

# An intervention to improve outcomes of falls in dementia: the DIFRID mixed-methods feasibility study

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**Declared competing interests of authors:** Louise Robinson reports grants from the National Institute for Health Research (NIHR) Professor award and a NIHR Senior Investigator award outside the submitted work. Lynn Rochester reports grants from the Medical Research Council, the European Union, the Engineering and Physical Sciences Research Council, the Wellcome Trust (London, UK), Parkinson's UK (London, UK), NIHR [Programme Development Grant, Physical Activity Interventions to Improve Outcomes for people with Rare Neurological Conditions (PARC), co-applicant (2018–20); and Health Technology Assessment, PDSAFE: a randomised controlled trial of the effectiveness of PDSAFE to prevent falls among people with Parkinson's disease, co-applicant (2013–17)] and the Stroke Association (London, UK) outside the submitted work.

Published October 2019

DOI: 10.3310/hta23590

## Plain English summary

### **The DIFRID mixed-methods feasibility study**

Health Technology Assessment 2019; Vol. 23: No. 59

DOI: 10.3310/hta23590

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## Plain English summary

People with dementia fall over more often than people who do not have dementia. When they fall over, they are more likely to hurt themselves. They do not get better as easily as people without dementia. After hurting themselves, people with dementia may need a lot more help in looking after themselves. They, and their carer, may not have such a good quality of life after the fall. In this study, we developed and tested a package of care to help people with dementia recover from a fall.

In the first part of the study, we looked for papers about clinical trials that have tried to make things better for people with dementia who have had a fall. We found that there were very few previous clinical trials, but we found ideas for ways in which this could be improved.

In the second part of the study, we found out what happens to people with dementia who ask for help after an injury due to a fall. We found that very few services were used by people with dementia who fall. We interviewed them and their carers to find out what help they thought they needed after the fall and what they thought we could do better. We also spoke to the staff in existing services to find out how they thought services for people with dementia could be improved.

In the third part of the study, we asked a group of experts, people with dementia and their carers to look at the findings of the first two parts of the study. They helped us to design a care package for people with dementia after a fall.

In the fourth part of the study, we practised giving the new care package to 11 people with dementia in their own homes. This was very successful and we now recommend that the package is tested further in randomised controlled clinical trials.



ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 3.819

*Health Technology Assessment* is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the Clarivate Analytics Science Citation Index.

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## This report

The research reported in this issue of the journal was funded by the HTA programme as project number 13/78/02. The contractual start date was in June 2015. The draft report began editorial review in January 2019 and was accepted for publication in April 2019. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care.

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