

Capstone Proposal: Fear of Falling



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Outline



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Research Topic

An exploration of older adults' perceptions of the barriers and facilitators within their physical and social environment and how that affects their fear of falling: A Sample Funding Proposal.

- Timely Topic: Aging Population in North America expected to double in the next 15-20 years (Statistics Canada, 2012; Humes, 2005)
- Research on fear of falling and the environmental factors that are linked to fear of falling is limited
 - ..."much of the focus in the literature is on intrinsic factors only"(Gulwadi & Calkins, 2008)

Capstone Project Outline

Chapter 1: Introduction

- Topic background
- Rationale/justification
- Objectives and research questions

Chapter 2: Literature review

Chapter 3: Methods

- SWEAT-R environmental audit
- Survey (4 parts)
- Photovoice

Chap 4: CIHR proposal draft

- Knowledge to Action Request for Proposal (RFP)
- End-of-Grant Knowledge Translation

Appendix

Project Overview: Objectives





Project Overview: Questions Questions: a

Introduction

- Proportion of people at risk for falls is increasing
 - Threaten to result in extreme disability, loss of independence and can even lead to a premature death among older adults (WHO:Europe, 2004).
- " The annual average cost is \$75 million for all senior hip fracture hospitalization cases in B.C. " (Herman, Gallagher & Scott, 2006, p.9).
- 1990s - seniors reporting being more fearful of falling and suffering an injury than of being robbed (Lawrence, Tennstedt, Kasten, Shih, Howland & Jette 1998)

Theories for Conceptual Framework: Ecological Model

- Theories for conceptual model: Ecological Model and Systems Theory Approach
- Ecological model encompasses the social and physical environment, individual factors, and policies to determine behaviours (Sallis, Certero, Ascher, Henderson, Kraft, & Kerr, 2006)
- Sallis et al. (2006) describe the ecological theory as "people's interactions with their physical and sociocultural surroundings"
 - Environment is too challenging older adult becomes sedentary (Nahemow & Lawton, 1973)

Theories for Conceptual Framework: Ecological Model

- Seniors are more likely to remain active if they have the support of family and friends despite having a fear of falling (Ward-Griffin, Hobson, Melles, Kloseck, Vandervoort & Crilly, 2004)

