Falls in Care Homes
News Ch@

Hi Everyone,

I have been the chief investigator for this project for over three years now and I have to say it has been a pleasure working with you all. You are so dedicated to reducing fall and injuries in one of our most vulnerable populations, older people, but are also truly committed to helping these people take part in research. Not many research groups want to take on such a project as this, but you have invested time and energy to make it a truly remarkable piece of work. You should be very proud of yourselves and spread the word about having taken part in FinCH.

We are now waiting for the final results to find out if the intervention reduced falls rates in care homes? But whatever the results are the impact of the study is far reaching. We know that just by taking part in research, organisations provide better care, staff are more satisfied and potential customers are encouraged to buy services. We have heard from families of residents about how pleased they are that a particular care home is taking part in research, we know that staff have stayed in posts to ‘see the study out’. These impacts are difficult to measure in numbers but we have all seen them.

So thank you again and hope that you will all maybe start your own research or take part in more studies.

Email: Jane.Horne@nottingham.ac.uk
THE END IS NIGH!

It is with great pride now that we are nearing the end of the FinCH trial, to report our progress to date. We would like to acknowledge all the sites, teams of researchers and patient/public involvement members that have worked so well together, over the past 3 years, as we enter the final phase of the study. Thank you for helping to generating new falls knowledge that aims to improve the health and well-being of care home residents. Locally, nationally and internationally.

WHEN WILL WE KNOW THE RESULTS?

The question everybody is asking is:

Q: When will we know the results?

A: We aim to report the results at the investigator’s day in Nottingham. Please keep this date free in your diary.

*** 13TH DECEMBER 2019 ***

FORMAT OF THE DAY

In addition to presenting the FinCH results, we intend for this event to be a huge celebration for all that we have achieved. The largest known Care Home study ever conducted in the UK is an ACHIEVEMENT. Let’s talk about our impact, future plans and lets celebrate!

Our amazing research team are nearly there. The database is now locked.
**Process Evaluation**

The Process Evaluation was conducted in six care homes, representing six of the trial sites. A total of 81 participants took part in the Process Evaluation. This included 7 managers, 3 deputy managers, 1 nurse, 5 falls champions, 1 floor manager, 20 seniors, 38 carers, and six residents. The Process Evaluation consisted of three components: observations of staff completing the GtACH, individual interviews, and focus groups. The observations identified whether the GtACH was being completed as intended. The interviews and focus groups explored the experiences, views and opinions of staff and residents of the GtACH. Some of the staff took part in all three components, and others just in one or two components.

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**Staff News**

It is lovely to be able to report number of FinCH baby’s have been born (or are about to be) during the trial! Susie Briggs, Falls Lead in Derby was the first to have a baby and Joanne Williams, Trial Manager from Norwich CTU, is now off on maternity leave. Soon to be joined by Katie Robinson, RA from Nottinghamshire.

Congratulations we look forward to hearing about your progress! We hope that FinCH will be their middle name!!

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**NHS Data**

Unfortunately, there has been a delay in collecting the NHS data. This is needed to be in a position to evaluate the cost effectiveness of the FinCH intervention.

We are not the only trial to experience this delay and we hope to receive this shortly.

We will then be in a position to analyse the main results.

HOORAY!

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*Fran, newest member of the PE team!*
What has FinCH ever done for me?

‘As a clinician, job satisfaction comes providing best healthcare to the individual. The Falls Lead role provided an opportunity to step back, take the same principle and contribute to a much bigger picture. My contribution as falls lead within the wider FinCH team will help to shape future intervention and practice to a wider population, (job satisfaction on a huge scale!). I have really enjoyed visiting the care homes seeing the different home environments and meeting enthusiastic care staff.

On a personal level, the Falls Lead role provided the opportunity to do something different outside of clinical practice. It has developed my confidence and has encouraged objectivity and an enquiring mind. I have now been able to confidently enjoy working on small projects with research and clinical colleagues.’

Thank you FinCH!

Katherine Jones- Study Falls Lead and Occupational Therapist

FINCH TIMELINE AND HTA FINAL REPORT

<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Ethical Approval</td>
<td>December 2016</td>
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<tr>
<td>First Care Home recruited</td>
<td>October 2016</td>
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<tr>
<td>Recruitment complete</td>
<td>January 2018</td>
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<tr>
<td>Follow up complete</td>
<td>February 2019</td>
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<tr>
<td>Final TSC/DMEC</td>
<td>31 October 2019</td>
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<td>Results publically disseminated</td>
<td>13 Dec 2019</td>
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<td>HTA Report due</td>
<td>16 Dec 2019</td>
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RECRUITMENT STATISTICS

No of care homes recruited, n=87

- Normal Care, 45
- GTACH, 39
- did not progress to randomisation, 3

Number of participants per randomisation arm (n=1698)

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<tr>
<th></th>
<th>GTACH</th>
<th>Normal Care</th>
<th>Ppt withdrawn before care home randomisation</th>
<th>Ppt from care home not randomised</th>
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<tbody>
<tr>
<td>Number of participants</td>
<td>778</td>
<td>882</td>
<td>36</td>
<td>2</td>
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We are extremely happy with our response rates. Thank you everyone, particularly Research Assistants who spent many hours in care homes collecting the data, and to care homes who hosted us.
The FinCH research team are delighted to be working with the Academic Health Science Network who have allocated £15,000 for the development and evaluation of evidence based resources that aim to reduce falls in care homes.

We have been working with web designers, to design and produce, what we hope are easily accessible tools that will support Care Home Managers and Staff when working with their residents and resident families. We have been seeking views, by visiting care homes in the East Midlands and listening to care home staff perspectives about the resources in order to find the best ways to implement these resources. We have also surveyed Care Homes around the country for a national perspective. Watch this space for further information.

Thank you for now and see you on 13th December 2019 for the Investigators Meeting.

Please get in touch with the FinCH study team for further information.

Pip.logan@nottingham.ac.uk
Jane.horne@nottingham.ac.uk
gail.arnold@nottingham.ac.uk