

Keep up groups support fall prevention

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Falls of elderly people in Finland

Annual falls of home dwelling older adults

- One third of 65+ fall at least once a year
- Half of 80+ fall at least once a year

8,700 hip fractures every year (65+) (2022, THL: Sotkanet.fi)
-> incidence 0,7 %

Over 1,000 deaths caused by falls every year

The burden of falls is higher in Finland compared to other countries in Western Europe
(Haagsma et al 2020)

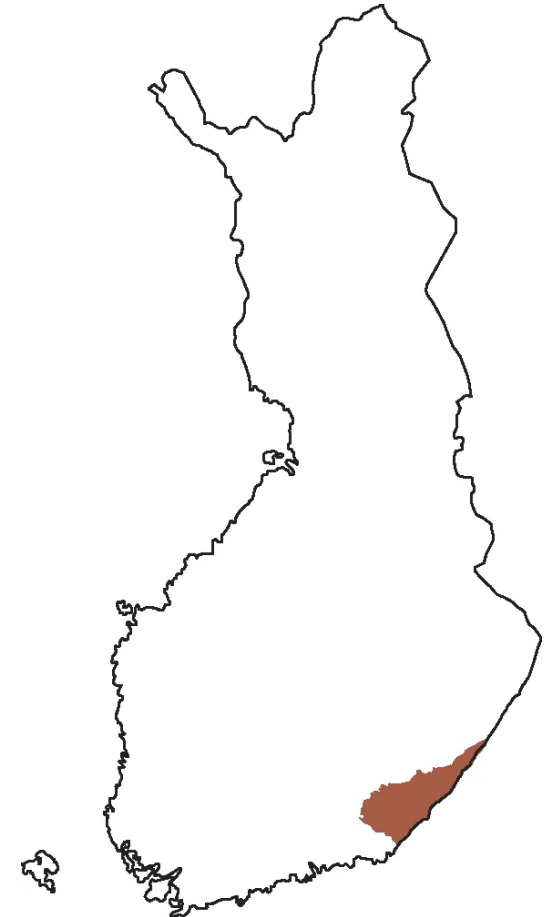


Preventing falls is important

- Falling is not a normal part of ageing
- Falls can be prevented
- 24 % of falls and 50 % of fractures caused by falling can be prevented with strength and balance training Sherrington et al 2019
- Global guidelines for fall prevention and management for older adults suggest balance, gait and strength exercises Montero-Odasso, M. et al 2022

Age-friendly South Carelia project 2021-2023

- A region in Finland
- Consists of nine municipalities
- Wellbeing Services County coordinates the project, Age Institute is a partner.
- The project functions through a network with municipalities, NGO's, congregations, and older people councils.
- More hip fractures and hospitalization periods in the region compared to other parts of Finland
- No existing structured models of fall prevention
- -> Goal was to create a model and reduce number of falls



Actions of fall prevention

- Education of health care professionals
- Guidelines for various departments (home care, memory clinic, ...)
- Education of peer instructors in PA
- Informing elderly people and their relatives, NGOs, other networks
- Webinars
- Information on webpages
- Involving older adults –
-> asking their needs and suggestions

- Keep up groups





Keep up groups in a nutshell

- Target group: elderly people with increased risk of falling
- 10 meetings, once a week, organized by municipal sport sector
 - Exercising strength and balance (60 min)
 - Discussion and tasks of fall prevention (30 min)
- Home exercise instructions
- Testing physical performance at the start and end
- Exercise continues in some other group or individually

Finding the right target group

- Screening questionnaires used when meeting older adults in events and clubs (NGOs, congregation)
- Health care professionals ask every time they meet a person 75+
 - Have you fallen during the past year?
 - Why did you fall?
 - Are you afraid of falling?

High-risk patients are guided to participate in Keep up groups.



Nimi: _____

Täyttöpäivämäärä: _____

Kaatumisvaaran arviointi

Tämän lomakkeen tarkoituksena on karkealla tasolla arvioida kuinka suuressa kaatumisen vaarassa olette. Vastatkaa alla oleviin kysymyksiin rastittamalla teitä parhaiten kuvaava vaihtoehto. Rastittakaa vain yksi vaihtoehto kysymystä kohden.

