

# Stand Up Stay Up Programme

## Strength and Balance Exercise Common Dataset

### Introduction for data providers

Thank you for expressing your interest in contributing to a common dataset by providing details of your strength and balance interventions

Collecting common data across the partnership areas and wider Stand Up Stay Up network would enable us to:

- build a national picture in relation to strength and balance provision and its impact on falls prevention
- Maximise the impact of the Stand Up Stay Up programme across the local partnerships and network members.
- Give local partners and network members a stronger database with which to plan and make the case for future investment into falls prevention
- Strengthen the argument for strength and balance activity as a key component of falls prevention plans and programmes
- Provide a clear picture of what is being delivered and how it makes a difference
- Add to evidence of how strength and balance programmes help to increase confidence and reduce fear of falling

#### How the programme will work

We are asking participant organisations to provide data from their strength and balance classes that they run between May and November 2018. We want to follow progress of these programmes from beginning through to completion and see if we can provide a picture of the overall levels of improvement among participants.

All data will be completely anonymised and we are not asking for any patient sensitive information. The only identifier will be a unique reference number which is purely to ensure that information gathered at the beginning of the sessions is mapped correctly to information provided at the end of the sessions.

The core data elements are below and more detail can be found in the Data Collection Form. Many of these elements will be data that providers already collect and so hopefully this will not add significantly to the workload involved in the process.



## Core data elements

Data measure	When administered	
	Before start of course	At end of course
No. people referred to strength and balance activity	✓	
No. people participating in strength and balance activity	✓	
What kind of course it is e.g. STEER, Get Up & Go etc.	✓	
How many sessions the course has	✓	
Referral route: specialist falls service / other professional e.g. GP or support worker / self referral	✓	
Adherence rate: no. people attend 80% of sessions (capture attendance)		✓
QTUG/Timed Up and Go with each individual	✓	✓
The 30 second sit to stand test with each individual	✓	✓
Short version FES-I - the Falls Efficacy Scale is a recognised tool for measuring confidence, fear of falling, etc.	✓	✓

### Timed Up and Go test

The rationale for the suggested data is that the Timed Up and Go test is a well-respected test widely utilised across the country. The use of data devices such as the QTUG to monitor and provide more detailed data is happening more widely and is a feature of a number of projects operating within the Stand Up Stay Up programme. However we do not want this data collection to be confined to those areas and so have suggested that the TUG in the standard way that it is delivered is an ideal starting point for areas not using technological approaches. **Please note that these tests should only be carried out by people who are appropriately trained and qualified to do so.**

### The 30 second Sit-to-stand test

This test is often used in conjunction with the Timed Up and Go test and provides additional evidence of a person's likelihood of falling. It is a useful indicator of progress following a strength and balance intervention. **Again, please note that these tests should only be carried out by people who are appropriately trained and qualified to do so.**



## FES-I (Falls Efficacy Scale-International) questionnaire

We also want to collect some data on fear of falling and levels of confidence to carry out daily tasks. This is important in helping to demonstrate the impact of improving strength and balance on people's lives. We have therefore included the short FES-I questionnaire on the data collection form and have included a brief explanation of the FES-I in the pack. We appreciate that not everyone will want to include this element but it is a very short exercise and the more data that we can gather, the more useful the resulting dataset will be. Please include this if you can. We recommend that this test is done first so that it is not influenced by the results of Timed Up and Go/QTUG or 30s Sit to stand test.

## The Strength and Balance Exercise

We are aware of the current evidence base in relation to what works in improving strength and balance but in terms of the data we are collecting we are not being prescriptive as to the type of strength and balance activities that are being recorded. It is important to understand the level of activity taking place, how much of this is delivered to the evidence based level and what the adherence rate is. We are also interested in whether participation in organised strength and balance leads participants to undertake further activity by incorporating it into their lives or by moving on to further formal exercise activities once the programme is complete. We also would like to understand a bit more about what advice and information is given to people who are not referred into a strength and balance programme (perhaps because a Timed Up and Go /QTUG test has indicated that there is not a need or priority for this) and whether they are referred to other types of activity.

This is a first step towards collecting and collating this type of data more systematically and effectively in a way that can provide clear insights into the levels of strength and balance available at present and how those who are referred or self-refer into these opportunities are benefitting from them. Hopefully the learning from this process can be used to build a sustainable model of data collection on the delivery of strength and balance activity across the country and its impact on the lives of those who participate in them. Hopefully it will also provide further evidence of the benefit of investing in delivering these activities more widely as a key measure for all falls prevention programmes.

## Agreement to participate

The agreement to participate form for the exercise provider is included in the pack. This provides your confirmation that you are participating in the programme. Please complete one and return it to us at [amartin@rospa.com](mailto:amartin@rospa.com) You may also want to use it as a template with your exercise providers but no doubt you already have agreements in place with them, so it is there as an optional additional tool if it is helpful.

## Collecting and submitting data

The process for participation in the programme is outlined in the flowchart which is included in the briefing pack along with the data collection form and the spreadsheet which are the main tools for the data collection.

