



# Service To Reduce Risk, Improve Independence and Decrease Emergency admissions

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# 16.4%

Ambulance Victoria calls outs within the Alfred catchment are for falls for those over 65 years

# 720

Alfred Emergency Department admissions for falls in those aged over 65

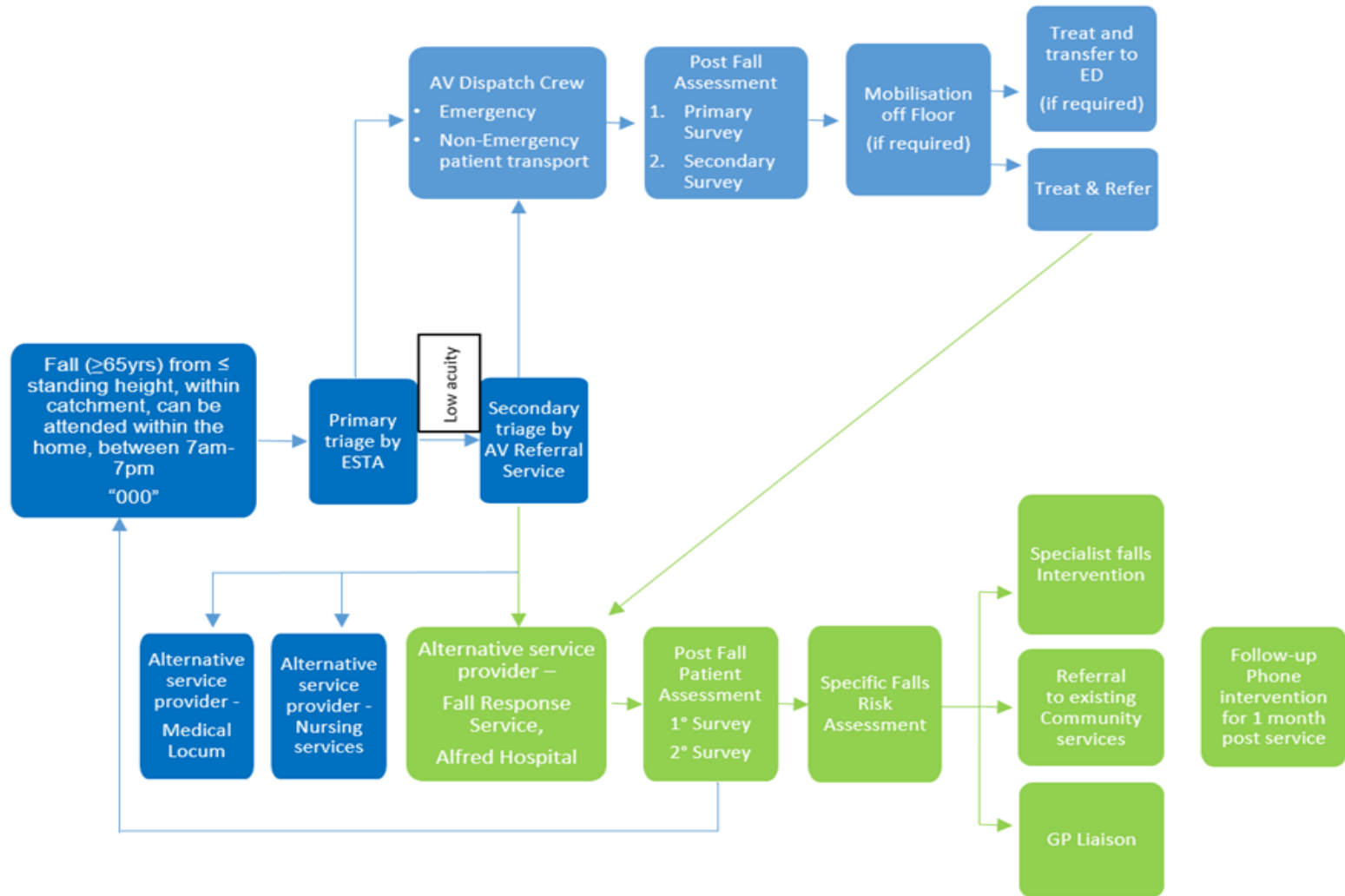
## AIM OF THE PROJECT

To evaluate the *feasibility and impact* of a collaborative model of care for the over 65 years, community dwelling adults, who sustained a fall and can be attended to in their own home.

