

Appendix 7 – Self-reported and medical notes data: Use of NHS and private services

		Baseline		3 months		6 months	
N		HomeHealth	Control	HomeHealth	Control	HomeHealth	Control
		26	25	25	23	25	23
Physiotherapist – NHS n (%)		3 (12%)	5 (20%)	3 (12%)	3 (13%)	6 (24%)	2 (9%)
	Mean (SD) for those that used the service	3 (3.4)	2.2 (1.3)	4 (1)	3.3 (2.5)	4.6 (5.4)	4 (0)
	Max	7	4	5	6	15	4
Physiotherapist – Private n (%)		2 (8%)	3 (12%)	2 (8%)	2 (9%)	3 (12%)	1 (4%)
	Mean (SD) For those that used the service	5 (1.4)	8.3 (6.4)	3 (1.4)	2.5 (2.1)	6 (2.6)	4 (-)
	Max	6	12	4	4	9	4
Osteopath or Chiropractor (NHS) n (%)		1 (4%)	1 (4%)	1 (4%)	1 (4%)	0 (0%)	1 (4%)
	Mean (SD) for those that used the service	2 (-)	7 (-)	1 (-)	2 (-)	-	2 (-)
	Max	2	7	1	2		2
Osteopath or Chiropractor (Private) n (%)		0 (0%)	0 (0%)	0 (0%)	1 (4%)	0 (0%)	0 (0%)
	Mean (SD) for those that used the service	-	-	-	1 (-)	-	-
	Max	-	-	-	1	-	-
Dentist (NHS) n (%)		9 (35%)	4 (16%)	11 (44%)	7 (30%)	8 (32%)	5 (22%)
	Mean (SD) for those that used the service	1.8 (1.56)	1.25 (0.5)	1.7 (1.2)	2.4 (1.9)	2.4 (1.2)	1.6 (0.5)
	Max	5	2	5	6	4	2
Dentist (Private) n (%)		4 (15%)	4 (16%)	3 (12%)	4 (17%)	3 (12%)	2 (9%)
	Mean (SD) for those that used the service	1 (0)	1.75 (1.5)	1.3 (0.6)	1.25 (0.5)	1.3 (0.8)	2 (1.4)
	Max	1	4	2	2	2	3
Optician (NHS) n (%)		9 (35%)	9 (36%)	8 (32%)	7 (30%)	9 (36%)	10 (43%)
	Mean (SD) for those that used the service	1.8 (1)	1.33 (0.7)	1.6 (0.8)	2.1 (1.9)	1.7 (0.7)	1.2 (4)
	Max	4	3	3	6	3	2
Optician (Private) n (%)		4 (15%)	0 (0%)	3 (12%)	2 (9%)	1 (4%)	0 (0%)
	Mean (SD) for those that used the service	1 (0)	-	1.3 (0.6)	1 (0)	1 (-)	-
	Max	1		2	1	1	
Audiologist/ hearing clinic (NHS) n (%)		1 (4%)	3 (12%)	3 (12%)	3 (13%)	2 (8%)	4 (17%)
	Mean (SD) for those that used the service	1 (-)	2.7 (2.9)	1 (0)	2.3 (1.5)	1.5 (0.7)	1.25 (0.5)
	Max	1	6	1	4	2	2
Audiologist/ hearing clinic (Private) n (%)		1 (4%)	1 (4%)	1 (4%)	0 (0%)	0 (0%)	1 (4%)
	Mean (SD) for those that used the service	1 (-)	1 (-)	1 (-)	-	-	2 (-)

