

REDUCING FALLS AND FRACTURES IN ELDERLY- VALIDATION OF DIGITAL APP-BASED SELF-MANAGEMENT EXERCISE AND EDUCATION PROGRAMME

INTRODUCTION

A minimum of two hours of strength and balance exercise per week for six months is recommended as best practice dosage to prevent falls in older adults¹ . Moves4me is a digital platform that helps deliver a structured exercise and education programme to those people who are unable to access exercise by traditional methods. It is designed for easy use and has various 'levels' for beginners to advanced users with 'rewards' to motivate and promote behaviour change. The user can track their progress throughout the process. The exercises within the app are designed to slowly and steadily build muscle and bone strength to improve functional capability, balance, well-being and confidence.

PROPOSAL

The Moves4Me app aims to provide self-management and educational support to reduce the risk of falls and fractures.

The proposal is for the Moves4Me app to be rolled-out in a pilot programme in East Lancashire to enable academic research to validate its effectiveness. This evidence base would support the app to be incorporated into musculoskeletal and falls pathways supporting a consistent approach and shared decision making between patients and clinicians.

The proposal aligns with the use of digital technology to address the health impact of long term conditions, early intervention and self-care in line with the Healthier Lancashire & South Cumbria Sustainability and Transformation Plan 2016/17-2020/21 and the Digital Strategy². The project is being supported by Innovation Agency North-West Coast.

ACADEMIC PARTNERSHIP

We are looking for academic partners to co-design the study and help with quantitative and qualitative analysis.

CONTACT

¹ Sherrington C, Tiedemann A, Fairhall N, Close JCT and Lord SR: Exercise to prevent falls in older adults: an updated meta-analysis and best practice recommendations. NWS Public Health Bulletin 2011; 22 3-4

² <https://www.healthierlsc.co.uk/digitalfuture>

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