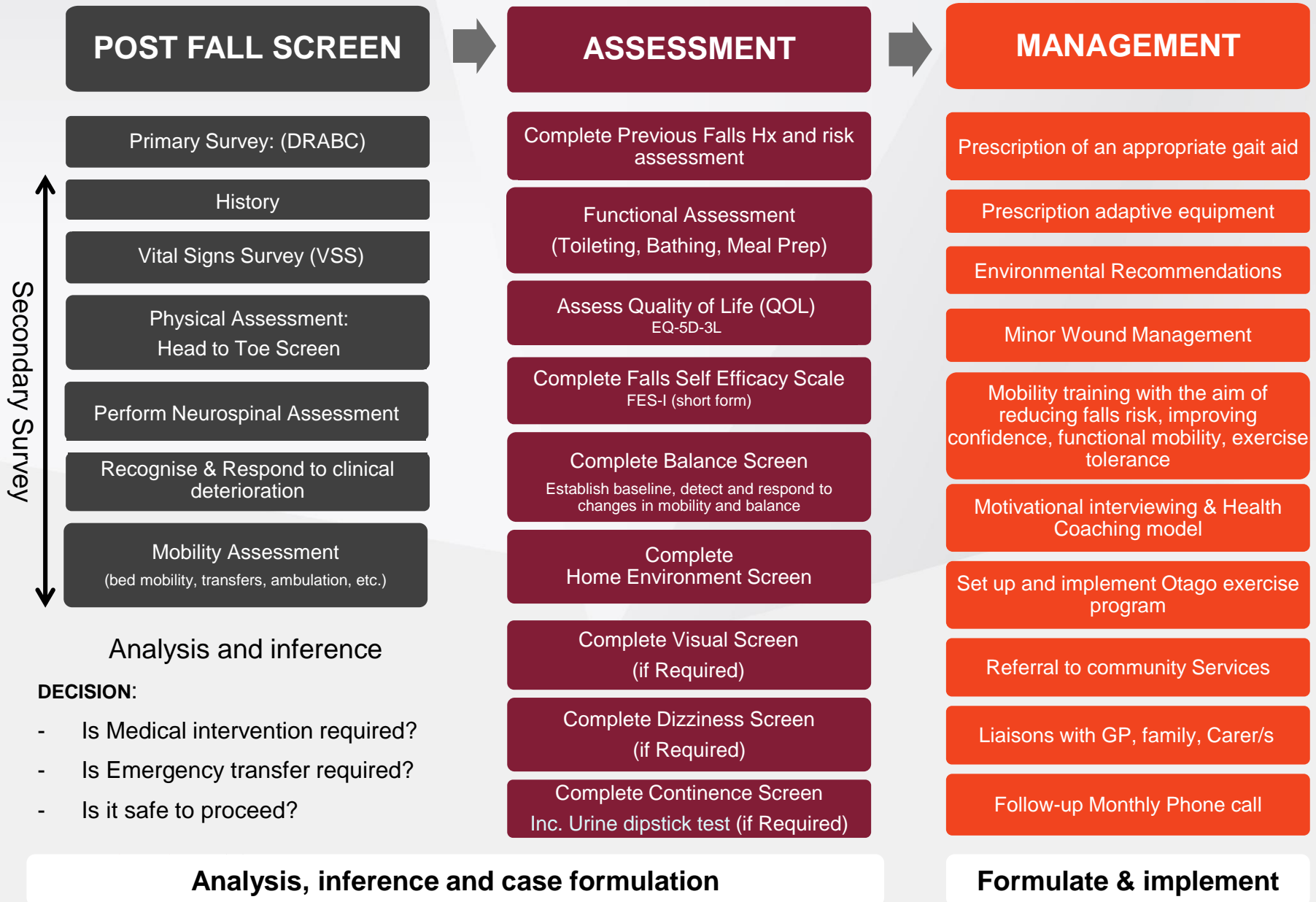


# STRIDE

“Move with confidence”