<p>1. Mihin ikäryhmään kuulutte?</p> <p><input type="checkbox"/> alle 75 v. (0 p.)</p> <p><input type="checkbox"/> 75–84 v. (1 p.)</p> <p><input type="checkbox"/> 85 v. tai vanhempi (2 p.)</p> <p>2. Oletteko kaatunut viimeisen 12 kuukauden aikana? (Kaatumisella tarkoitetaan mm. liukastumista, kompastumista, putoamista)</p> <p><input type="checkbox"/> En (0 p.)</p> <p><input type="checkbox"/> Kyllä, 1 kerran (2 p.)</p> <p><input type="checkbox"/> Kyllä, 2 kertaa tai useammin (4 p.)</p> <p>3. Koetteko tasapainonne hyväksi ja liikkumisenne varmaksi?</p> <p><input type="checkbox"/> Kyllä, liikkumiseni on varmaa ilman apuvälineitä sekä sisällä että ulkona (0 p.)</p> <p><input type="checkbox"/> Kyllä, apuvälineen kanssa (1 p.)</p> <p><input type="checkbox"/> En, koen epävarmuutta tasapainoni ja/tai liikkumiseni suhteen (2 p.)</p> <p>4. Tarvitsetteko apua päivittäisistä askareista ja toiminnoista selviytymiseksi? (pukeutuminen, peseytyminen, kotityöt, kuten ruoanlaitto ja siivous, kaupassa käynti ja asioiden hoito)</p> <p><input type="checkbox"/> En, selviydyn kaikesta itse (0 p.)</p> <p><input type="checkbox"/> Kyllä, tarvitsen jonkin verran apua joissakin askareissa (1 p.)</p> <p><input type="checkbox"/> Kyllä, tarvitsen paljon apua (2 p.)</p>	<p>Osa sairauksista lisää</p> <p>kaatumisvaaraa.</p> <p>Näitä ovat (mm.):</p> <ul style="list-style-type: none"> • sydänsairaus • diabetes • Parkinsonin tauti • huimaus • osteoporoosi • heikentynyt näkö • muistisairaus • aivohalvaus • hengityselinsairaus • tuntopuutokset alaraajoissa • tuki- ja liikuntaelimestön sairaus (mm. nivelrikko, alaraajojen tekonivelet) <p>5. Onko teillä jokin yllä mainituista sairauksista?</p> <p><input type="checkbox"/> Ei (0 p.)</p> <p><input type="checkbox"/> Kyllä, yksi (1 p.)</p> <p><input type="checkbox"/> Kyllä, kaksi tai useampi (2 p.)</p> <p>6. Kuinka usein harrastatte liikuntaa?</p> <p><input type="checkbox"/> 3 kertaa viikossa tai useammin vähintään 30 minuuttia kerrallaan (0 p.)</p> <p><input type="checkbox"/> 1–2 kertaa viikossa vähintään 30 minuuttia kerrallaan (1 p.)</p> <p><input type="checkbox"/> Satunnaisesti tai en ollenkaan (2 p.)</p> <p>Laskekaa kaikista kysymyksistä saadut pisteet yhteen. _____ pistettä</p> <p>0 p. Kaatumisvaaranne ei ole kohonnut.</p> <p>1–5 p. Kaatumisvaaranne on kohonnut.</p> <p>6–8 p. Kaatumisvaaranne on selvästi kohonnut. <i>Suosittelaa ammattilaisen arviota.</i></p> <p>9–14 p. Kaatumisvaaranne on suuri. <i>Vaatii ammattilaisen arviota.</i></p>
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Huomiot ja toimenpiteet _____

