



Staying Steady Schools 2018 report

Completed December 2018



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Situation

2018 saw the first run of the 'Staying Steady Schools' project, which brought together primary school children and older adults, along with University students, for intergenerational learning about falls. The first run of sessions has now been completed, the details of which are featured in this report. The project is a Bevan Exemplar.



Background

Aims/Rationale

The primary aims of the project are to raise awareness and increase knowledge of falls risks, how to reduce them, and what services and support are available for those at risk. It also creates the opportunity for shared learning, socialisation, interaction and building collaborative links between the health board, schools, university and communities.

Pilot

In May 2018 a pilot was conducted with St Monica's Church in Wales Primary School. The session was held at a local church café, with regular customers invited to attend a presentation on reducing the risk of falls. The session was led by the Cardiff and Vale UHB Falls Lead and delivered by year 6 school children. Positive feedback was received from attendees, children and the school, and so plans were made to roll out the scheme to other schools in Cardiff and the Vale later in the year.

Methodology

The session focuses on the national falls campaign in Wales of Steady on Stay SAFE, emphasising the key areas of strength and balance, falls history and environment:

All schools in Cardiff and the Vale were invited to participate by email from the Cardiff and Vale UHB Falls Lead, Cardiff University school contacts, and Public Health team contacts from the Healthy Schools scheme.

4th year Medical students and 2nd year Occupational Therapy students from Cardiff University were given an overview of the session, including a how-to booklet and video of the pilot session to replicate. They were allocated to each participating school with session dates arranged for October 2018.

The students contacted the schools to arrange dates for practice runs and preparations, at which point they also provided the schools with how-to booklets.

Schools invited older adults to attend the sessions: grandparents, parents, local residents, or local care home residents.

Prior to the presentation commencing, all attendees were provided with information bags by the children (bags donated by Ageing Well in Wales and Oakhouse Foods, containing donated pens, leaflets, booklets and service contact details). The children also completed a pre-talk questionnaire with the attendees.

Steady on...
Stay SAFE



Strength



And Balance



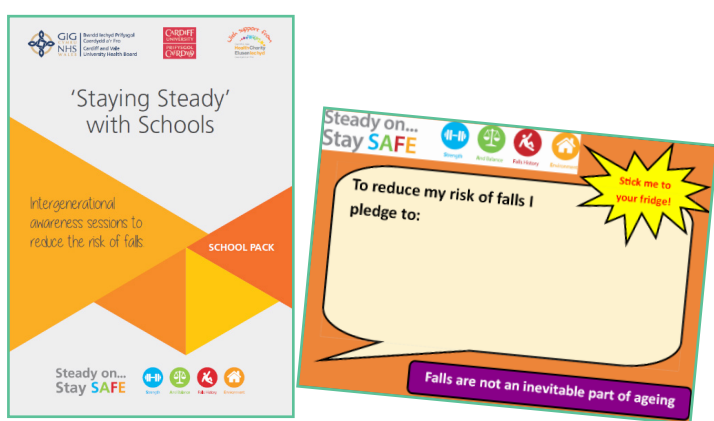
Falls History



Environment

The presentation was then led by the university students with the children giving advice on reducing the risk of falls, demonstrating the Chartered Society of Physiotherapy's (CSP) 6 strength and balance exercises, showing how to measure and check walking aids for wear and tear, and encouraging people to not keep falls a secret.

Following the presentation, there was time for social interaction between the children and older adults, including the completion of a post-talk questionnaire, pledge cards for how attendees would reduce their risk of falls, and feedback forms.



Handout Packs

Handout packs were provided to all attendees containing information sheets and resources donated by multiple partner and 3rd sector organisations including:

- Dewi Cymru
- Get Up and Go booklets from the CSP
- Reducing falls poster
- Care and Repair information
- Community Pharmacy
- Ageing Well in Wales
- Independent Living Services (ILS)
- Pens from the CSP, ILS, Ageing Well in Wales, Red Cross
- Oakhouse Foods



Quantitative Outcome measures

Pre and post talk questionnaires were completed with attendees to obtain pre and post knowledge scores of 0-5 for the questions of: How much do you know about why falls occur? How much do you know about things you can do to reduce the risk of a fall? How much do you know about services you can access to help reduce the risk of a fall?

