



**Stay  
On Your  
Feet WA<sup>®</sup>**

# e-Bulletin

## Nine Steps To Stay On Your Feet<sup>®</sup>

Be Active

Manage Your Medicines

Manage Your Health

Improve Your Balance

Walk Tall

Foot Care and Safe  
Footwear

Regularly Check Your  
Eyesight

Eat Well For Life

Identify, Remove and  
Report Hazards

**ISSUE**

**08**

**AUGUST  
2011**



Left to Right: Deborah Costello (CEO, ICCWA); Dr Anne-Marie Hill (Winner); Hon. Rob Johnson.

this issue...

Award Winner  
Stay On Your Feet<sup>®</sup> Week 2011  
Research on Hospital Discharge  
Diary Dates

## Community Safety Research Award Winner!

This edition of the e-Bulletin features world first research from Dr Anne-Marie Hill who recently won the Research Category of the Injury Control Council of WA Community Safety Awards for her work in falls prevention initiatives after patient discharge. Congratulations Anne-Marie on such an amazing achievement! The article can be found on page 2.

## Stay On Your Feet<sup>®</sup> Week 2011

Stay On Your Feet<sup>®</sup> Week is happening again from 11<sup>th</sup> – 17<sup>th</sup> September. This year the week will be launched on Monday 12<sup>th</sup> September at Craigview Grove Retirement Village in Bicton with lots of fun, interactive games and activities to learn how to Stay On Your Feet<sup>®</sup>.

Seventy-two community groups throughout the state received funding from the Department of Health WA and ICCWA to hold an event during Stay On Your Feet<sup>®</sup> Week to promote healthy and active ageing. Events are also scheduled by other organisations who did not receive funding.

ICCWA is organising presentations for the ICCWA Mall Walking groups and local community members to be held during the week. Presentations will be conducted by health professionals, each highlighting one of the Nine Steps To Stay On Your Feet<sup>®</sup>.

For more information about Stay On Your Feet<sup>®</sup> Week or how to get involved contact Kylie Marchewka, Project Officer, ICCWA on (08) 9420 7212 or [kmarchewka@iccwa.org.au](mailto:kmarchewka@iccwa.org.au).

## Patient education reduces in-hospital falls but falls are a serious problem in the post discharge period.

Dr Anne-Marie Hill, Senior Lecturer, University of Notre Dame



### About Dr Hill

Dr Hill is a Senior Lecturer in the School of Physiotherapy at The University of Notre Dame Australia (UNDA). Her recently completed PhD project, completed through The University of Queensland was entitled: Falls prevention education for older patients designed using the Health Belief Model. She also holds the degree of Master of Physiotherapy from Curtin University of Technology and a Graduate Certificate in University Teaching from UNDA. Anne-Marie is building a collaborative research program that positions the Allied Health Sciences at UNDA to contribute to healthy ageing research, in particular by examining interventions such as patient education, that assist older people to develop self efficacy to engage successfully with the health system.

### The Research

Recent research has found that patient multimedia education with health professional follow up can significantly reduce falls in hospitals in patients with intact cognition. This randomised controlled trial (RCT) was the largest trial worldwide that tested a single intervention for reducing in-hospital falls. In summary, this large RCT found that falls in hospitals can be reduced in cognitively intact patients by nearly 50% by providing a high quality multimedia education resource that includes trained health professional follow up. The project was led by Associate Professor Terry P. Haines of Monash University. Dr Hill led the project site at Swan District Hospital. The results strongly suggest that older people with intact cognition who are admitted to hospital should be alerted to the risk of falls and provided with strategies to reduce their falls risk.

**“The results strongly suggest that older people with intact cognition who are admitted to hospital should be alerted to the risk of falls and provided with strategies to reduce their falls risk”**

## Continued from Page 2...

However health care teams that work with older people may need training to deliver suitable patient education for falls prevention, as current programs may not deliver the type of tailored education provided during this trial. This single intervention when widely implemented could result in reduced numbers of adverse events and subsequent substantial cost reductions in health care systems.

The large follow up study demonstrated that falls injuries are a serious problem when older people first return home from hospital, with over 40% of older patients falling in the first six months after discharge and approximately 50% of falls resulting in an injury. This is significantly higher than falls rates in the general community population. The period after discharge from hospital is recognised as a hazardous time for older people with an increased risk of adverse events such as unplanned readmissions to hospital, functional decline, reduced health-related quality of life, and hip fracture. In the study, one in five older people required immediate medical attention after their fall, which highlights the adverse effects that falls during this post discharge period cause for the older person and their family, as well as the WA health care system.

