

***Co-production – using action research
to translate into practice the evidence
on falls prevention***

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Background

- well established evidence base for prevention of falls (Cochrane, 2012)
- poorly translated into practice (R.C.P 2010, WHO,2012)
- involvement of the public is a central focus of health policy in the United Kingdom (DoH 2006, NICE 2008)
- Co-production – a new concept (Carnegie Trust UK, 2011)
- Social capital (Global Report on Falls, WHO 2007)

Focus of study

- Can the research evidence for prevention of falls in older people be translated into practice through co-production using action research?
- What is the influence of social capital?

Methods (two phased approach)

- Study located on Islay – a remote and rural island in Scotland
- Duration of study: 2 years
- Phase 1 – to measure social capital
- Phase 2 - action research
- Mixed methods of data collection



Methods - Phase 1 (Quantitative)

Harmonised
Question Set for
Social Capital
from ONS
measure and
compare levels of
social capital
against national
social capital
indicators in
over 65's

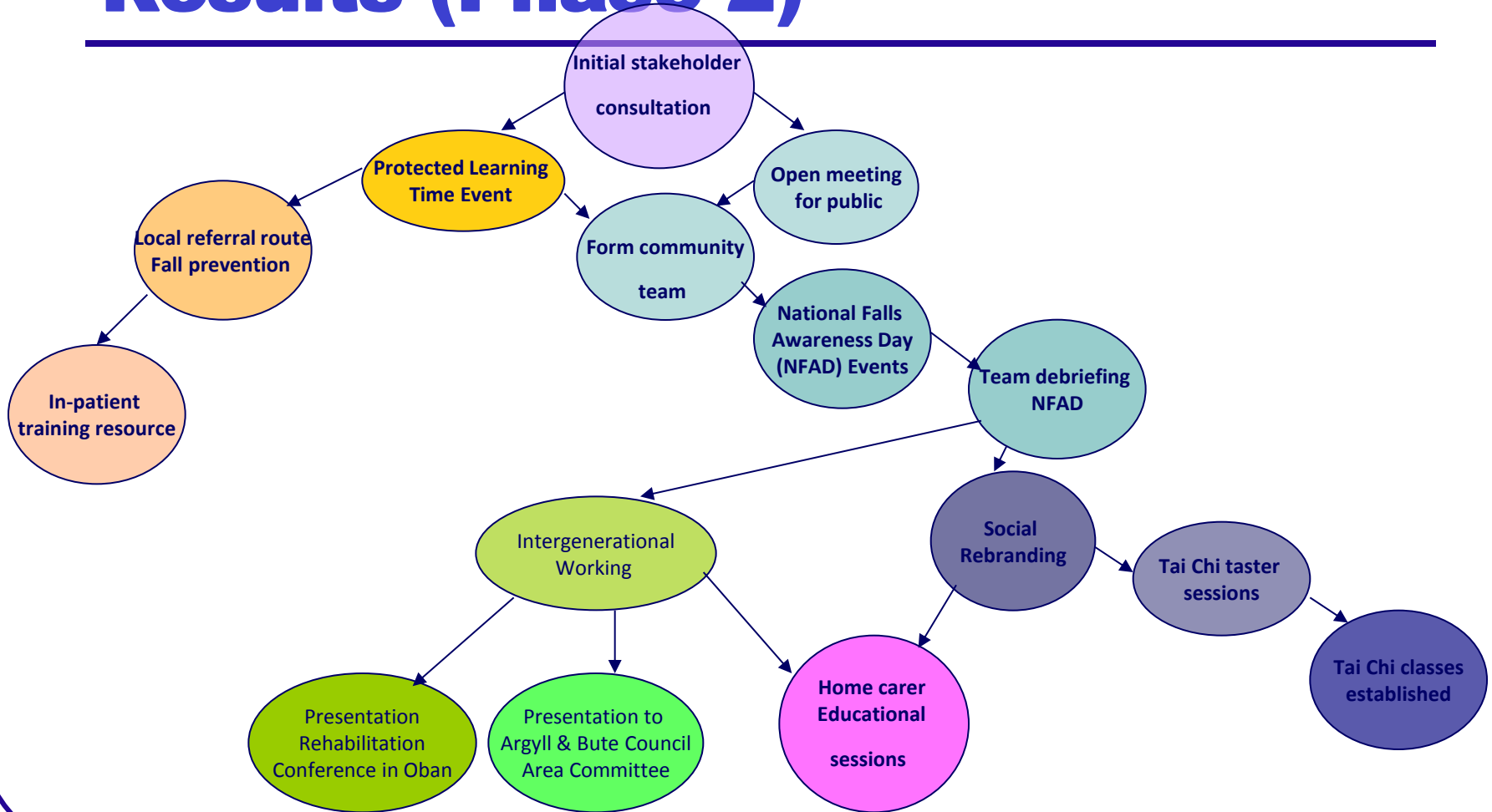
5 key dimensions

1. **views about the local area**
2. **civic participation**
3. **social networks and support**
4. **social participation**
5. **reciprocity and trust**