Qualitative Outcome measures

Feedback was obtained from all attendees, children, university students and schools by means of feedback forms and interviews.

Bevan Exemplar

The Bevan Commission, Wales' premier think tank for health and care, supports NHS professionals in Wales each year to test out their own innovative ideas through its Bevan Exemplars scheme. The Staying Steady Schools project is a Bevan Exemplar for 2019.

Logo Competition

A competition was held for schools to submit entries to design a logo for the project. The winning school was Sully Primary School, who had their 13 entries combined into the final design by the Media Resources team. The 13 children will be attending the University/Hospital site on the 29th January 2019 for a session in the movement analysis lab as their main prize, provided by Cardiff University. They will also receive a bag of goodies from the Medical School, and sports equipment partly donated by local businesses and partly funded by the Cardiff and Vale Health Charity.

Videos

Videos of the project can be viewed here: www.youtube.com/watch?v=93b7haHvmag and here: www.youtube.com/watch?v=IKtLRwqaYCs

Analysis

Results

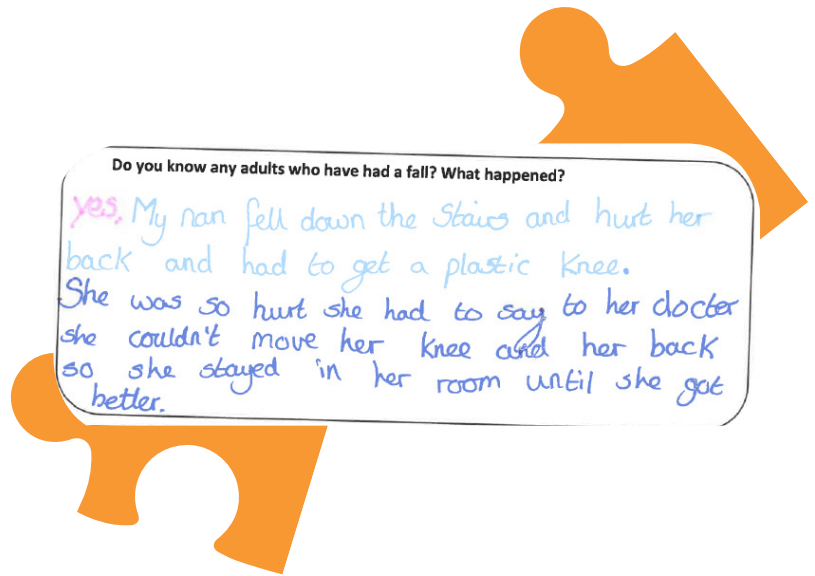
16 schools participated in the project with 16 sessions held in October 2018.

163 older adults attended sessions, with 417 children and 20 university students involved.

48/163 (29%) of attendees reported having had a fall in the last year.

44/163 (27%) of attendees reported struggling to get up from a chair or ever feeling unsteady on their feet.

18/163 (11%) of attendees reported a fear of falling stopping them from taking part in activities or doing daily tasks.



	Pre-talk score mean (SD)	Post-talk score mean (SD)	Change in means	P Value
How much do you know about why falls occur?	3.2 (1.2)	4.4 (0.8)	+1.2	<0.001
How much do you know about things you can do to reduce the risk of a fall?	3.3 (1.2)	4.4 (0.8)	+1.1	<0.001
How much do you know about services you can access to help reduce the risk of a fall?	2.1 (1.5)	3.9 (1.1)	+1.8	<0.001

Note. SD = Standard Deviation.

Analysis of the data found there to be significant positive differences between the pre and post knowledge scores of attendees in all 3 categories ($p = <0.001$).

Services available to access to reduce the risk of a fall appeared to be the lowest area of knowledge amongst attendees.



