

## Spring 2018: Welcome

• Spring Message from Chief Investigator Professor Pip Logan.



'Old age has its pleasures which, though different, are not less than the pleasures of youth.'

THE FINCH STUDY WAS WELL REPRESENTED AT THE BRITISH GERIATRIC SPRING 2018 CONFERENCE.

Two care homes in Nottingham County are complete and one care home in Nottingham City.

Welcome to the third edition of Falls in Care Homes News CH@ (FinCH CHAT). It is with great pleasure I report that the trial is going really well.

In January 2018, we met our recruitment target. With the help of all the FinCH team and specifically the 'Research Associates' on the trial, a big thank you, must be extended to you all. We have recruited 87 care homes and 1698 residents. Hooray! We now think we are the biggest care home study ever conducted in the UK. - What an achievement!

### BIGGEST CARE HOME STUDY IN UK

The success of the study, however, does not stop there! Before we can proclaim real success, we need to collect the FOLLOW UP data from the Care Homes. We understand that care home staff are all really busy looking after your residents all of the time. If you could just support the final push, to collect all the necessary data needed to help us answer the question:

Does a systematic falls prevention approach delivered in care homes reduce falls?

Would be wonderful and will put your care home on the global map.

We hope we will be able to share with you the results of the study in Early 2019. We will keep you informed.

I am delighted to say that we have an investigators meeting planned for 9<sup>th</sup> July, please **save the date** for your diaries. The last investigators meeting held at the Doubletree Hilton Hotel in Nottingham, was well received according to the evaluations on the day. We hope this one will be equally successful and it will be both productive and enjoyable. We would like as many of you there as possible so please try and attend if you can.

Thank you for your continued support.

With best wishes

*Pip*



## ISSUE THREE

### Highlights to date:

- Message from a falls lead who is delivering the training to the 'control' homes

"I have enjoyed delivering the training to the 'normal care' arm of the study and I have been able to enjoy tours of the care homes. Two of which had particularly interesting organizational and environmental design. The staff in normal care were very enthusiastic and hoped to give GtACH a try."

Katherine Jones:

**Presenting at Society of Rehabilitation Research 2018**



- Well done Erika Sims and Katie Robinson for your fantastic platform presentations at the BGS conference. They were really well received by delegates.

## Focus on a researcher



### Janet Darby Qualitative Researcher

Janet is currently working on the evaluation process of the FinCH trial.

Janet values that her job allows her to experience a snapshot of peoples varied lives. Something she finds very rewarding.

Janet's favorite book is 'A walk in the woods' by Bill Bryson which provides a comedic narrative of Bill and his hapless friend's adventure over the 2,200mile long Appalachian Trail in the northern USA.

Janet shares this affinity for the outdoors, in her spare time she loves to walk along the UK's coastal paths taking in the beautiful scenery and peacefulness that accompanies.

## Results from the trial due to be shared Early 2019.

If you are interested in being involved in research again we would like to invite you to consider joining EnRICH – Enabling Research in Care Homes – part of the NIHR.

<https://enrich.nihr.ac.uk/>

A toolkit for care home research.

More info in next edition!

**ENRICH - NEEDS YOU!**

## Prize winning poster puts Public Involvement (PPI) on the map

I was very fortunate and excited to be invited to attend the British Geriatrics Society Spring Conference with members of the FinCH team. Based at Nottingham Trent University. I reminded myself it was well over half a century ago when I last attended classes there!

Our PPI leads Jane and Janet had initiated the PPI poster submission and once accepted, we members offered contributions to the final layout, content and tone of the "hub and spoke model". The poster reflected the reality of embedding PPI in a multi centered large trial and we chose to be honest, showing our positive and barriers whilst emphasizing the enthusiasm for this unique model.

I am thrilled that this collaborative achievement and my opportune moment of selling it to the judges (whom I thought were exceptionally interested delegates) has resulted in it winning the prize of best poster by Nurse or Allied Health Professional.

This theme of a strong team effort came forth at the conference in many other presentations and posters where Jane's was selected as one in the top ten, selected for discussion on the presidents table.

Excellent sessions delivered by Katie who developed the both structural and individual co support model used by frontline researchers and trainers. Pip's clear overview of the demands of the study highlighted its breadth and complexity. Finally Erika built upon these themes drawing out the further complex challenges met by the C.T.U. which had to be incorporated into their data analysis. From where I sat I could see delegates were impressed by Erika's figures even at this interim stage. CH study had been prize worthy. A huge success. PPI lead-Maureen Godfrey.



1698 Residents participants 87 care homes recruited

## RESEARCH ASSISTANT SUPPORT NETWORK



The RA network continues to be a peer support for researchers and the teleconferences are now every two months. The success of the RA network was discussed at the British Geriatrics Society Autumn meeting where Katie presented on how this has supported researchers during the FinCH trial.

The next RA teleconference is scheduled for Wednesday 20th June at 9.30am. Please contact Katie Robinson ([katie.robinson@nottingham.ac.uk](mailto:katie.robinson@nottingham.ac.uk)) for more information.

## News from Bradford Site

Bradford District Care NHS Foundation Trust are holding events in May:

- The Nursing Celebration Event will be held on May 4<sup>th</sup>. This year the event will be opened by Chris Pointon (Husband of Kate Granger who founded the 'Hello my Name is Campaign) and Jackie Smith (Chief Executive of the NMC). Will be presenting.
- The CLEAR Event 2018 (Collaborative Learning through Evidence and Research) takes place on May 17th at Bradford City Football Club. This is a Bi-Annual event. Gail Mountain (Bradford PI) will be presenting a session on Research and Clinical Practice.

Both events are well attended by local and national delegates (including care home managers and health professionals). I will be presenting our work on FinCH and at the second event, I will be presenting a poster. I will give you feedback and take a photo for the next newsletter!

**Keep in touch and thank you for your hard work!**