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		Baseline		3 months		6 months	
	N	HomeHealth	Control	HomeHealth	Control	HomeHealth	Control
	26	25	25	23	25	23	23
	Max	1	1	1	-	-	2
Counselling (NHS) n (%)		0 (0%)	1 (4%)	2 (8%)	1 (4%)	1 (4%)	0 (0%)
	Mean (SD) for those that used the service	-	2 (-)	1 (0)	1 (-)	1 (-)	-
	Max	-	2	1	1	1	-
Therapy (NHS) n (%)		0 (0%)	0 (0%)	1 (4%)	0 (0%)	1 (4%)	2 (9%)
	Mean (SD) for those that used the service	-	-	1 (-)	-	1 (-)	4.5 (2.1)
	Max			1		1	6
Podiatrist (NHS) n (%)		4 (15%)	3 (12%)	7 (28%)	4 (17%)	4 (16%)	4 (17%)
	Mean (SD) for those that used the service	1.5 (0.6)	3 (3.5)	1.7 (0.8)	1.3 (0.5)	1.3 (0.5)	1 (0)
	Max	2	7	3	2	2	1
Podiatrist (Private) n (%)		6 (23%)	7 (28%)	5 (20%)	5 (22%)	8 (32%)	9 (39%)
	Mean (SD) for those that used the service	1.3 (0.8)	1.4 (0.53)	1.8 (0.5)	1.4 (0.5)	1.4 (0.7)	1.7 (0.9)
	Max	3	2	2	2	3	3
Nail cutting (NHS) n (%)		0 (0%)	0 (0%)	1 (4%)	0 (0%)	0 (0%)	0 (0%)
	Mean (SD) for those that used the service	-	-	2 (-)	-	-	-
	Max	-	-	2	-	-	-
Nail cutting (Private) n (%)		3 (12%)	2 (8%)	3 (12%)	2 (9%)	2 (8%)	2 (9%)
	Mean (SD) for those that used the service	2 (1)	3 (2.8)	1.7 (0.6)	1 (0)	2 (1.4)	2 (1.4)
	Max	3	5	2	1	3	3
Falls services (NHS) n (%)		2 (8%)	1 (4%)	0 (0%)	0 (0%)	1 (4%)	0 (0%)
	Mean (SD) for those that used the service	4.5 (4.9)	8 (-)	-	-	1 (-)	-
	Max	8	8	-	-	1	-
Over the counter medicines n (%)		7 (27%)	6 (24%)	5 (20%)	8 (35%)	5 (20%)	6 (26%)
Vitamin D n (%)		8 (31%)	5 (20%)	8 (32%)	4 (17%)	5 (20%)	4 (17%)
Other vitamins n (%)		15 (58%)	8 (32%)	11 (44%)	6 (26%)	12 (48%)	10 (43%)
Had a fall n (%)		6 (23%)	8 (32%)	6 (24%)	11 (48%)	6 (24%)	7 (30%)
	Mean (SD) for those that used the service	2.5 (1.9)	1.5 (0.8)	2.25 (2.1)	1.7 (0.9)	15.2 (33.7)	1.7 (1)
	Max	6	3	6.5	3	84	3
Had a fall and called an ambulance n (%)		1 (4%)	2 (8%)	0 (0%)	1 (4%)	1 (4%)	1 (4%)
	Mean (SD) for those that used the service	1 (-)	1.5 (0.7)	-	1 (-)	1 (-)	2 (-)
	Max	1	2	-	1	1	2
Had a fall and needed to go to hospital n (%)		1 (4%)	2 (8%)	1 (4%)	2 (9%)	1 (4%)	2 (9%)

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		Baseline		3 months		6 months	
	N	HomeHealth	Control	HomeHealth	Control	HomeHealth	Control
	N	26	25	25	23	25	23
	Mean (SD) for those that used the service	1 (-)	1.5 (0.7)	1 (-)	1 (0)	2 (-)	1.5 (0.7)
	Max	1	2	1	1	2	2

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		Baseline (over preceding 3 months)		6 months (over intervention period)	
		Intervention	Control	Intervention	Control
	N	25	24	25	24
Planned inpatient admission n (%)		1 (4%)	0 (0%)	1 (4%)	1 (4%)
	Mean (SD) for those that used the service	1 (-)	-	1 (-)	1 (-)
	Max	1	-	1	1
Unplanned inpatient admission n (%)		2 (8%)	1 (4%)	1 (4%)	4 (17%)
	Mean (SD) for those that used the service	1 (0)	2 (-)	2 (-)	1.5 (0.6)
	Max	1	2	2	2
Outpatient appointments n (%)		15 (60%)	10 (42%)	16 (64%)	19 (79%)
	Mean (SD) for those that used the service	1.7 (1)	2.1 (1.1)	3.8 (2.9)	3.1 (2.7)
	Max	4	4	10	12
Day patient appointments n (%)		4 (16%)	2 (8%)	5 (20%)	4 (17%)
	Mean (SD) for those that used the service	2.75 (3.5)	1 (0)	1.2 (0.4)	1.5 (1)
	Max	8	1	2	3
A&E attendance by ambulance n (%)		1 (4%)	2 (8%)	0 (0%)	2 (8%)
	Mean (SD) for those that used the service	1 (-)	1.5 (0.7)	-	1.5 (0.7)
	Max	1	2	-	2
A&E attendance by alternate transport n (%)		3 (12%)	2 (8%)	3 (12%)	5 (21%)
	Mean (SD) for those that used the service	1 (0)	1 (0)	1.7 (1.2)	1.6 (1.3)
	Max	1	1	3	4
GP appointments (clinic) n (%)		16 (64%)	19 (79%)	21 (84%)	22 (92%)
	Mean (SD) for those that used the service	2 (2)	2.2 (1.4)	3.3 (2.7)	4.4 (3)
	Max	9	6	11	13
GP appointments (home visit) n (%)		3 (12%)	2 (8%)	3 (12%)	4 (17%)
	Mean (SD) for those that used the service	1.3 (0.6)	1 (0)	1.2 (0.6)	1.8 (1)
	Max	2	1	2	3
GP appointments (phone call) n (%)		9 (36%)	8 (33%)	11 (44%)	8 (33%)
	Mean (SD) for those that used the service	2.7 (2.4)	1.9 (2.4)	2.6 (2.7)	2.2 (1.6)
	Max	8	4	9	7
Practice nurse appointments (clinic) n (%)		12 (48%)	7 (29%)	13 (52%)	12 (50%)
	Mean (SD) for those that used the service	2.1 (2)	2.6 (1.7)	3.9 (5.3)	3 (2.7)
	Max	7	5	20	10
Practice nurse appointments (phone) n (%)		1 (4%)	0 (0%)	2 (8%)	1 (4%)
	Mean (SD) for those that used the service	1 (-)	-	1 (0)	1 (-)