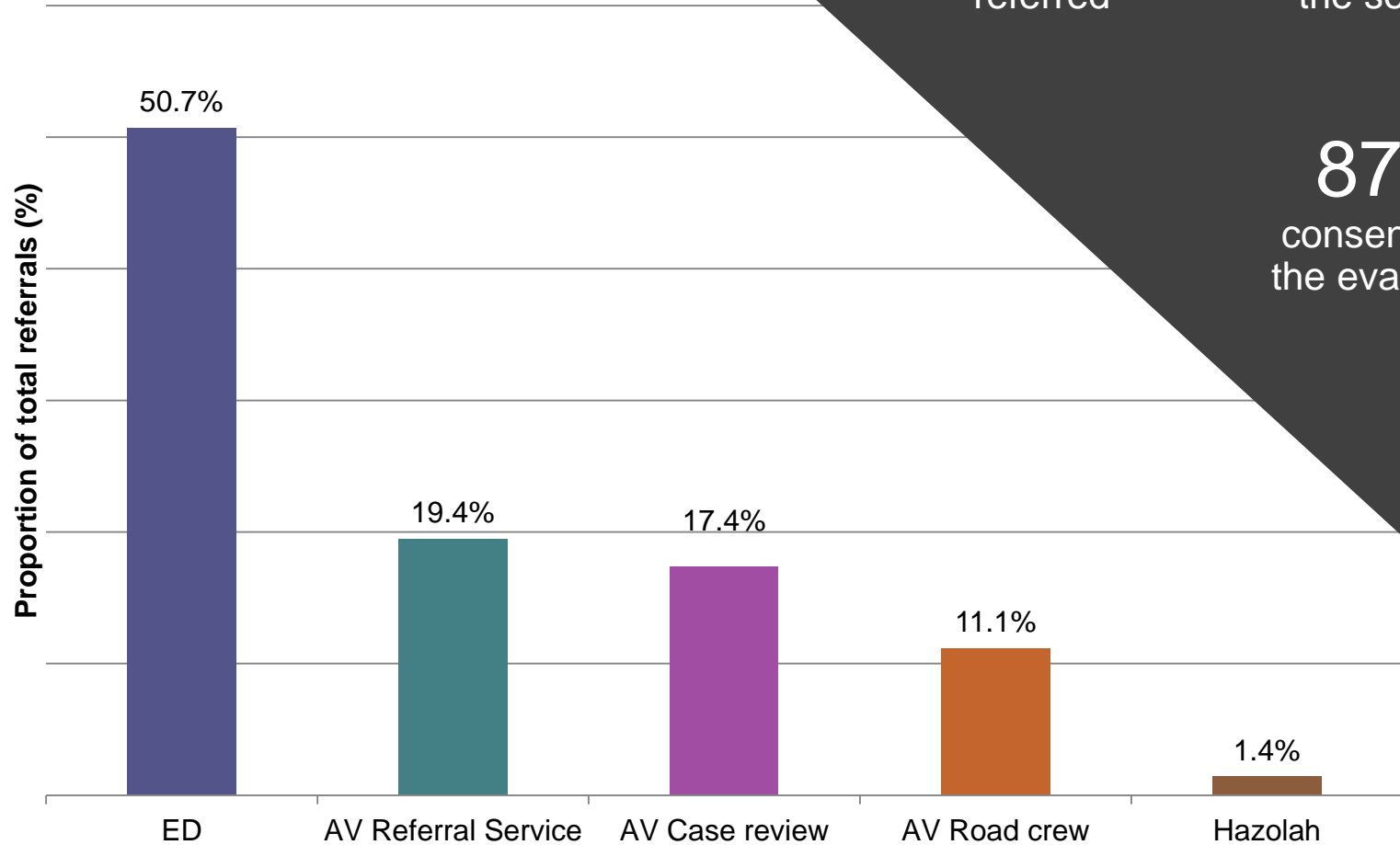
# STRIDE - The Falls Response Service



## Referral source

144  
clients  
referred

83%  
consented to  
the service



87%  
consented to  
the evaluation

59% female

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Ave of 2 previous falls  
in the last 12 months

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76%  $\geq$  4 medications

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29% reported a severe  
injury post a fall in the  
previous year

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Median QOL score  
70/100 (EQ5D)

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Mean age 83

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60% were living alone

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89% had  $\geq$ 1 comorbidity

