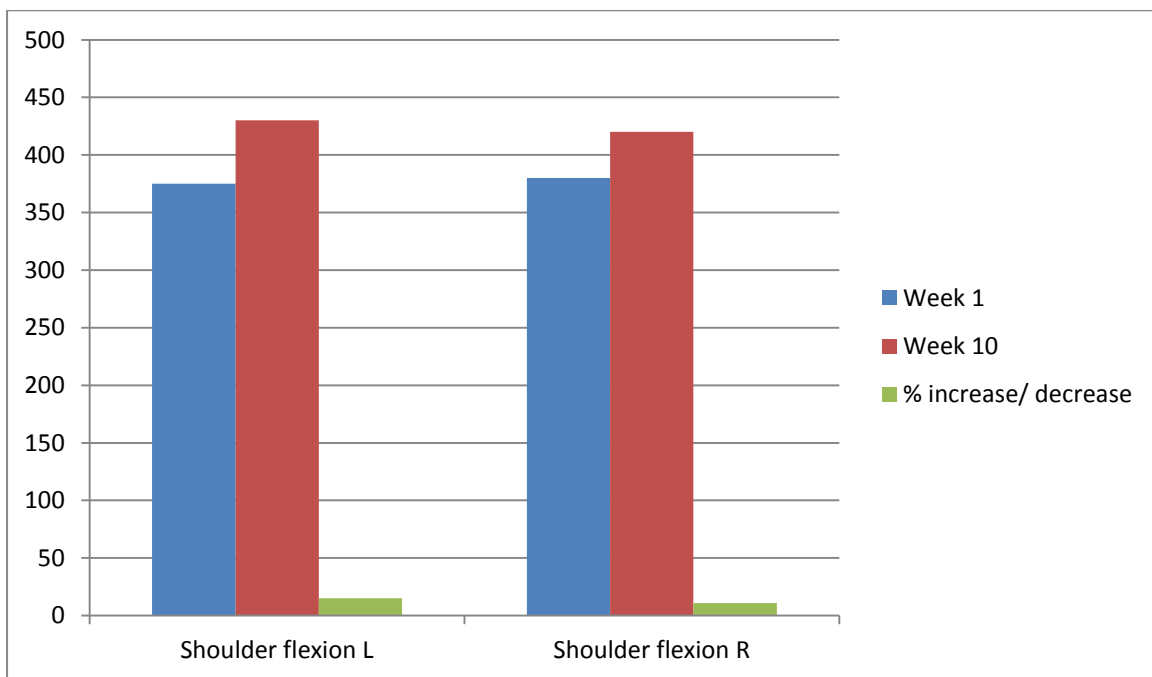
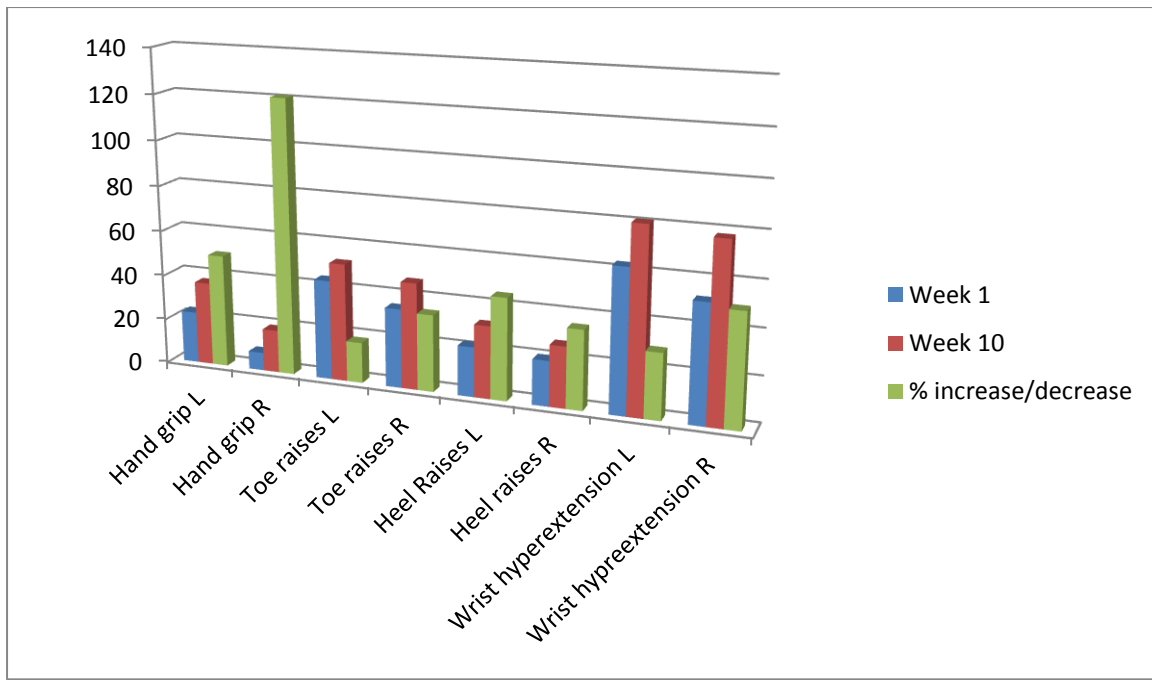