Työntekijän allekirjoitus _____



 UKK-instituutti

Age Institute

Materials

Leader

- Guide book

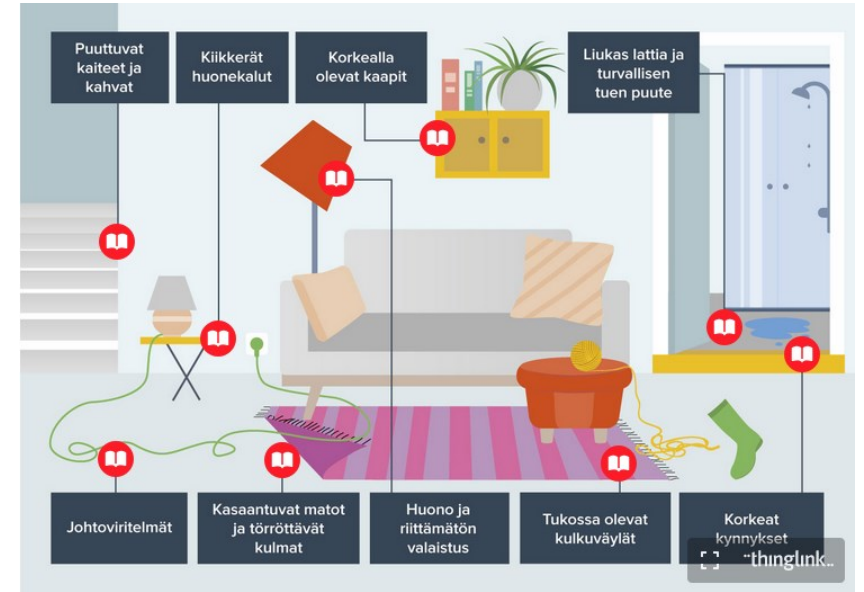
Participant

- Home exercise program
- Nutrition information
- Fall prevention checklist
- Diploma
- Feedback form



Themes

1. Physical performance test
2. Fear of falling
3. Importance of strength and balance exercise
4. Nutrition
5. Safe home and environment
6. Feet, shoes and aid equipment
7. Changes in health and senses (vision, hearing, etc.)
8. Mood and cognitive exercises
9. Rest and medication
10. Physical performance test



Results

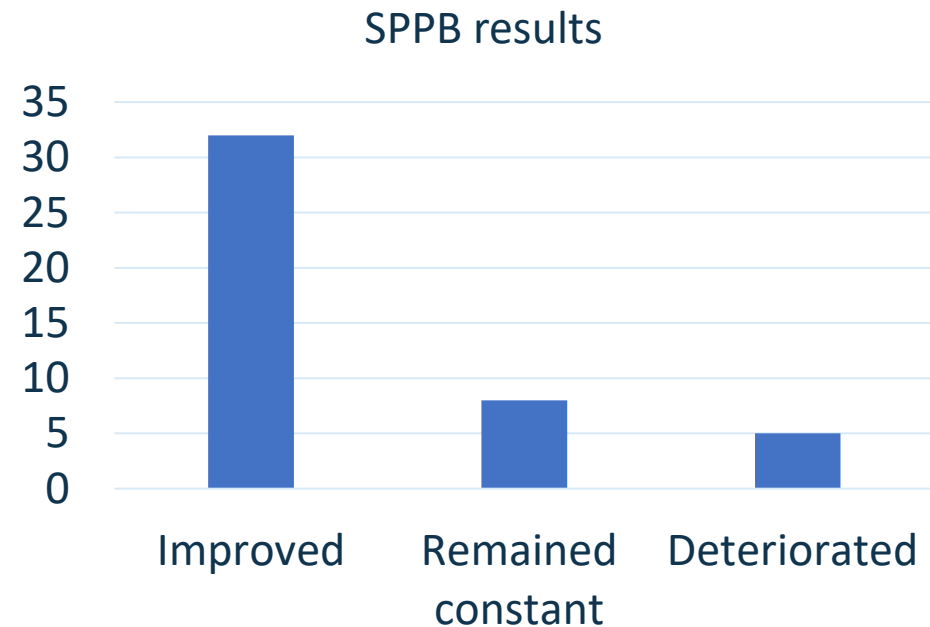


Short physical performance battery (SPPB)