Attendee Feedback

All attendees completed a feedback form with the children following the talk.

116/163 (71%) reported that they had other people they knew that they would share the information with and would be of use to them.

Optional comments left by attendees are given below.



Attendee Feedback



Children's Feedback

Participating children completed feedback forms after their sessions. They were asked if they knew any adults who had fallen, what advice they would give some to help stop them from falling, and whether they had any ideas for new things we could try to help stop someone from falling.

174 feedback forms were received from participating children (some schools did not return their forms).

Of those completing forms, 56% (97/174) reported knowing an older adult who had fallen, mostly their grandparents and parents.

These are some examples of the children's responses:

Do you know any adults who have had a fall? What happened?

Do you know any adults who have had a fall? What happened?

My granddad was drunk and he fell down the stairs and broke his hip he waited 7 hours over night for someone to call an ambulance. He had to have partial hip replacement.

Do you know any adults who have had a fall? What happened?

My nan 2 years ago slipped on ice she went onto her back and goes to the doctor but she's now fine.

Do you know any adults who have had a fall? What happened?

my nan fell down the stairs and broke her hip.

My nan. She has a condition that makes her very ill. that illness makes her ~~uncomfortable~~ uncomfortable and confused. She was going down the ~~stairs~~ stairs and she fell. That all made her go in a home.

Do you know any adults who have had a fall? What happened?

My great grandad 2 years ago. After he fell he got put in a carehome. Sadly afterwards he passed away in 2017.

Do you know any adults who have had a fall? What happened?

Yes, My nan fell over at Victoria park in the basket ball court. We were throwing and catching a ball and I ~~through~~ ^{threw} the ball to my nan, and she dived for the ball and landed on her hip. She had to get a metal hip.

Do you know any adults who have had a fall? What happened?

My gran tripped over a uneven pavement.

Do you know any adults who have had a fall? What happened?

My nana, She broke her hip

Do you know any adults who have had a fall? What happened?

yes, My nan fell down the stairs and hurt her back and had to get a plastic knee. She was so hurt she had to say to her doctor she couldn't move her knee and her back so she stayed in her room until she got better.

Children's Feedback

Do you know any adults who have had a fall? What happened?

Do you know any adults who have had a fall? What happened?

My Nanna had a fall because she tripped on a curb when she was about to walk on the pavement.

Do you know any adults who have had a fall? What happened?

My nan she fell down the stairs after slipping on a wet floor in her house.

Do you know any adults who have had a fall? What happened?

My great-auntie was on holiday and fell down the stairs of the hotel and cut open her head on the doorframe of the manager's office. She broke her hip and was in Exeter hospital for a week but she can't move anywhere now.

Do you know any adults who have had a fall? What happened?

Yes, my grandad fell in the shower because he didn't have a mat on floor, so he slipped and cracked his head open.

Do you know any adults who have had a fall? What happened?

My great grandma fell. She got out of her chair and fell.

Do you know any adults who have had a fall? What happened?

My Grandma. She fell on the curb and fractured her rib bone.

Do you know any adults who have had a fall? What happened?

My Grandma tripped over ledge of pavement but no cars were coming.

Do you know any adults who have had a fall? What happened?

My Grandpa fell while painting the garage he hurt his knee but nothing too serious.

Do you know any adults who have had a fall? What happened?

My Grandad fell once and he broke his hip so he was walking somewhere and on the pavement and a stone was loose and he tripped over.

Do you know any adults who have had a fall? What happened?

Yes, my auntie fell when she was in the kitchen cooking pasta when she turned around too quickly and lost her balance and my cousin had to call the hospital because she couldn't get up. But she's ok now.



Children's Feedback

What advice could you give someone to help stop them from falling?

What advice could you give someone to help stop them from falling?

Go to an opticians to check their eyesight because eyesight is important for balance and balance is important to not have falls

What advice could you give someone to help stop them from falling?

tell somebody, find out why you fell

What advice could you give someone to help stop them from falling?

Make sure you have the light on when it's dark.