Highbury Rise





Forest Care Village

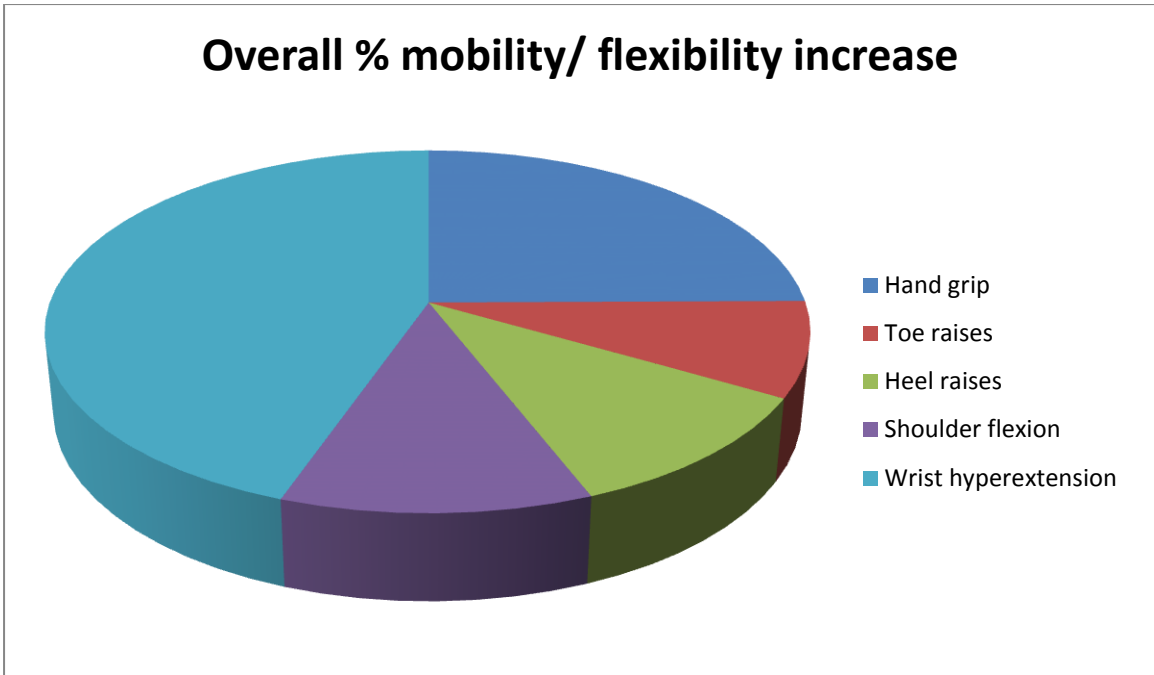


From all of the results above you can see that there has been an overall improvement in joint mobility of the whole project group.

The highest percentage increase in overall joint mobility was within the right wrist hyperextension with a 66% increase in joint mobility. With such an increase there is likely to be a better ability to push up from a seated position making a fall from seated to standing less likely.

With a 26% improvement in hand grip along with the increases in the heel and toe raises it is likely mobility will be increased due to better flexibility of joints.

