

# DIFRID Newsletter

## Developing an Intervention for Fall-Related Injuries in Dementia

Issue 4, Spring 2019

Welcome to our final newsletter about the DIFRID study. Since our last letter we have completed Work package 4, the feasibility study where we tested our intervention. We have now completed the final report on the study and expect it to be published in the autumn of this year.

### What happened during work package 4?

We decided to include people with dementia who had had any fall requiring healthcare attention and not just those who had had an injury. This was based on your views during the earlier work packages and also input from our expert panel and Trial steering committee.

We recruited 11 people to the study from Newcastle, North Tees and Norwich. They all received the intervention. People received an average of 12 visits by a therapist to their home. The participants found the intervention helpful. It was possible to collect all the data that we would need to run a full trial of the intervention.

The study has highlighted the feasibility of delivering a creative, tailored, individual approach to intervention for people with dementia following a fall. Although the intervention required greater investment of time than usual practice, many staff valued the opportunity to work more closely with people with dementia and their carers.

### What could be improved?

Staff appreciated the training that they had received prior to the intervention but felt that they would like even more training on how to look after people with dementia. It was difficult to get involvement from a Geriatrician in the team and we would need to work on this in the future. People sometimes found it difficult to think of goals at their initial assessment and they would like to be able to add more goals as the sessions developed. There was a need to provide more support to carers.

### What happens next?

We would like to undertake a pilot randomised controlled trial of the intervention. This will help us find out whether people are willing to be randomised to either receiving the intervention or not. It will also help us work out how many people we would need to include in a full trial of the intervention.

We now have some further sites interested in helping us with the pilot trial and we will be applying for funding to enable us to carry this out.

### New study publications

We have had 4 more papers published about the study and links to them can be found below:

<https://pilotfeasibilitystudies.biomedcentral.com/articles/10.1186/s40814-018-0364-7>

<https://www.tandfonline.com/doi/full/10.1080/13607863.2018.1501664>

<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1066-6>

<https://academic.oup.com/ageing/advance-article/doi/10.1093/ageing/afz010/5421659>



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This research is funded by the National Institute for Health Research Health Technology Assessment Programme (Project number 13/78/02). Further information is available at: <http://research.ncl.ac.uk/difrid/>. This newsletter presents independent research commissioned by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, MRC, CCF, NETSCC, the Health Technology Assessment Programme or the Department of Health.