Phase 2 (Qualitative)

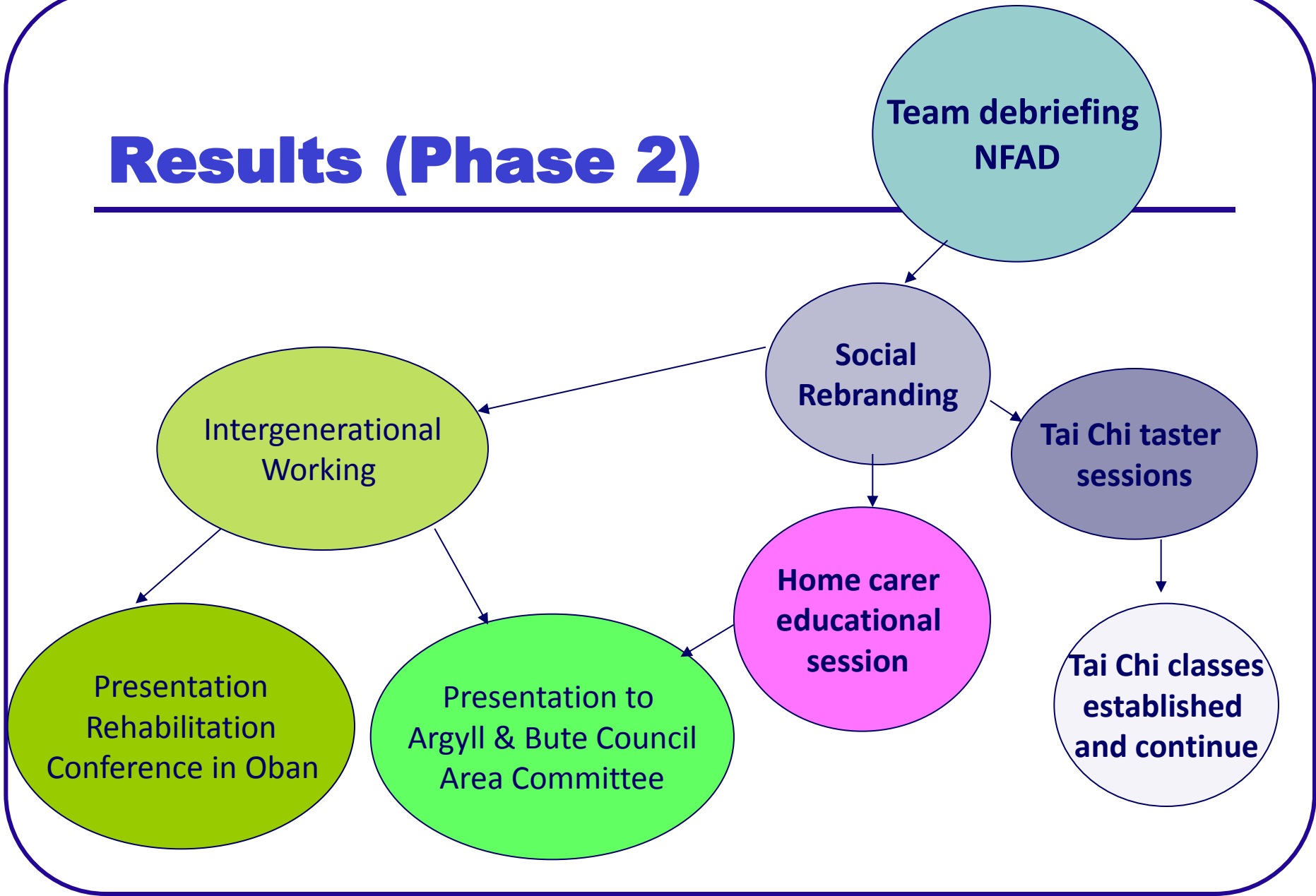
- Action research
- Involved members of the local community and public sector professionals in a co-production approach
- to translate the research evidence of falls prevention into practice

Results (Phase 2)



Team Evaluation

Results (Phase 2)



Identifying issues together



Results

- Social capital can be accessed to translate the research evidence of falls prevention into practice
- Intergenerational work with younger people was a key feature
- Bonding social capital and linking social capital were key in translating the evidence of falls prevention
- Results confirm that co-production can transform the delivery of services with the public

Limitations

- Context specific
- Reproducibility

Bottom Line

- Social capital levels are higher on Islay compared to national indicators
- The knowledge, ability and resources of both service providers and service users co-produced solutions to translate the research evidence of falls prevention into practice
- Action research can make a valuable contribution to build an evidence base around co-production in healthcare

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ISLAY'S DISTILLERIES

