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# Reducing home hazards to prevent falls in older people

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 10/05/2009 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 29/06/2009 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 23/02/2011 | Other | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
N&AHP/04/023

# Study information

## Scientific Title
Environmental assessment and modification to prevent falls in older people: a randomised controlled single centre trial

## Study objectives
The null hypothesis was that there is no difference in outcome in people who receive occupational therapist-led environmental assessment aiming to reduce falls as compared to those who receive the same intervention from a trained assessor.

The aim of this study was to pilot a randomised controlled trial to develop and test the methods to be used in a large multi-centre randomised controlled trial (RCT), which would investigate the clinical effectiveness of environmental assessment and modification in the prevention of falls in older people. The research questions were:
1. What is the best RCT design to investigate the clinical effectiveness of environmental assessment and modification?
2. Does environmental assessment and modification reduce fear of falling, a surrogate outcome, and subsequent falls?
3. Is environmental assessment and modification more effective if professionally prescribed by an occupational therapist than if provided by a trained assessor?

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Airedale Research Ethics Committee gave approval on the 23rd September 2005 (ref: 05/Q1201 /38)

## Study design
Randomised controlled single centre trial

## Primary study design
Interventional

## Secondary study design
Randomised controlled trial

## Study setting(s)
Other

## Study type(s)
Prevention

## Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied
Falls

### Interventions
Participants were randomised to one of three groups:
1. OT-led environmental assessment
2. Trained assessor-led environmental assessment
3. Usual care control

The Westmead Home Safety Assessment (WeHSA) was the primary focus of the intervention. A staff training programme was developed comprising of a workshop based on the content of the WeHSA manual. Thirteen occupational therapists and 13 non-professionally qualified staff who volunteered to deliver the trial intervention were trained. The environmental intervention was a one-off assessment of the participant's home environment. Following the assessment, potential falls hazards were discussed with the participant and recommendations made. The staff member carried out any action agreed. Assessment visits took between one and a half to two hours to conduct. A written summary of agreed recommendations was sent to the participant and a follow-up telephone contact was made after four weeks to check that the recommendations had been carried out.

The control group received usual care; receipt of falls prevention interventions during the 12 month follow up period was monitored and controlled for in the analysis.

Duration of intervention:
Intervention arms: One-off assessment with 12 months follow up for falls
Controls: Usual care with 12 months follow up for falls

### Intervention Type
Other

### Phase
Not Applicable

### Primary outcome measure
Falls Efficacy Scale - International version, measured at baseline, 3, 6 and 12 months

### Secondary outcome measures
1. Falls, measured on a monthly basis for 12 months
2. Quality of life: 12-item short form health survey (SF-12) and EuroQol, measured at baseline, 3, 6 and 12 months
3. Activities of daily living - Barthel Index, measured at baseline, 3, 6 and 12 months

### Overall study start date
01/02/2006

### Completion date
30/09/2007

## Eligibility

### Key inclusion criteria
Community dwelling people aged 70 or over (either sex) with a history of falls in the previous year living in the catchment area of Airedale NHS Trust

**Participant type(s)**
Patient

**Age group**
Senior

**Sex**
Both

**Target number of participants**
227 participants

**Key exclusion criteria**
1. Have received an environmental assessment from an occupational therapist in the previous year
2. Currently receiving occupational therapy (OT)
3. Living in nursing or residential homes

**Date of first enrolment**
01/02/2006

**Date of final enrolment**
30/09/2007

# Locations

**Countries of recruitment**
England

United Kingdom

**Study participating centre**
**Hillside Bridge Health Centre**
Bradford
United Kingdom
BD3 0BS

# Sponsor information

**Organisation**
University of York (UK) - York Trials Unit

**Sponsor details**
Heslington
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### Sponsor type
Not defined

### Website
http://www.york.ac.uk/healthsciences/centres/trials/abouttheunit.htm

### ROR
https://ror.org/04m01e293

## Funder(s)

### Funder type
Government

### Funder Name
National Institutes of Health Research (NIHR) (UK) - Research Capacity Development Programme: Nursing and Allied Health Professions fellowship awards (ref: 05/Q1201/38)

## Results and Publications

### Publication and dissemination plan
Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary
Not provided at time of registration

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/01/2011 | | Yes | No |