

Comparing the Outcomes of Virtual Versus In-Person Delivery of an Evidence Based Falls Prevention Program: Preliminary Findings

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INTRO

- In response to the global COVID-19 pandemic, MaineHealth's Partnership for Healthy Aging adapted the Lay Leader model of MOB for virtual delivery (MOB-V).
- Review of MOB-V pilot data suggested that it was also effective in reducing the fear of falling and increasing the activity levels of older adults.
- MOB-V was more widely disseminated during 2021 and 2022, but to date no comprehensive program evaluation of the MOB-V has been completed.

METHODS

- N = 687 participants of MOB classes (virtual and traditional)
- National Falls Database collected between January 1, 2021 and December 31, 2022
- Tested with Pearson Chi-Sq, Kendalls Tau-b

RESULTS

Reduced Fear of Falling					
	Virtual	Traditional	Chi Sq	Sig	Kendalls tau-b
Strongly/Disagree	8	13	3.109	0.077	0.032
Neither	24	84			
Strongly/Agree	162	396			

Increased Activity Level					
	Virtual	Traditional	Chi Sq	Sig	Kendalls tau-b
Strongly/Disagree	6	12	1.441	0.486	-0.044
Neither	13	23			
Strongly/Agree	175	458			

Demographics					
	ALL	Virtual	Traditional		
Demographics	N	N	N	%	%
Avg Age	687	194	493	77.6	78.3
Gender					
Male	126	40	86	18.3%	17.4%
Female	541	144	397	78.7%	79.2%
Prefer Not to Answer	2	1	1	0.3%	0.5%
Missing	18	9	9	4.3%	4.6%
Race					
Native American	9	2	7	1.3%	1.4%
Asian	35	10	25	5.1%	5.1%
Mix/Multi-Race	2	0	2	0.3%	0.4%
African American	61	35	26	8.9%	5.3%
Native Hawaiian/Pacific Islander	1	0	1	0.1%	0.2%
White	536	132	404	78.0%	81.9%
Missing	43	15	28	6.3%	5.7%
Latinx					
Yes	28	9	19	4.1%	3.9%
No	636	181	455	92.6%	92.3%
Missing	23	4	19	3.3%	3.9%

DISCUSSION

- These data are findings from preliminary analyses. Included are descriptive and bivariate analyses differences between the two models. It was hypothesized that we would see no difference between the two delivery methods, and this was seen with the bivariate analyses. Further analysis will include multivariate analyses to examine the impact, if any, of the number of falls, confidence in managing falls, and demographic variables on these outcomes. Nevertheless, the current analysis indicates that there is no real difference in reduced fear of falling and increased activity level between virtual and traditional MOB.

FINANCIAL DISCLOSURE

- A Matter of Balance National Program is funded by program revenue

A Matter of Balance: Managing Concerns about Falls Lay Leader Program©: No difference between Virtual and Traditional Delivery



