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| Host department: Exeter |
| Project Title: Adaptation and evaluation of the FaME programme in older people in assisted living facilities |
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| Proposed supervisory team: |
| Primary supervisor  Prof Vicki Goodwin, University of Exeter, physiotherapist, expertise in ageing and rehabilitation, mixed methods, intervention development and evaluation  Secondary supervisors  Professor Liz Orton: University of Nottingham, expertise in falls and injury prevention, consultant in public health  Dr Sarah Griffiths: University College London, expertise in qualitative method and complex intervention development  Collaboration with Professor Dawn Skelton (developer of the FaME programme) |
| Potential for cross consortium networking and educational opportunities: |
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| Project description: |
| Falls in older adults are common and place a significant burden on health and social care. However, by improving an individual’s strength, balance and confidence the occurrence of falls can be reduced. The Falls Management Exercise (FaME) programme has been shown to reduce falls, improve confidence and reduce fear of falling in community-dwelling older people in clinical trials. FaME has not been tested in older people living in supported/assisted living facilities.  Aim: to adapt and evaluate the FaME programme with people aged 65 and over in assisted/supported living facilities  Methods: Mixed methods study comprising: (a) a realist review to understand FaME and the context specific issues (b) interviews with key stakeholders and mapping the differences and similarities between original and new contexts to understand implementation issues; (c) revising/refining FaME intervention and materials; (d) a mixed methods evaluation of FaME within 4-6 assisted living facilities. |
| Indicative project costs: |
| Salary – estimate NHS Agenda for Change Band 7 (2023/24 range is £45,996 to £50,056 pa) plus on costs.  Training expenses (over course of doctorate) –PhD fees (~£15,000), Training courses (~£7,500) and conferences (2 UK and 1 international conference; ~£6,000). Total estimated £28,500  Research costs will be required for data collection travel, interview transcription, incentives, intervention costs and PPIE. To promote inclusivity an interpreter may be required for some PPIE and research participation activities. Dissemination costs eg sketchnotes, illustrated outputs (Total estimated £20,000) |
| Training and development provision by host: |
| *Formal training:* A personalised training and development plan will be informed by training needs analysis completed by the PhD researcher in month 1 and reviewed annually. Training will focus on specific project needs such as evidence synthesis, qualitative methods and complex intervention development and evaluation, as well as personal development and leadership. |
| *Informal training:* The supervisory team will meet formally each month to plan and discuss progress. Additional informal meetings will take place as required with individual supervisors. The student will be supported to identify a mentor external to the supervisory team. The PhD research will benefit from the supervisors’ networks and multidisciplinary expertise within the University of Exeter’s Faculty of Health and Life Sciences and externally. They will have the opportunities to attend seminars, join the early career researcher network and be part of the Ageing Research Group. As NIHR Academy members, the PhD researcher will have the opportunity to attend NIHR Academy and SPCR training and networking events and apply for additional funding to develop networks and new skills. |
| PPIE and stakeholder engagement will be an integral component throughout this PhD and the fellow will have the opportunity to attend relevant formal training and develop their skills through experiential learning with members of the team e.g. Prof Goodwin leads the PPIE for the NIHR National Priorities Programme for Ageing, Dementia and Frailty. |