What advice could you give someone to help stop them from falling?

you can try to do these six exercises when you recover you can do the toe lifts, heel lifts, one leg stand, heel to toe stand, heel to toe walk and sit to stand.

What advice could you give someone to help stop them from falling?

You could tell them to have a clear out of their house to move any non-critical objects out of their way that they could slip on.

What advice could you give someone to help stop them from falling?

If you fall tell someone
• Make sure you can see where you going.
• Make sure there isn't things on the floor.
• Where shoes that will fit you.

What advice could you give someone to help stop them from falling?

do not wear socks on wood surfaces and keep your balance

What advice could you give someone to help stop them from falling?

to exercise regularly and to boost your strength.

What advice could you give someone to help stop them from falling?

You can do exercises to work your muscles

What advice could you give someone to help stop them from falling?

My advice would be to be careful when you get out of bed, get out slowly and just keep on doing your exercises. Keep going to your doctor if you think something is wrong. Make sure the bottom of your walking stick is not smooth.

What advice could you give someone to help stop them from falling?

Check your footwear is suitable
Check your blood pressure and exercise

What advice could you give someone to help stop them from falling?

the advice that I would give is don't keep falls a secret and you have problems with your eyes go straight to the local optician and exercise more at your own pace

Children's Feedback

What advice could you give someone to help stop them from falling?

What advice could you give someone to help stop them from falling?

- Keep hydrated and check that your shoes fit.
 - Make sure your walking stick has a gripped bottom
 - Keep doing the six exercises.
 - When walking around look for anything that you trip on.
- DON'T KEEP FALLS A SECRET

What advice could you give someone to help stop them from falling?

I would say to them to look at where you are placing your feet. Take your time and be careful. Wear sensible shoes that fit very well and not ones that fall off your feet like flip flops.

What advice could you give someone to help stop them from falling?

Don't keep worrying 'am I going to fall' because your losing your confidence also do exercises every day, Don't get dehydrated.

What advice could you give someone to help stop them from falling?

I would say to not worry about falling or you'll be shaky and to stretch before moving. Also that they should build up their leg muscles so they don't rely on their arms to get up from a chair.

What advice could you give someone to help stop them from falling?

When your out and about always check the area and floor, clear any things you could trip over.

What advice could you give someone to help stop them from falling?

when you go to the toilet all way's have a wakin stick or turn on the light.

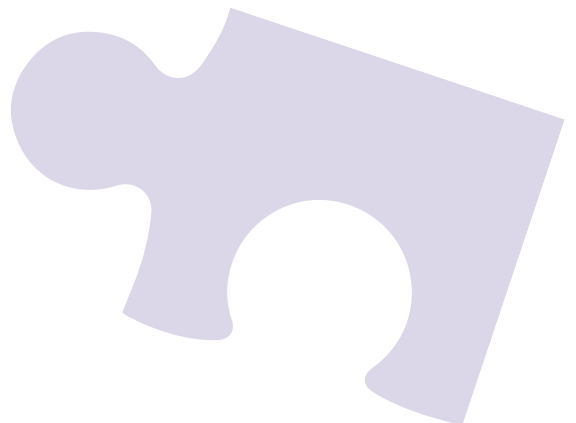
What advice could you give someone to help stop them from falling?

Make sure you do not use slopy slippers avoid wearing just socks.

What advice could you give someone to help stop them from falling?

Practise exercises to stay strong and make sure you have good support if needed.

Watch out for any hazards and be careful.



Children's Feedback

Do you have any ideas for new things we could try to help stop someone from falling?

Do you have any ideas for new things we could try to help stop someone from falling?

There could be a machine with a button that would be ~~everywhere~~ everywhere and you press it when you may have just fallen or before and you want to talk.

Do you have any ideas for new things we could try to help stop someone from falling?

a Zimmer frame / walking stick that can turn into a chair.

Do you have any ideas for new things we could try to help stop someone from falling?

Maybe if you had someone who could help, not all the time, they could help with shopping, walking places etc.

