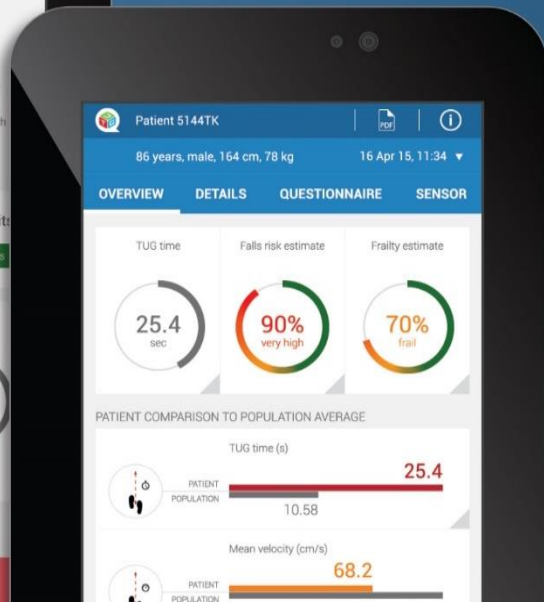
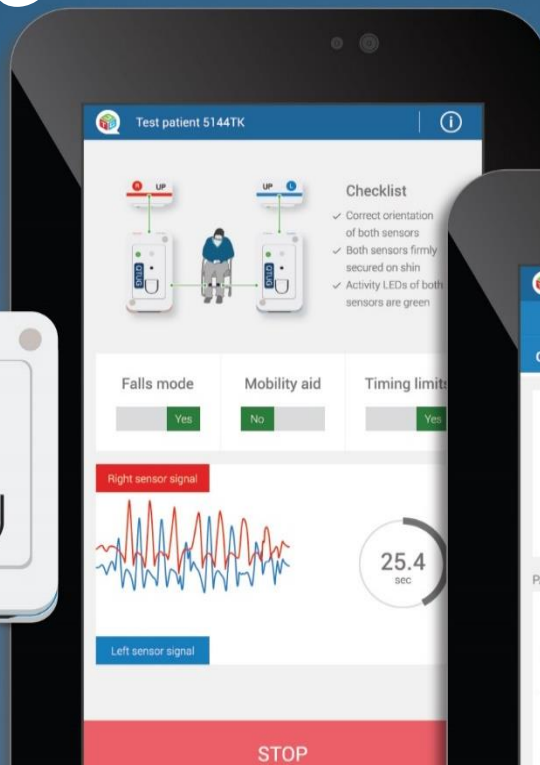


# KINESIS QTUG™

CASE STUDY:  
HERTFORDSHIRE CARE  
PROVIDERS  
ASSOCIATION (HCPA)



## Introduction

Falls are a major problem in the UK older adult population. In England each year there are an estimated 3.4 million falls, costing the NHS £4.6M per day. NHS figures for the cost of falls range from £1.6Bn to £2.3Bn annually. The UK National Hip Fracture Database (NHFD) estimates there are more than 65,000 hip fractures each year, costing £2Bn. Studies have shown that falls can be reduced by 30-50% through **early intervention**.

Early screening to accurately identify if a patient is at risk of falls could be extremely beneficial, both in terms of reducing the number of falls and boosting the efficiency of existing services thereby reducing the cost of managing and treating falls. As healthcare systems are shifting towards an outcome based payment models, it is important for health and care providers to objectively measure the impact and value of the services they provide.

## Programme

Hertfordshire Care Providers Association (HCPA) have deployed Kinesis QTUG™, an evidence based tool for accurate identification of falls risk, in a falls screening and exercise programme in 19 nursing homes across the Hertfordshire area. 190 patients were assessed at entry to the programme, after 12 weeks and at 24 weeks.

## Results

Results of the programme show that Kinesis QTUG™ was able to measure a reduction in falls risk, in 15 of the 19 nursing homes, in residents who attended more than 50% of the exercise classes provided by the programme. Results also showed that clients who attended less than 50% of the exercise sessions demonstrated little to no improvements in falls risk.

Kinesis QTUG™ results demonstrate that there is a positive relationship between attendance at the classes and a decrease in average falls risk for each nursing home. The programme also highlights the ability of Kinesis QTUG™ to provide objective outcome measures to assess the impact of therapy services.