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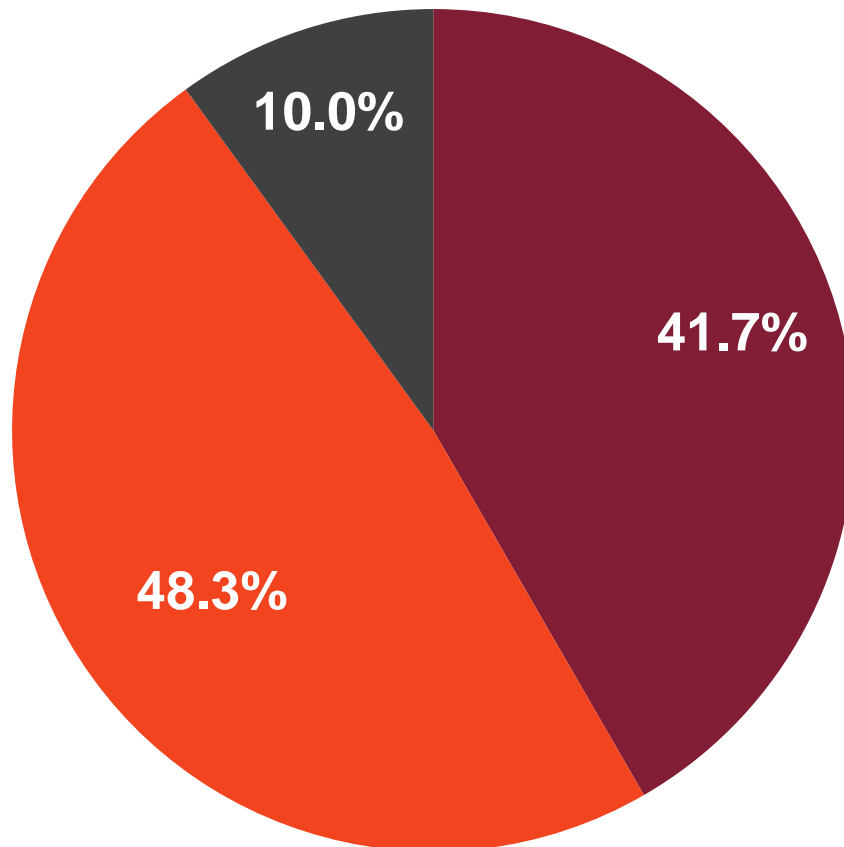
80% indicated they had  
mod-HIGH concern  
about falling (FES-I)

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85% reported Mod to high  
falls risk on FROP-Com