Theories for Conceptual Framework: Systems Theory Approach

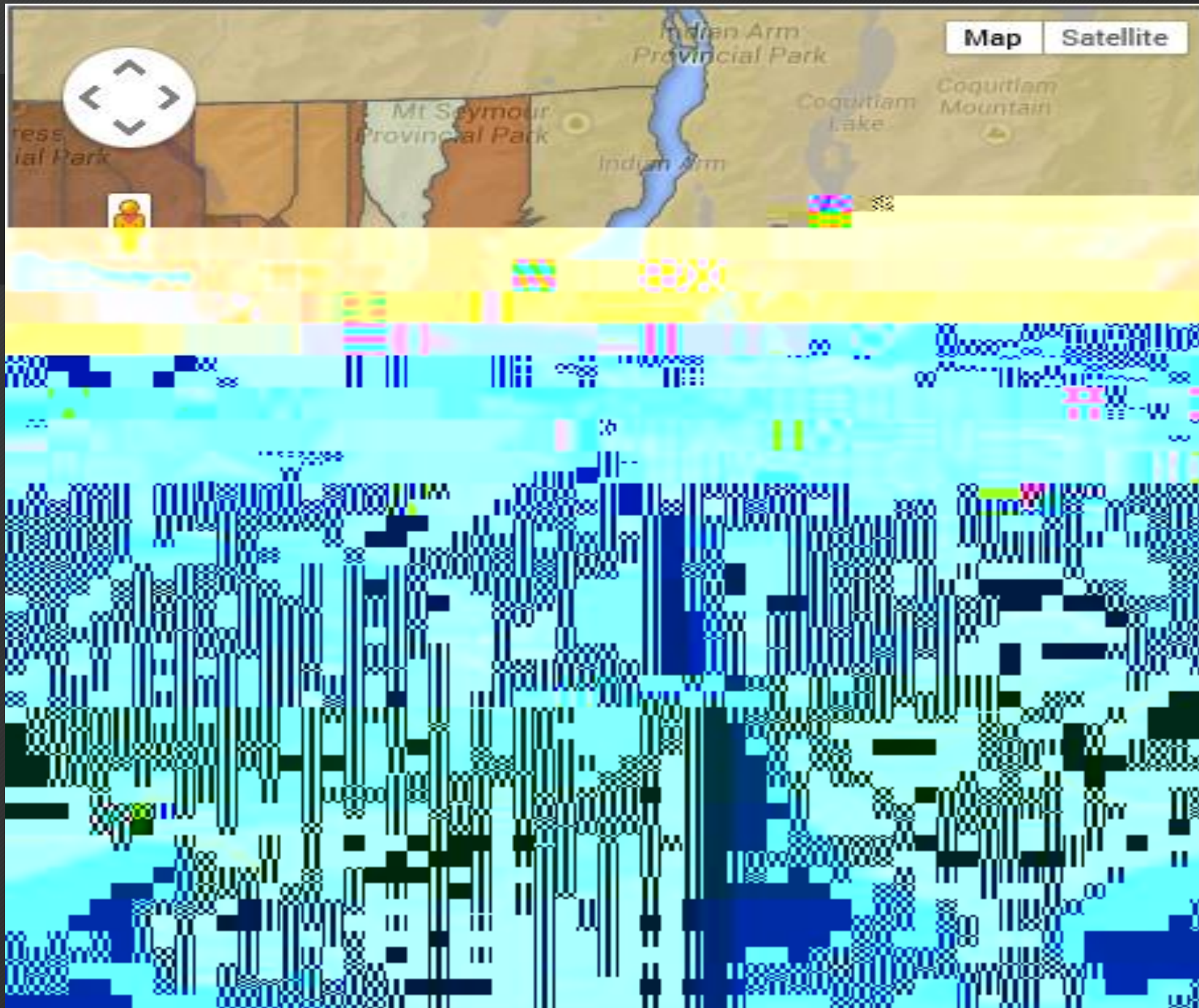
- Systems theory approach recognizes there will always be human error
- Holistic method of examining falls falls are considered as a failure of various factors ; including personal, social, physical environment, and situational factors (Zecevic, Salmoni, Lewko, Vandervoort & Speechly, 2009)
- Community's physical environment analyzed to uncover potential deficits that could lead to falls

Theories for Conceptual Framework: Systems Theory Approach

- " A review of the health and behavioral science literature found relatively consistent positive associations between physical activity and accessibility to recreational facilities and aesthetic attributes" (Cerin, 2006, p. 1682)
 - Correlation features of the physical environment and desire to be active in the community
- Environmental and health related needs across the life course can be addressed by the same type of interventions
 - Accessibility and safety for seniors are also conducive to the needs of new, young families; and vice versa (Locket, Willis & Edwards, 2005)

Research Methods

- Study sample older adults (65+) from 6 urban and suburban neighbourhoods
- Suburban = lower population density and within Fraser Health authority
- Urban = higher population density and within Vancouver Coastal Health district (Sastry, Pebley & Zonta, 2002)
 - Areas with higher % of older adults in BC according to 2006 and 2011 census
 - Both health authorities to ID gaps in the jurisdiction's falls intervention strategies and make recommendations on environmental or social factors
 - 3 of each type of neighbourhood to uncover a variety of environmental features in different types of settings



Research Methods: Mixed Methods

(Michael, Keast, Chaudhury, Day, Mahmood & Sarte, 2009)

- Objective investigation of physical environment to determine barriers and facilitators; compare to older adults' perceptions
- 40-50 older adults from each neighbourhood (240-300 total); have and have not had fall in past 1yr; reflect gender ratio
- Recruit: advertisements at local community centres, flyer distribution and phone vendor; surveys mailed to the respondent with a return

Research Methods: Mixed Methods

- Participants given control and get to take pictures of their community
- 10 older adults from each neighbourhood (60 in total) asked to participate and take pictures of their daily environment. Participants will be trained at a local community center on how to use the cameras and will be given an opportunity to practice.
- Take pictures of physical environment and social support factors to reflect daily facilitators and barriers related to falls; discuss pictures at follow-up discussion group

Sample Grant Proposal

- This capstone project will follow the guidelines and format of the Canadian Institutes of Health Research (CIHR) Knowledge to Action Request for Proposal (RF2Ik1 o3TJET EMC /P 34ar)oposal (RF2Ik1 o4 TJET EMC /P 4M@IA

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