The study is one of the first to measure older people's engagement in exercise after hospital discharge and the barriers that they identify to engaging in exercise during this period. The study found that many older people are not engaging in exercise in the post discharge period and that they identify barriers to engaging in exercise, such as pain and low motivation. This information may assist therapists and older people to identify and overcome these barriers. However more work is required to identify effective interventions for reducing falls and improving older peoples' well-being when they are discharged from hospital.

The study also examined falls prevention from the perspective of the older person themselves. This is a pivotal area of falls prevention and researchers need to design interventions that successfully empower older people to actively engage in the health care system and become an active partner in their own health care.

**Want more  
information  
about  
Stay On Your  
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WA<sup>®</sup> Falls Resource  
Information Centre](#)**

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websites**

Click on the links:

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**[Stay On Your Feet  
WA<sup>®</sup> Website](#)**

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Model of Care for the  
Older Person](#)**

## Continued from Page 3...

The research results demonstrated that older people who are ready to be discharged from hospital have low levels of knowledge about appropriate falls prevention strategies that could be used after discharge in spite of their increased falls risk during this period. These results suggest that there is an urgent need for future research that develops and evaluates high quality education that provides older people with the knowledge they require to reduce falls risk but regain function and independence after they leave hospital.

These research results were recently presented at an International Falls Prevention Conference in Dunedin where Dr Hill was awarded a prize for the equal best research presentation by a student.

Dr Hill said “I would like to publicly thank the older people from the Perth Hills and surrounding areas who participated in my trial. Their contribution has assisted our research team to provide new insights on how to reduce falls. Recently I received The Menzies Foundation Allied Health Sciences Grant (\$25,000) which will help to conduct further research into falls prevention. I will be using this grant to develop a research program to investigate the effect of providing patient education that is tailored to reducing falls in the post discharge period and assisting older patients to return to their normal participation in life. I thank The Menzies Foundation for their support. I have also been very honoured to be awarded the ICCWA research award for 2011 which recognises that falls prevention is a vital aspect of healthy ageing.”

To view the list of references relating to this study or for more information on Dr Hill and her work please click [here](#).

### Have Your Say...

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## Diary Dates


### September

2	<p><b>Symposium for Behavioural Research in Diabetes 2011</b> The Australian Society for Psychological Research in Diabetes and The Australian Centre for Behavioural Research in Diabetes Phone: (03) 9667 1777 Email: <a href="mailto:info@acbrd.org.au">info@acbrd.org.au</a> Web: <a href="http://www.acbrd.org.au/">http://www.acbrd.org.au/</a></p>	 <p>ASPRID The Australian Centre for Behavioural Research in Diabetes</p>
10	<p><b>Burns Challenge Ball</b> The McComb Foundation BelleVue Ballroom, Perth Convention and Exhibition Centre Time: 6.30pm Dress Code: Black tie with sneakers/trainers Email: <a href="mailto:ivana@mccomb.org.au">ivana@mccomb.org.au</a></p>	 <p>THE MCCOMB FOUNDATION</p>
11-17	<p><b>Stay On Your Feet® Week</b> Various events across WA Injury Control Council of WA Phone: (08) 9420 7212 Email: <a href="mailto:soyfa@iccwa.org.au">soyfa@iccwa.org.au</a> Web: <a href="http://www.stayonyourfeet.com.au">www.stayonyourfeet.com.au</a></p>	 <p>Stay On Your Feet WA®</p>

### October

1-31	<p><b>Community Safety Month</b> Various events across WA Injury Control Council of WA Phone: (08) 9420 7212 Email: <a href="mailto:ewheat@iccwa.org.au">ewheat@iccwa.org.au</a> Web: <a href="http://www.iccwa.org.au/community-safety-month">www.iccwa.org.au/community-safety-month</a></p>	 <p>COMMUNITY SAFETY MONTH OCTOBER</p>
1-31	<p><b>Walk Over October</b> Various events across WA Heart Foundation <a href="http://www.walkoveroctober.com.au">www.walkoveroctober.com.au</a></p>	 <p>Heart Foundation</p>

### November

29-30	<p><b>Working Together: WA Health Conference 2011</b> Department of Health Burswood Entertainment Complex Web: <a href="http://www.health.wa.gov.au/wahealthconference">www.health.wa.gov.au/wahealthconference</a></p>	 <p>Working Together WA Health Conference and Awards 2011</p>
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## Have an Event Coming Up?

To include your event, contact:

[Stay On Your Feet WA®](#)

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