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		Baseline (over preceding 3 months)		6 months (over intervention period)	
		Intervention	Control	Intervention	Control
	N	25	24	25	24
	Max	1	-	1	1
Other practice staff appointments (clinic) n (%)		5 (20%)	9 (38%)	14 (56%)	7 (29%)
	Mean (SD) for those that used the service	1.4 (0.6)	1.2 (0.4)	3.6 (8.2)	1.8 (1)
	Max	2	2	32	3
Other practice staff appointments (phone) n (%)		0 (0%)	0 (0%)	2 (8%)	1 (4%)
	Mean (SD) for those that used the service	-	-	1 (0)	1 (-)
	Max	-	-	1	1
Specialist Nurse appointments (clinic) n (%)		0 (0%)	0 (0%)	0 (0%)	4 (17%)
	Mean (SD) for those that used the service	-	-	-	1.5 (0.6)
	Max	-	-	-	2
Specialist Nurse appointments (phone) n (%)		0 (0%)	0 (0%)	0 (0%)	1 (4%)
	Mean (SD) for those that used the service	-	-	-	2 (-)
	Max	-	-	-	2
Community matron home visit n (%)		0 (0%)	0 (0%)	0 (0%)	1 (4%)
	Mean (SD) for those that used the service	-	-	-	21 (-)
	Max	-	-	-	21
Community psychiatric nurse appointment (phone) n (%)		0 (0%)	0 (0%)	0 (0%)	1 (4%)
	% Yes	0%	0%	0%	4%
	Mean (SD) for those that used the service	-	-	-	1 (-)
	Max	-	-	-	1
Other community mental health staff appointment (clinic) n (%)		0 (0%)	0 (0%)	4 (16%)	1 (4%)
	Mean (SD) for those that used the service	-	-	1.5 (0.6)	1 (-)
	Max	-	-	2	1
Other community mental health staff appointment (home visit) n (%)		0 (0%)	0 (0%)	1 (4%)	0 (0%)
	Mean (SD) for those that used the service	-	-	1 (-)	-
	Max	-	-	1	-
Other community mental health staff appointment (phone call) n (%)		0 (0%)	0 (0%)	1 (4%)	1 (4%)
	Mean (SD) for those that used the service	-	-	1 (-)	1 (-)
	Max	-	-	1	1
Older person community team appointment		0 (0%)	0 (0%)	2 (8%)	0 (0%)

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		Baseline (over preceding 3 months)		6 months (over intervention period)	
		Intervention	Control	Intervention	Control
	N	25	24	25	24
(clinic) n (%)					
	Mean (SD) for those that used the service	-	-	1 (0)	-
	Max	-	-	1	-
Older person community team appointment (home visit) n (%)					
	Mean (SD) for those that used the service	0 (0%)	0 (0%)	0 (0%)	3 (13%)
	Max	-	-	-	8
Older person community team appointment (phone call) n (%)					
	Mean (SD) for those that used the service	0 (0%)	0 (0%)	0 (0%)	1 (4%)
	Max	-	-	-	1
Other community doctor appointment (clinic) n (%)					
	Mean (SD) for those that used the service	0 (0%)	0 (0%)	2 (8%)	0 (0%)
	Max	-	-	1	-
Other community doctor appointment (home visit) n (%)					
	Mean (SD) for those that used the service	0 (0%)	0 (0%)	1 (4%)	1 (4%)
	Max	-	-	1	2
Other community doctor appointment (phone call) n (%)					
	Mean (SD) for those that used the service	1 (4%)	1 (4%)	0 (0%)	0 (0%)
	Max	1	1	-	-