A Randomized Controlled Trial: Multifactorial Falls Intervention In Malaysian Older Fallers (MyFAIT Study)

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Introduction

Approximately one in three older people fall within 1 year. [1] This makes falls a major, worldwide geriatric problem. Multifaceted interventions were shown to be effective in previous studies. [2] However, most falls studies were focused in Western, developed countries.

Objectives

To evaluate whether individually-tailored multifactorial interventions will reduce falls in community-dwelling older Asians, of low-middle income.

Methods

Recruitment target for MyFAIT is 300 fallers. As the recruitment phase commenced in July 2012, this poster will report on the baseline results of 112 RCT fallers (includes intervention & control).

Inclusion criteria
- > 65 years old
- > 2 falls or 1 injurious fall in the past 12 months

Exclusion criteria
- Clinically diagnosed dementia (ICD-10)
- Major physical disabilities and psychiatric illness

Baseline Assessment (for eligibility)

Recruitment

Randomisation

Intervention
Individually-tailored multifactorial interventions:
- Home modification
- Otago exercises
- Visual correction
- Culprit medications review
- Cardiovascular intervention

Control
- Routine care
- Conservative advice

Outcome measures

- Primary outcomes: Monthly diaries
- Secondary outcomes:
  - Balance-related physical capabilities
  - Quality-of-life (CASP-19)
  - Psychological (DASS-21)
  - Falls efficacy (short FES-I).

Discussion & Conclusion

Gait and balance disorders are the most prevalent risk factors for falls, followed by home hazards and visual impairment.

Dizziness is the most prevalent symptom leading to a fall, followed by pre-syncope, vertigo and loss of consciousness.

Our multifactorial interventions are targeting these risk factors of falls in the elderly. Therefore, effectiveness of interventions in reducing falls compared to conventional care, would be demonstrated upon completion of the study.

For more information, please contact peyjune@gmail.com.

Acknowledgments:
My sincerest thanks to the University Malaya Research Grant (UMRG) (grant number: RP010-2012A) for funding this research. Thank you also to the members of the Ageing Research team for all your support.

References:

Preliminary Results

To date, 112 fallers have been assessed, with 47 excluded for unmet criteria.

- The mean (SD) age = 73.6 (6.8) years
- 67% were female.
- Total of number falls = 397
- 86% of falls occurred indoors.

Table 1: Percentages of fallers experiencing various types of dizziness symptoms before a fall.

<table>
<thead>
<tr>
<th>Symptoms experienced before a fall (n=112)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness</td>
<td>39</td>
</tr>
<tr>
<td>Pre-syncope</td>
<td>18</td>
</tr>
<tr>
<td>Vertigo</td>
<td>16</td>
</tr>
<tr>
<td>Loss of consciousness</td>
<td>12</td>
</tr>
</tbody>
</table>

Figure 2: Risk factors for elderly fallers based on baseline results.