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## Clinician response time

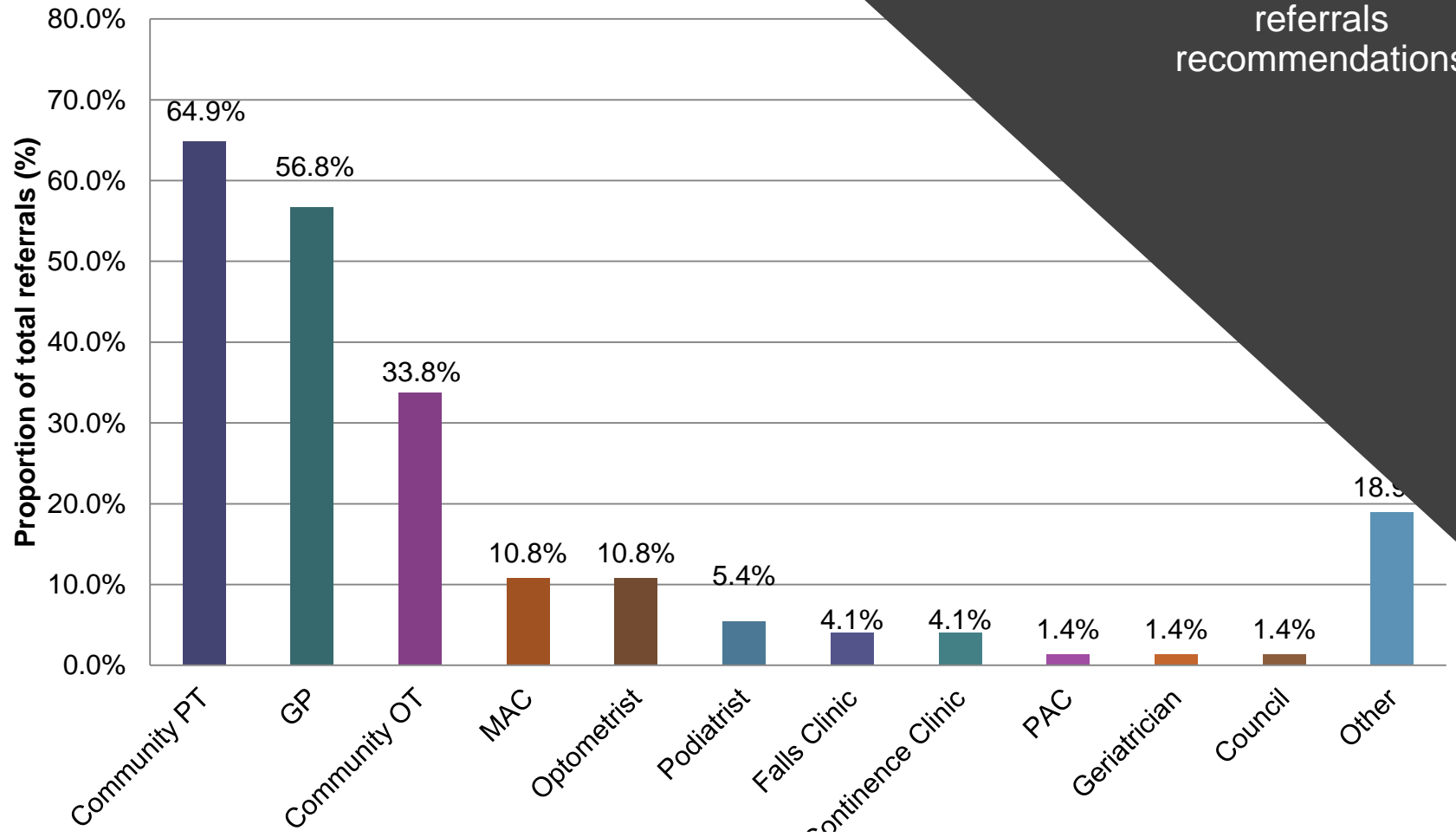


- Seen within 24-hour timeframe
- Declined within 24-hour timeframe
- Service unable to meet 24-hour timeframe

**48%**  
of clients declined  
an appointment  
within 24/24 of  
referral when  
offered

# Referrals out

71.2%  
of clients received  
one or more  
referrals  
recommendations

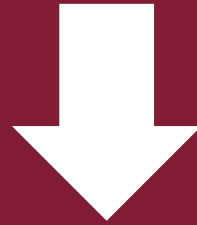




## Impact on client outcomes



Significant decrease in clients' median 'fear of falling' scores at 1 month and 6 months



Across all dimensions of the EQ-5D, there was a reduction in the proportions of problems experienced by clients at 1 month and this continued to reduce at 6 months



Significant improvements shown in median quality of life scores at 1 month and this was maintained at 6 months

## Satisfaction with service (1 month)



Overall, client satisfaction with the STRIDE service was high, with at least 95% agreeing or strongly agreeing to all questions

Survey question	
I felt listened to by the STRIDE team and was provided with enough time to ask questions	
The STRIDE team explained the results of their assessment and findings	<b>92</b>
I felt I received useful advice and information during my visit by the STRIDE team	<b>88 (98.9)</b>
I was satisfied with the intervention provided to me by the STRIDE team	<b>88 (97.8)</b>
I was satisfied with the referrals and/or correspondence made	<b>74 (94.9)</b>
Overall, I was satisfied with the care provided by the STRIDE team	<b>93 (100.0)</b>

Likert scale (where 1=strongly disagree and 5= strongly agree)

## Cost calculations



### Average STRIDE clinician cost per client

Assuming an 8 hour/day service, 6 days per week

Average direct clinician attributable time per client:  
**187min**



STRIDE between  
**\$312 and \$355**



### Average cost of a falls related admission



ED only  
**\$927**



ED & short stay  
**\$2,776**



Acute inpatient  
**\$10,385**

## Lessons learned

- Stakeholder engagement and partner collaboration
- Significant proportion of target population require an ED transport, medical assessment and/or imaging to screen for serious pathology
- Positive client outcomes and support for the service by clients, clinicians, referrers and partners indicate the service has value and that it is meeting an unmet need in the community and the health service
- Demand does not appear to be there to sustain stand alone service
- Hospital data also shows potential for the STRIDE service to show a reduction in Alfred hospital ED re-presentations
- Control group to compare subsequent falls and health care utilisation