



Issue 1
July 2023

Hello, and a very warm welcome to the FinCH Imp Nat study newsletter!



Firstly, the FinCH research team would like to express their thanks to everyone taking part in this national study, dedicated in reducing falls in care homes.

THANK YOU!

About the study

People who live in care homes are at great risk of falling. Falls are common, harmful, costly, and difficult to prevent. The Action Falls programme (formally GtACH) trains and supports care home staff to identify the reasons why residents fall and then guides them to complete Actions to reduce falls. In a large multicentre randomised controlled trial called the FinCH trial, the Action Falls programme was cost-effective and reduced falls by 43%. We are now researching how to deliver the Action Falls programme in 'real life' outside a research trial.

What we have accomplished so far

In December 2022 we reached our recruitment target of **60** care home across our **4** sites.

Training **50%** of care home staff (all roles) in the Action Falls programme is well underway.

Action Falls Collaborative events (AFC's), are continuing across all sites; bringing the care homes in the study together discussing Action Falls.

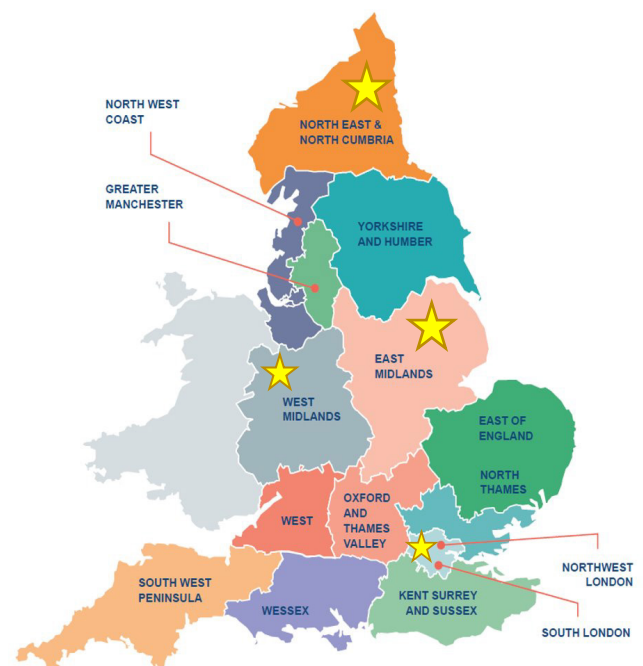
Feedback about the intervention continues to be collected and analysed using various collection methods such as the NoMAD questionnaires, 1:1 interviews, peer support meetings, AFC event observations, focus groups, stakeholder and study steering group meetings.

We love to hear about your experiences of using the Action Falls programme, so please continue to help us understand more by completing your NoMAD questionnaires, attending the AFC events and focus groups.

Your views are an important part of the implementation study. Plus, if you complete 2 NoMAD questionnaires, we will send you a **£10.00 gift voucher**.

FinCH sites

- North East, North Tyneside & Northumbria
- South London, Bromley
- West Midlands
- East Midlands



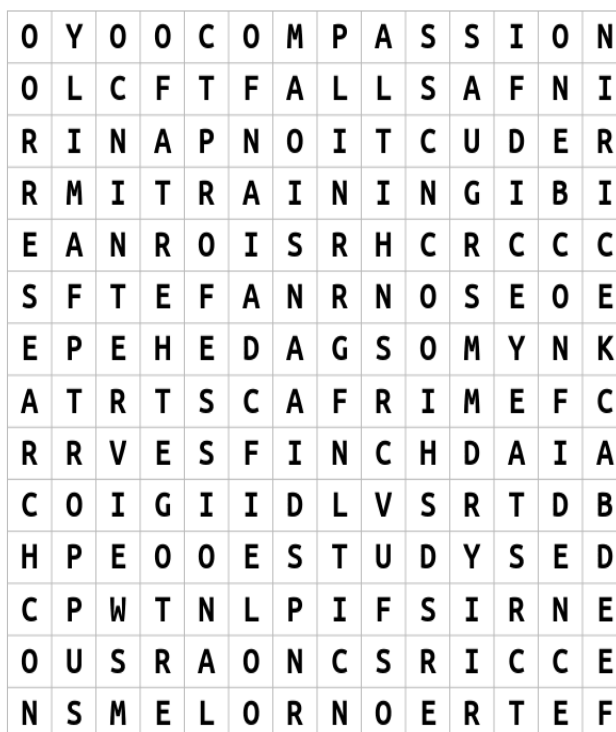
What is next?

We are continuing to collect feedback and fall rate data from care homes, this will help us shape the programme for a wider rollout of the intervention. Please continue to let us know your thoughts about the study and look out for the AFC events along with the care home Manager and Falls Champion focus groups that will be happening next month.

We receive a lot of interest from care homes and professionals outside of the study wishing to find out more about the Action Falls programme and how they can use it. We hope to be able to share some further information soon. Watch this space!



Word search



CARING
PROFESSIONAL
HOME
FAMILY
COMPASSION
FEEDBACK
AFC
NOMAD
TOGETHER
RESEARCH
INTERVIEWS
TRAINING
STUDY
FALLS
FINCH
SUPPORT
CONFIDENCE
REDUCTION

Dates for your diary

Next AFC event near you

North East 10th July 2023

East Midlands 13 July 2023

West Midlands 29 June 2023

South London 12 September 2023

NEW – Focus groups (invites to follow)

Falls Champions 4 July 2023

Care home Manager 11 July 2023

A requirement of the study is the compulsory attendance of at least 1 person per care home to attend the Action Falls Collaborative events (AFC's). These provide support and training to all care home staff participating in the study.

They are an essential part of the study and provide everyone a safe space to talk about falls and using the Action Falls Programme. We encourage as many staff as possible to attend.

Play this puzzle online at : <https://thewordsearch.com/puzzle/5664889/>



Hi, I'm Sandy the Research Administrator. If you have any questions about the study, require any further resources, or would like to send any feedback please do not hesitate to contact me:

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