

# Functional Freedom for Fallers with Fractures

*Where do we invest intervention to maximise outcomes for consumers?*

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**August 6<sup>th</sup> 2019**



**Health**  
Central Coast  
Local Health District

# What did we do?

- Post intervention physiotherapy related data (n=121) from home-dwelling clients TACP CCLHD (Jan 2017 – June 2018).
- Statistical analysis undertaken with focus on functional outcomes, person-centred goal attainment, and impact of cognitive impairment.
- Population:
  - Fallen, suffered a fracture, required surgical intervention (107 due to mechanical fall).
  - Av. Age = 82, 64% suffered #NOF (37 THR, 41 ORIF), 48% with identified mild-moderate cognitive impairment.
  - Av. LOS on TACP 67 days, multi-disciplinary input, varied levels of service provision via contracted service provider.
  - Physio intervention averages (face to face) – 5 home visits (every 16 days), 50 minutes duration, 98% prescribed individualised home exercise program (HEP).

# Outcomes and implications

- **Significant** difference in improvement of functional objective measures (cognitive impaired vs. nil cognitive impairment) whilst no significant difference in person-centred functional goal attainment.
- **What has the most significant effect on outcomes?**
  - Nil cognitive impairment – **Time**
  - Mild-moderate cognitive impairment – **Time, compliance with HEP, assistance of family, assistance of service provider with HEP.**
- **Where are we going to invest more?**
  - **Engaging carers and/or families in person-centred therapy** targeting functional goals.
  - Greater **training and engagement of contracted service provider** home care staff to improve compliance with HEP and focus on maximising functional independence.