

**A Patient, Public Involvement (PPI) project
to involve falls practitioners and older
people in the development and usability
of smart phone technology to prevent falls**

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Collaboration for Leadership in Applied Health
Research and Care (CLAHRC) Greater
Manchester

Project aims and objectives



National Institute for
Health Research

Part of an HHR funded feasibility study being conducted by the University of Manchester:

‘Can smartphone and teleconferencing technology be used to deliver an effective home exercise intervention to prevent falls amongst community dwelling older people?’

- Patients can set their goals alongside the health professional, which are linked to the exercises prescribed and motivational messages
- Self report and monitoring of home exercises completed
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- Enable the delivery of evidence based falls exercises remotely via video conferencing, individually and in a group.
- Connect to a Falls detector
- Be able to record outcome measures such as Timed up and Go

Project aims and objectives



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Aims of the project:

To ensure that technology developed for patients is user friendly, evidence based and person centred (Farseeing, 2015)

To explore the usability of the falls app specifically looking at the formation and content of the patient aspirations and motivational messages

To explore how the app can be used to offer remote exercise consultations to falls patients including practical considerations

To explore how staff and patients feel about the overall design of the app (mock-ups) including comments on - font size, images, colour, sound etc.

Project plan

Completed Activities

April

- Met with Dr Hawley Hague, read research proposal

May

- Literature search into best practice re: developing new technology- reviewed Farseeing guidelines, read app development research
- Assisted with main project's ethics proposal
- Reviewed knowledge on research design

June

- Involved in the development of motivational goals in falls app,
- Refined project -two PPI app. development workshops with older people and falls practitioners,
- Attended talk at University of Manchester on frailty,
- Joint visit with Dr Hague to patient's home to look at the practicalities

July

- Attended Nottingham Falls Symposium

Project plan

To be Completed...

July

- Carry out two app. development workshops- one with North Falls Service and one with a group from Age Uk Taemsaide
- Presentation to Chorlton Hub
- Blog for research web-site CMFT

August 2016

- Write up workshop findings, feedback findings,

September 2016

- Prototypes might be ready, assist with further usability testing with actual prototypes, start recruitment for main study

October 2016

- Start feasibility testing with patients

Resources

- Library and data bases
- Presentations on research design on the hub
- Funding to attend conference
- Finding out about other projects using technology in healthcare at the University of Manchester
- Proufound ***profound.eu.com/***

Obstacles/challenges faced

- Things take longer – eg. waiting for a reply from ethics, setting up the app workshop
- What was feasible in 6 months?
- Limitations of the app workshop
- Challenging assumptions about older people and technology
- The challenge of bringing something new into healthcare

Key achievements:

- Developed an understanding of the complexities of a research project – ethics, structure, time, funding
- Provided a link between research and clinical practice
- Improved influencing, motivational and networking skills
- Involved older people and practitioners in the design of new technology
- Challenged assumptions about older people and technology

References:

Boulton, Liz 2015, guidelines for design and implementation of technologies
<http://farseeingresearch.eu/2015/guidelines-for-design-and-implementation-of-technologies>