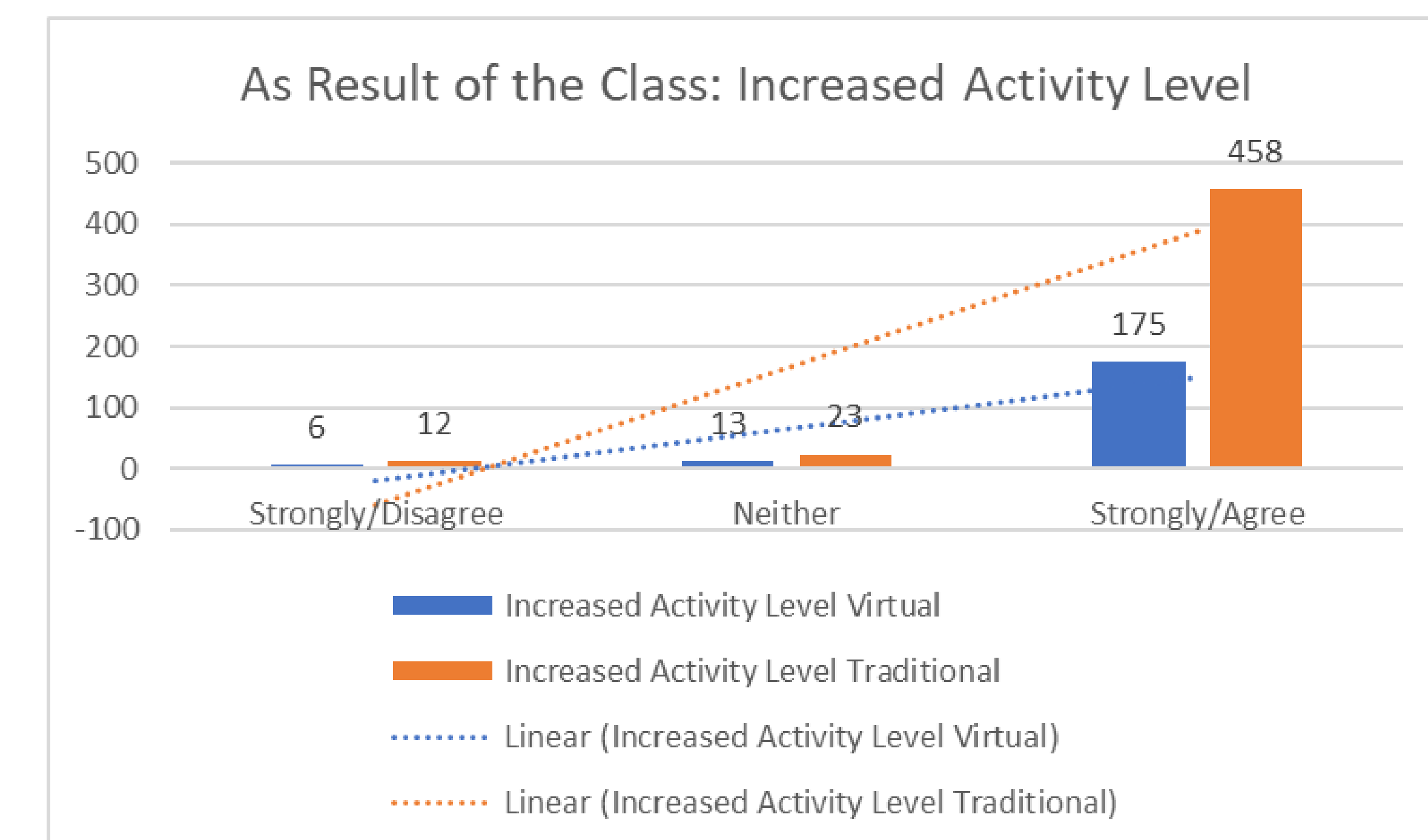
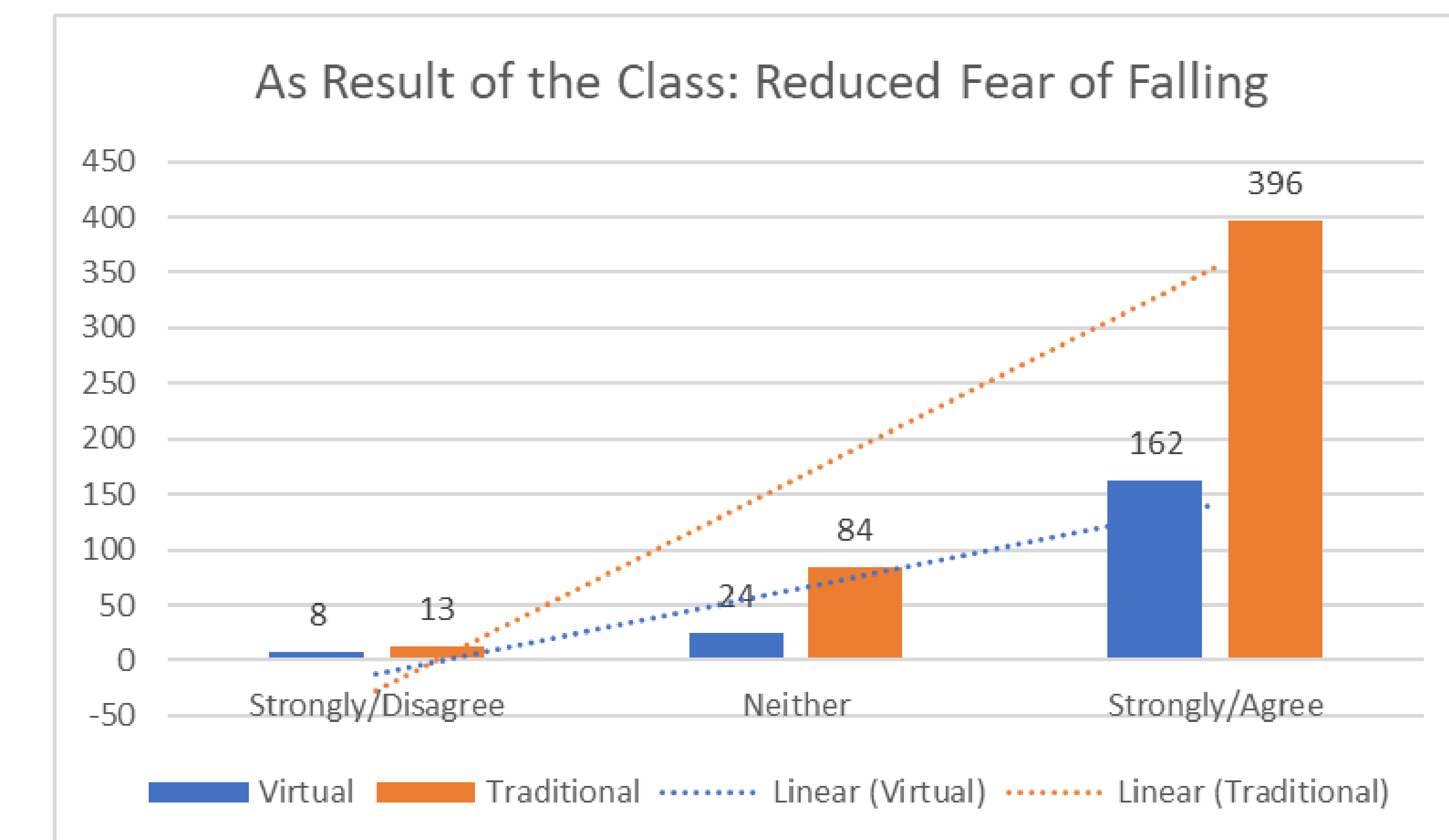
Source: engAGE Travis County Health and Human Services MOB/V class

"It is nice to be able to do it remotely because of the pandemic you really lose contact with people and it was nice to be with a bunch of different personalities. I think (MOB) would be beneficial for everyone to take."

Yvonne P. Age 72



Source: Utallahassee.edu



Data Source: Thank you to the Administration for Community Living and National Council on Aging's Healthy Aging Program Integrated (HAPI) Database



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