Target population – older people living in care homes who are at risk of falling

Enrolment

Identification, screening and recruitment

- Six sites in the UK
- Screen care homes registered with the Care Quality Commission
- Recruit 66 care homes
- Collect care home characteristics: registration, ownership, # of beds, # of residents
- Consent 1308 residents
- Collect participant characteristics
- Collect baseline data (as at follow up)

Care home eligibility criteria

- Long stay with old age and/or dementia registration
- 10 or more residents
- Routinely recording falls

Care home exclusion criteria

- Participated in GtACH pilot/feasibility studies
- Trained in and routinely using a systematic falls prevention

Resident eligibility criteria

All long term care home residents

Resident exclusion criteria

Residents in receipt of end of life care, short term care, respite care or rehabilitation

Allocation

Randomise homes

Control group 33 homes

Usual care as provided in the location

Intervention group 33 homes

- 80% of care home staff trained in GtACH by Falls Leads
- All residents assessed with GtACH within 4 weeks of randomisation
- Refresher GtACH training
- All actions started within 1 week of GtACH assessment
- GtACH documentation placed in care home records
- 3 months of support from Falls prevention Leads

Process evaluation

12 focus groups and a minimum of 30 interviews

Training of Fall prevention Leads, training of care home staff and implementation of the GtACH will be observed and assessed against a standard fidelity checklist

Care home records will be reviewed to consider broad compliance with GtACH

Key stakeholders will be interviewed to explore the experience of introducing **GtACH**

Analysis: all data will be analysed following the conventions of framework analysis (Gale 2013)

Economic evaluation

Baseline collection of use of services using the Adult Service Use Schedule Care Home (AD-SUS-CH) and Quality of life using the DEMQOL-U-5D, DEMQOL-U-4D, EQ-5D-5L, EQ-5D-5L-P

Follow up assessments at 3, 6, 9 & 12 months

Quality of life (as above)

Use of services using the AD-SUS-CH (as above)

Analysis: costeffectiveness and cost utility analysis measuring change in Quality Adjusted Life Years (QALYs)

Follow up assessments at 3, 6, 9 & 12 months

Collected from care home records, residents, by proxy and from

Primary outcome

Falls rate between 3 and 6 months after randomisation

Secondary outcomes

Fall injuries

Fractures

Functional ability (Barthel index)

Physical activity and mobility (PAM-RC)

Quality of life and economic evaluation (DEMQOL-U-5D,

DEMQOL-P-4D, EQ-5D-5L, EQ-5D-5L-P)

Use of services including economic evaluation (AD-SUS-CH)

Follow up

Analysis: intention to treat principle

Primary outcome: 2 level Poisson or negative binomial model with resident at level one and care home at level 2.

Secondary outcomes: 2 level regression analysis for continuous outcomes; 2 level logistic regression for binary outcomes; mixed methods approach; qualitative interviews, documentary analysis and observation.

Analysis