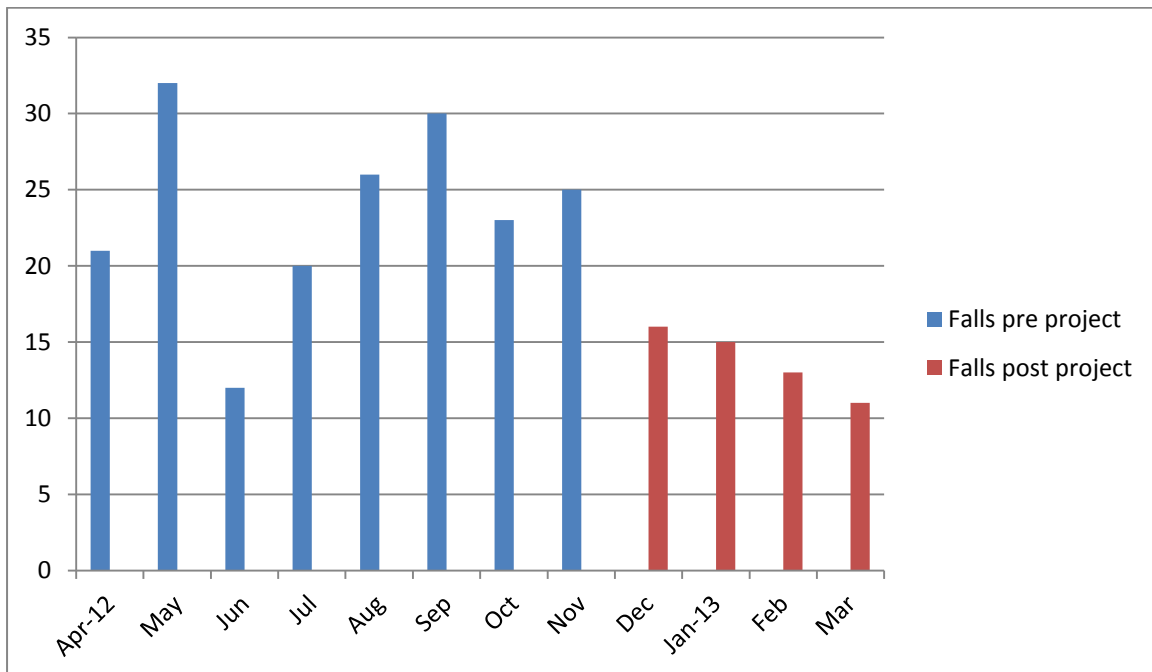
Overall % mobility/ flexibility increase



Level 4 - Impact;

Of the 10 homes that participated 9 returned the final questionnaire (90%). This was a record of the number of reported falls that each individual undertaking the programme had experience pre and post project.

The results follow:



As can be seen from the above there has been a steady reduction in the number of falls following commencement of the project.

The project consisted of only 10 sessions. The reduction in number of falls is likely to reduce further if the service users continue to maintain the mental and physical stimulation activities from the programme.

The comment feedback from the project was mainly very positive.

Some comments were as follows:

- Falls have reduced as better functional ability, all falls recently have been due to illness and not functional issues.
- Residents enjoyed the classes particularly the fun games sessions that were mixed with improving mobility
- Really good, residents loved the classes
- Good interaction with all
- No falls from these residents since
- Classes were fun
- Enjoyed by all who attended
- We continue to do the exercises taught at the same time each week
- Excellent interaction with the group
- Some improvement in mobility within those who attended

Funding Overview;

A total of £6,500 was received in funding for this project.

Staffing costs for the programme were £3,000

Overhead costs were £1,800

Assessment costs were £1,000

Administration and Resources were £700

The funding was split to deliver the programme for 10 care providers, therefore costing £650 per programme. Each programme was delivered for up to 10 service clients meaning that it cost £65 per person to undertake the programme – a cost of £6.50 per client per class.

Conclusion;

This project set out to 'fill the gap' thus addressing barriers in supporting clients who were at risk of falls. It was undertaken by therapists trained in the increase activity of service users through organised classes that were designed to motivate and holistically improve activity, motivation and vitality through fun easy to participate sessions.

The feedback from service users has been good with many asking when the therapist will be in again. The results are very positive evidencing that such use of increasing activity using a motivational inclusive session can indeed reduce the risk of falls by increasing joint mobility and often self-belief through active participation.

It is important to note the project was run with only a very small percentage of homes within Hertfordshire. There are 364 homes known to the HCPA with many more day services in addition. Therefore the project would only have any impact on 2.7% of known Hertfordshire homes. Since undertaking the project other homes have requested Motivation & Co to commence sessions in their home, this is due to both the falls training for managers and 'word of mouth'.

The next steps include using referrals from GPs and engaging activity organisers to utilise the Motivation & Co scheme and its principles to improve mobility and balance of service users. To enable the impact of such increased mobility and stability, Motivation & Co will require additional funding. To reach 25% of care homes in Hertfordshire an additional 81 homes would need to complete the programme, this is at an additional cost of £52,650.

It is vital to note this is the ONLY programme available to meet the specific needs and engage people with dementia.

This project set about to improve physical activity to prevent falls, therefore reduce both the effects on the individual and the cost of NHS services.

The data collected suggest that motivational, physical training has some impact into reducing the number of falls, number of falls requiring ambulance and admission to A&E. Overall comparing the results of hospital attendance from initial survey and final survey the cost difference between first survey and final survey are

***Initial** cost to NHS based on hospital visits in a four month period prior to project - cost of £1600 per visit x 104 visits = £166,400

***Final** cost to NHS based on hospital visits in the four month period post project - cost of £1600 per visit x 55 visits = £88,000

Total apparent **saving** = £78,400

**it should be noted that in all probability not all falls resulted in a hospital admission, these figures are based on the assumption that they did – further analysis would need to be carried out to pull out the actual savings.*

Please see Appendix A for the proposal for a sustainable programme for 2013.