

Barriers and facilitators to engagement in fall interventions among older adults from ethnic backgrounds: a systematic review

Background:

- Over a third of older people fall each year, costing the NHS roughly £2.3 billion annually.
- Many interventions are available to prevent falls such as education and exercise training. However, their effectiveness at reducing fall prevalence is minimal due to low adherence, especially amongst ethnic minority groups.
- There is currently a paucity of research in this area particularly among older adults from ethnic minority groups.

Aims:

- To identify the main facilitators and barriers to the uptake of fall prevention programs in older adults from ethnic minority groups.

Methods:

- A literature search was conducted on Medline, Embase and CINAHL databases using the PICOD framework and an inclusion/exclusion criteria.
- Joanna Briggs Critical Appraisal (JBI) tool was used to undergo a quality assessment of the final 12 studies: 9 qualitative and 3 mixed method
- Data extraction took place, and key themes were categorised using the COM-B model.

Results:

- The review included 1176 participants including Hispanics, South Asians, Chinese and African American ethnic groups.
- Quantitative findings showed a statistically significant correlation between adherence and the following factors: I) living alone, II) low mood, III) level of education and IV) culture.

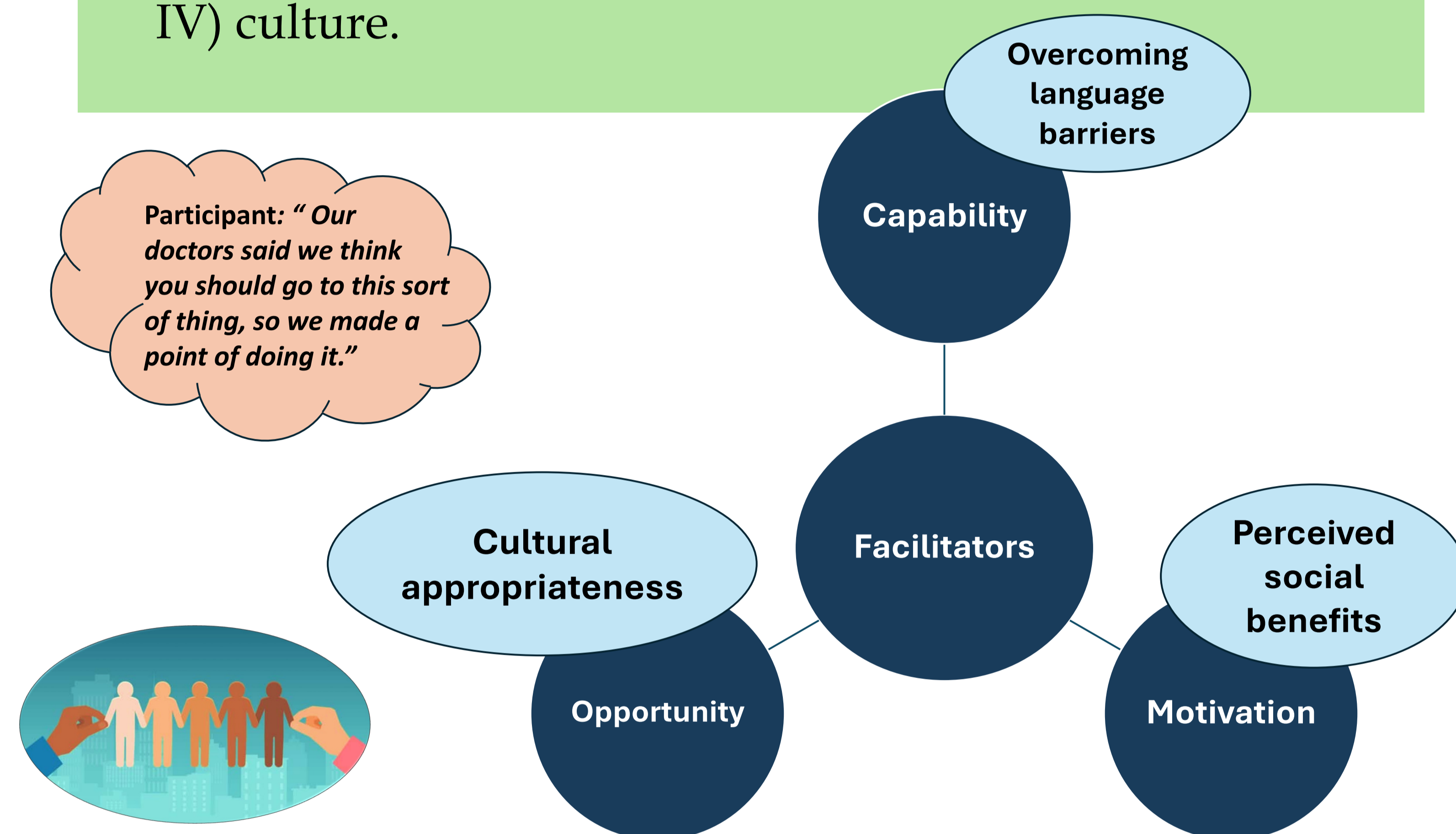


Figure 2 - Main facilitators to uptake of fall interventions

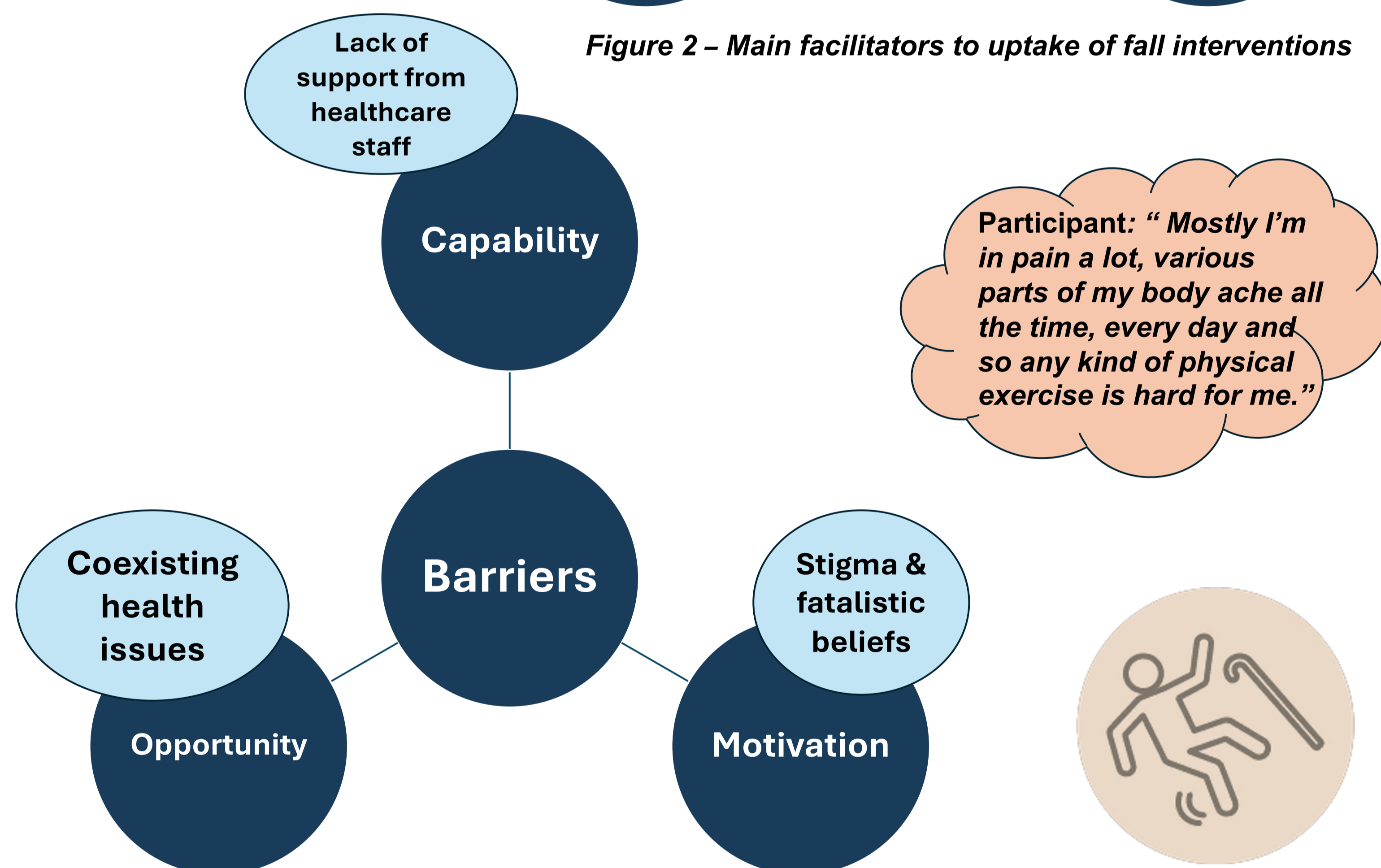


Figure 3 - Main barriers to uptake of fall interventions

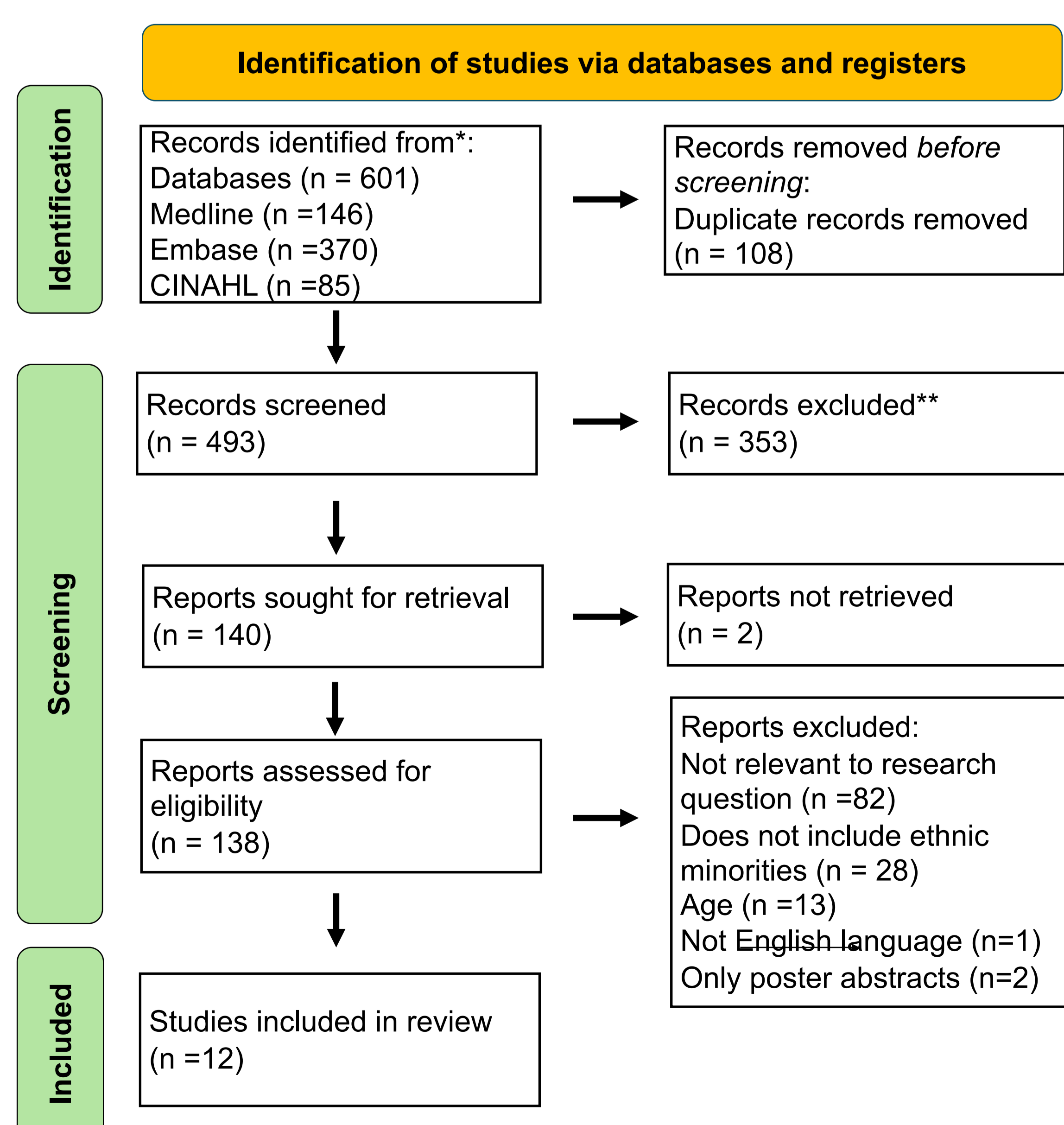


Figure 1 - PRISMA flowchart showing screening process

Conclusion & further research:

- Healthcare workers need to be more proactive in referring to fall services and eliminating any misconceptions regarding fall interventions
- Psychosocial benefits of fall interventions such as social engagement needs to be promoted
- Improve policies by including falls screening, referral and prevention information in the UK Quality and Outcomes Framework

