

# DIFRID Newsletter

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

Issue 3, Spring 2018

In our last newsletter, we told you about WP3 and the first consensus panel meeting, where we asked a group of experts to look at our study data and help develop a new intervention for people with dementia who have fallen. Since then, we have been very busy finalising the intervention and putting everything in place to test whether it works in practice.

### DIFRID intervention

The new intervention aims to help people with dementia to stay as independent as possible through a programme of activities. These activities are delivered by physiotherapists, occupational therapists and therapy assistants and will be tailored to the needs and interests of each participant. The intervention includes:

- An assessment of physical health and other risk factors for falls
- Discussion about activities, interests, likes, dislikes and daily routines
- Setting some goals for things each participant would like to do
- Agreeing a practical plan to help them achieve these goals
- Working through the plan with them for 12 weeks
- Referral to other services if needed

We hope the intervention will improve mobility and reduce the chances of falling again.

We also conducted training with staff at each site to help them gain confidence and skills to work effectively with people with dementia.

### Work Package 4: the feasibility study

We are trialling the new intervention in three sites: Newcastle, North Tees and Hartlepool, and Norwich. We are hoping to recruit 10 participants at each site over 8 weeks. We are recruiting at hospital Emergency Departments, via GPs, via community teams, and via research registers such as Join Dementia Research. We hope to also add telecare and Admiral Nurses soon.

The qualitative team will be conducting interviews and observation with participants, carers, and intervention staff to find out how the intervention is working and what could be improved.

We will let you know the results of this part of the study in the next newsletter.

### New study publication

The effectiveness review produced in WP1 has been published in the journal *Systematic Reviews*. It is Open Access and can be read at the following link: <http://doi.org/ck5r>

A 'quick read' summary of this paper can be found at the DIFRID website. <http://research.ncl.ac.uk/difrid/>

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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.