Balance, walking 4 m, standing up from chair, maximum points 12

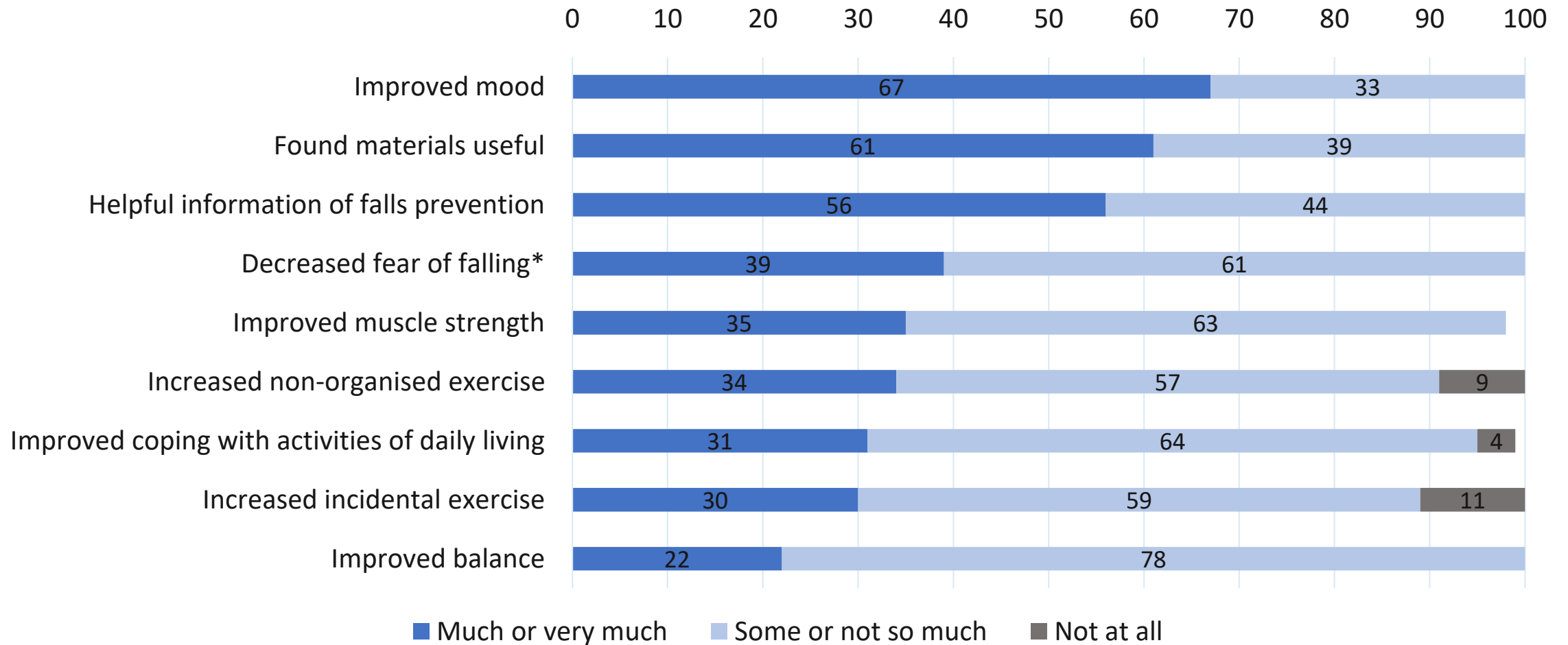
- Age 64-93 years, mean 79 years

- Improved: 32 persons
- Remained constant: 8 persons
- Deteriorated: 5 persons
- The mean points improved
 - At the start 9,1
 - At the end 10,5



Real-life setting, no control groups

Perceived benefits of participation



* 10 participants said that they are not afraid of falling

Feedback from participants

Every theme they discussed was interesting, especially nutrition and strength.

"Versatile exercise and improved strength made everyday life easier"

"Very useful program, it inspired personal exercise at home and participation in organised exercise events"

"Absolutely essential. I hope there will be more of this! Wonderful instructors. It's nice to have a small group"

"At least I participated every time"

Dissemination

The municipalities continue to organize Keep up groups.

Good practices are implemented in other parts of Finland through Age Institute's networks.

A remote group starts this autumn in South Carelia

- A group of people in home rehabilitation
- Before the group starts, a physiotherapist visits participants at home and makes SPPB tests, gives out materials, home exercise equipment and PC tablets
- SPPB tests after group
- Meetings twice a week for 5 weeks
- Small group, about 4 participants

Conclusions

- With multisectoral co-operation you can find older adults with increased risk of falling and guide them to exercise groups.
- Strength and balance training combined with helpful information makes a feasible good practice.

Fall prevention concerns us all.



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