Do you have any ideas for new things we could try to help stop someone from falling?

Don't put slabs down it's better as concrete.

Do you have any ideas for new things we could try to help stop someone from falling?

Maybe make a club where you do ^{leg} exercises with a trainer who makes people's legs strong.

Do you have any ideas for new things we could try to help stop someone from falling?

We could have a certain day where elderly people come in and we give them support about falling over on the particular day. We could give them board exercises.

Do you have any ideas for new things we could try to help stop someone from falling?

A pair of glasses with a small light on could help people with bad eyesight see better in the dark.

Do you have any ideas for new things we could try to help stop someone from falling?

We could maybe have a sensing machine that senses an accident so that we could help stop a fall.

Do you have any ideas for new things we could try to help stop someone from falling?

Have regular check-ups from Nurses and ~~the~~ Doctors to help them.

Do you have any ideas for new things we could try to help stop someone from falling?

Go to old people homes and do the presentation.

Children's Feedback

Do you have any ideas for new things we could try to help stop someone from falling?

Do you have any ideas for new things we could try to help stop someone from falling?
 More people should pick up litter so others don't trip over it. Get rid of clutter and rubbish in your house so you don't fall over that. Wear grippy shoes

Do you have any ideas for new things we could try to help stop someone from falling?
 an app that could remind them at the time preferred to do their exercises.

Do you have any ideas for new things we could try to help stop someone from falling?
 ... A timer that tells you when you should get up and move around so your legs don't get too used to sitting down.

Do you have any ideas for new things we could try to help stop someone from falling?
 They can invent a robot ^{or a bigger mechanical} that makes you balance. The body has straps that can make you balance. The legs also have straps that makes you balance with something heavy at the bottom part.

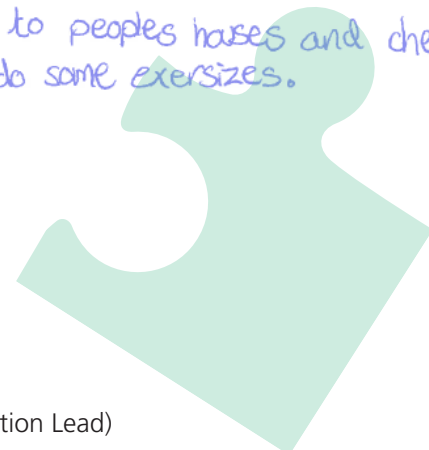
Shoes area size bigger and put something heavy at the (sramton back) that help people balance

Do you have any ideas for new things we could try to help stop someone from falling?
 you could make shoes with really good grip that stop falling on any surface

Do you have any ideas for new things we could try to help stop someone from falling?
 non-slippery slippers

Do you have any ideas for new things we could try to help stop someone from falling?
 You could go round to peoples houses and check there tidy and help them do some exercises.

Do you have any ideas for new things we could try to help stop someone from falling?
 We can make sure the shoes and slippers our grandparents buy and make sure they are safe.



Benefits of Project

- Childrens' awareness of falls risks
- Older adults' awareness of falls risks
- Students' awareness of falls risks
- Teacher/Parent awareness of falls risks
- Fun and memorable way to learn
- Service awareness amongst community for seeking help and support
- Prevention/early intervention focus
- Social interaction benefits between generations
- Knowledge sharing between generations
- Cross-profession learning for Healthcare students
- Collaborative working between Cardiff and Vale UHB, Cardiff University, local schools and the community
- Economic – only limited input required from the UHB in order to reach a high number of people

Recommendations

It is recommended to embed the sessions as an annual scheme across Cardiff and the Vale, with the UHB, Cardiff University and local schools collaborating to produce the sessions.

Future runs of the scheme should include further focus on services available in the area. Awareness of these should also be a target for the UHB as the lack of awareness of services amongst the older adults may suggest that the population does not know where to access help if they feel at risk of falls.

The scheme has the potential to scale up to other parts of Wales.

The model could also be used to raise awareness in the community of other health-related problems and campaigns.

