

Fall Prevention for Individuals with Intellectual Disabilities

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Introduction

Background:

Falls among individuals with intellectual disabilities (ID) are prevalent and closely associated with the same risk factors as older adults.

However, there is limited research and education on fall prevention within this population.

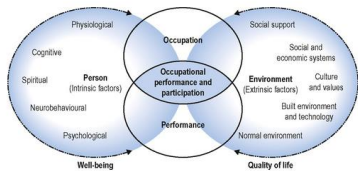
Aim:

This study aims to address whether educational modules increase caregiver knowledge, self-efficacy, and/or awareness of fall risk factors associated with individuals with ID.

Literature Review

Many of the associated risk factors for individuals with ID are comorbidities, behaviors and contextual/environmental factors (Finlayson, Jackson, Mantry, Morrison, Cooper, 2014; Cahill, Stancliffe, Clemson, Durvasula, 2014; Clemson, Stancliffe, Durvasula, Sherrington, 2010). Along with the associated risk factors is the lack of education for families and caregivers to understand the fall risks and fall prevention (Rodger, Ledger, Spencer, 2017). Therefore, the purpose of this study is to examine issues regarding falls and to facilitate educational modules to caregivers who work with individuals with ID.

Guiding Model PEOP Conceptual Model



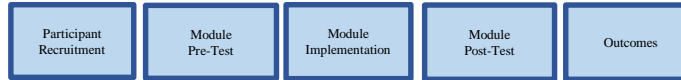
Methodology

Research Design: This study was composed of two different phases and utilized a pre-test post-test research design.

Phase 1: Development of Modules



Phase 2: Implementation of Modules



Phase 1: Results,

- ❑ A total of thirty articles were retrieved, analyzed, and organized using a “Table of Specifications”. The table of specifications outlines the citation, an overview of the article, and as a result questions are developed to guide the evidence based educational content in the module. Each article was critically analyzed, and question(s) were formed from content retrieved to establish components for our educational module. The resulting components of the educational module include facts concerning fall prevention, as well as strategies to reduce the occurrence of falls.
- ❑ The evidence-based educational modules were developed based upon current evidence and best practices within the field of occupational therapy and related social science fields. The researchers developed one overarching educational module with two categories: facts and statistics related to fall risk, as well as strategies to reduce fall occurrences. These categories were designed based upon the identified topics and questions developed in the table of specifications. Google Sites was used as a platform to launch the evidence based modules and pre-test post-test.
- ❑ Content expert will validate the modules and as a result the modules will be revised.

Phase 2: Results, Study to be implemented in November 2019

Results

Phase 1: Evidence based modules are complete, content expert to complete validity.

Phase 2: To be completed in December 2019.

Conclusions

There is potential for these modules to be embedded within training programs across families, caregivers and healthcare professionals, which may help to increase the knowledge and confidence to reduce falls within the ID population.

Limitations

The small sample size may not generalize to caregiver’s working with other populations. There may be a low response rate due to the survey being online or too technical for some individuals.

Implications for Practice

Our results aim to provide insight to caregiver education on reducing falls by implementing modules and other strategies which can be implemented within the ID population.

References

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