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

Christine McArthur
NHS Highland
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)

- Local referral route
- Fall prevention
- In-patient training resource

- Protected Learning Time Event
- Initial stakeholder consultation

- Form community team
- Open meeting for public

- National Falls Awareness Day (NFAD) Events
  - Team debriefing NFAD
  - Social Rebranding
  - Tai Chi taster sessions
  - Tai Chi classes established

- Intergenerational Working
  - Presentation Rehabilitation Conference in Oban
  - Presentation to Argyll & Bute Council Area Committee

- Home carer Educational sessions

Team Evaluation
Results (Phase 2)

- Team debriefing NFAD
  - Social Rebranding
    - Tai Chi taster sessions
      - Tai Chi classes established and continue
    - Home carer educational session
  - Intergenerational Working
    - Presentation Rehabilitation Conference in Oban
    - Presentation to Argyll & Bute Council Area Committee
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.