

MOVE & GROOVE

Arts in Health Project to Target Falls Prevention on an Aged Care Ward

• What is Move & Groove?

- Seated creative dance group
- Every Friday at 2.30pm
- Staffing
- Group participants
- Resources
- Community dance model



• What is Creative Dance?

- Creative dance is intentional expressive movement
- Inclusive
- Improvisation techniques
- Incorporates movement play
- Contemporary dance ethos
- Open-ended artistic process

NSW Health Falls Statistics

- "More than one in four people aged 65 years or over have at least one fall per year and many fall more than once."
- "In 2009 26% of NSW residents aged 65 years or older fell at least once."
- "80% of injury-related hospital admissions in people aged 65 years and over due to falls and falls related injuries."
- "Even non-injurious falls can have negative impacts such as loss of confidence and activity restriction."

Falls Risk Factors Addressed

Environment: Hospital

Medications: Doctors review

Medical Conditions: Referral by therapists

- Psychosocial & Demographic:
- Depression
- Inactivity
- Advanced age
- Inpatient environment
- Sensorimotor & Balance:
- Muscle weakness
- Impaired balance
- Poor reaction time

3. NeuRA, 2012

Project Aims

- To reduce falls on the ward by addressing falls factors.
- To reduce depression and isolation.
- To increase expressive creative opportunities.
- To utilise group therapy techniques.
- To provide increased opportunity to work towards personal rehabilitation goals.
- To increase client's confidence to access community groups on discharge.

Why Creative Movement?

- Balance_{3,4}
- Strength_{3,4}
- Flexibility₃
- Endurance



UK Falls Prevention Projects

Young@Heart

- Rural group for isolated elders
- NHS Partnership project
- 'A Sure Start to Later Life: Ending Inequalities for Older People' 2006

The Brewhouse Group

- Inner city group for isolated elders
- Content devised in collaboration with the PCT Falls team
- OT & PT at every session

Move & Groove

- Icebreaker
 - Warm up
- Creative exploration
- Creative development
 - Cool down
 - Relaxation



Icebreaker Practical

• Find your feather!

 Can you blow it to the person next to you for them to catch?

Introduce yourselves ©

Leadership Approach

- Person-centred approach
- Empowering leadership
- Fosters artistic decision making
- Enables group connections
- Celebrates achievements
- Non-judgemental
- Congenial environment
- Spontaneously reactive

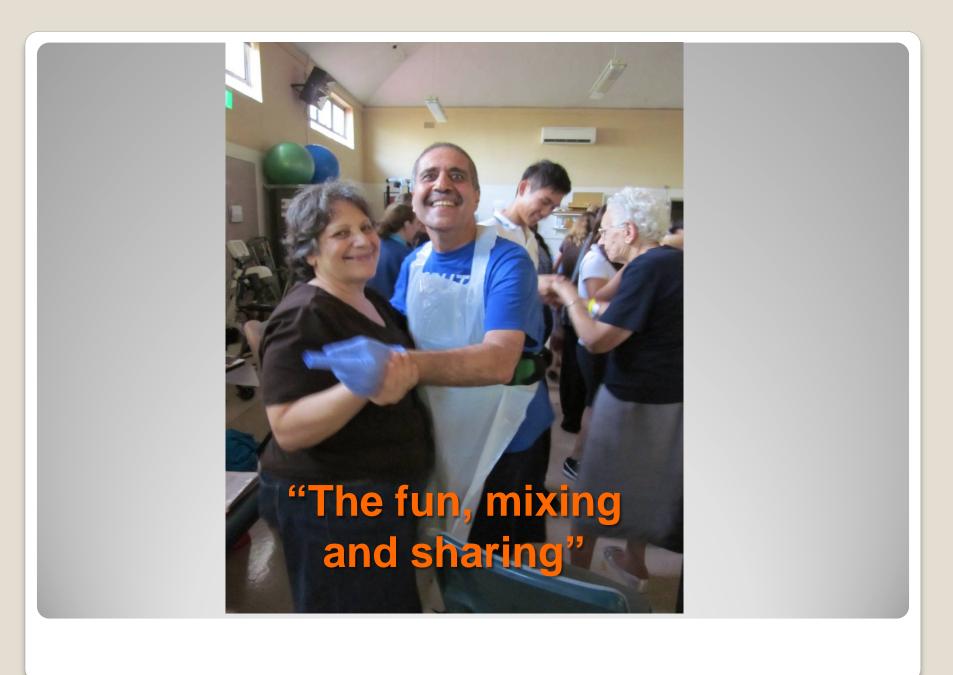


Outcome Measures

- Ward falls per month data
- Attendance statistics (% of ward)
- Falls per month data compared to attendance statistics
 - Client questionnaires to ascertain mood and inclusivity
 - Client post-discharge satisfaction surveys

Interim Results

- On average 46% of the ward attend each weekly session.
 - An average of 9 clients are at each session.
 - 28% of clients are 40-65yrs old
 - 33% of clients are 65-80yrs old
 - 39% of clients are 80+ yrs old
- Clients needs range from ABI, stroke and burns survivors to orthopaedic, de-conditioned and people with a learning disability.



Interim Results

- February 2012 Falls = 50% reduction on 2011
 - March 2012 Falls = 85% reduction on 2011
 - April 2012 falls = 50% increase on 2011
 - May 2012 Falls = 33% reduction on 2011
- Average of 2 falls per month with 48% attendance.
 - Client questionnaires resoundingly positive.
- Satisfaction surveys average +15 positive comments and 15% more returns a month.

Project Continuation

Currently

- Project supported by falls committee
- Co-worker role identified as vulnerable due to nursing staff demands

Future Avenues

- Pick-up-and-go resource bags
- Funding for resources
- Sustainability requires staff training
- Potential roll-out to other aged care facilities



Conclusion

- Falls Prevention does not have one easy solution.
- Artistic approaches are valuable and make a difference.
- If you were a client which intervention would you prefer?
- We are all different and different projects must be available in recognition of this.

•Any Questions?



References

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