

Reducing home hazards to prevent falls in older people

Submission date 10/05/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 29/06/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 23/02/2011	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
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)

Primary study design

Interventional

Study design

Randomised controlled single centre trial

Study type(s)

Prevention

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(s)

Falls Efficacy Scale - International version, measured at baseline, 3, 6 and 12 months

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Senior

Sex

All

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

United Kingdom

England

Study participating centre

Hillside Bridge Health Centre

Bradford

United Kingdom

BD3 0BS

Sponsor information

Organisation

University of York (UK) - York Trials Unit

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

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