

Orthostatic hypotension in older people

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NON DRUG THERAPIES FOR OH

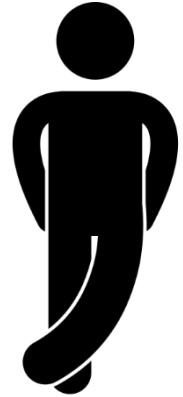
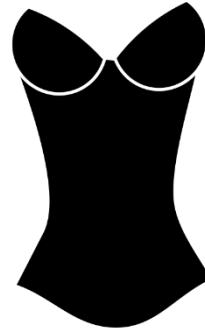
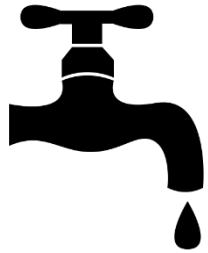
Priorities for older people with OH

“treatment would be good but not more medication, I already take enough medication”

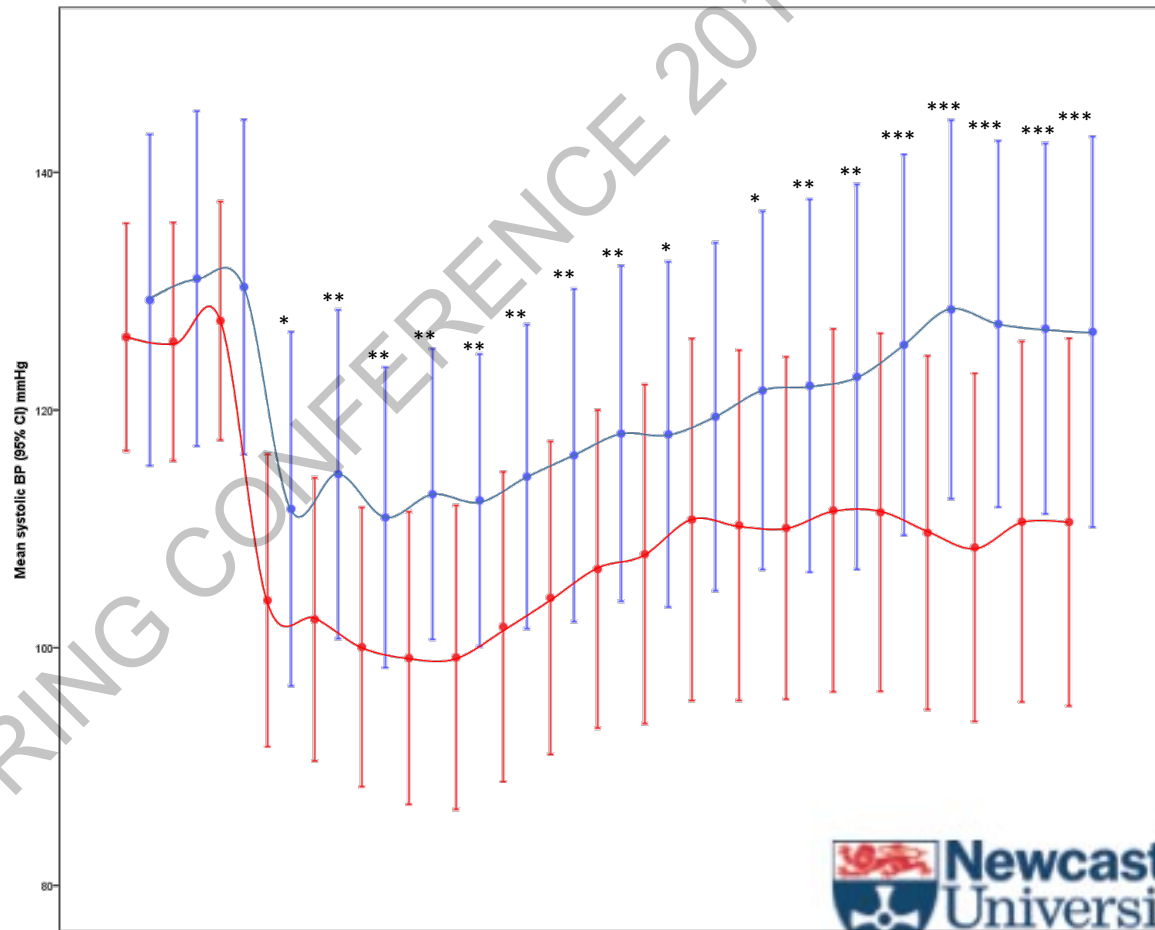
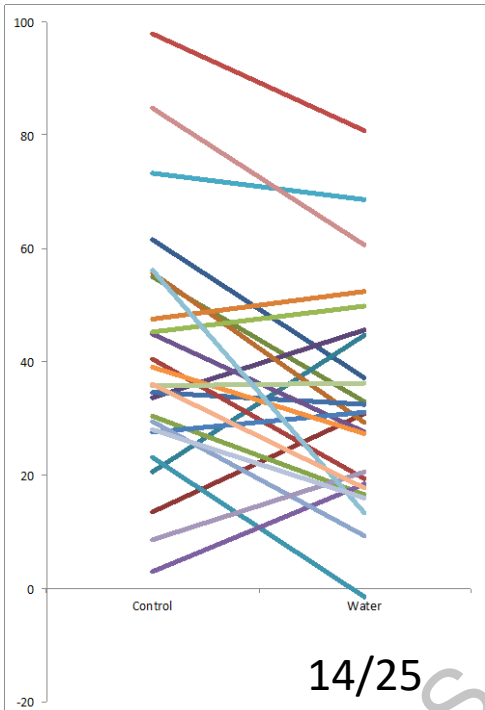
“I would prefer not to have to take tablets so anything that could help me do this would be great”

“especially non-drug treatments like developing something like the 'Staying Steady' group but specifically for OH patients”

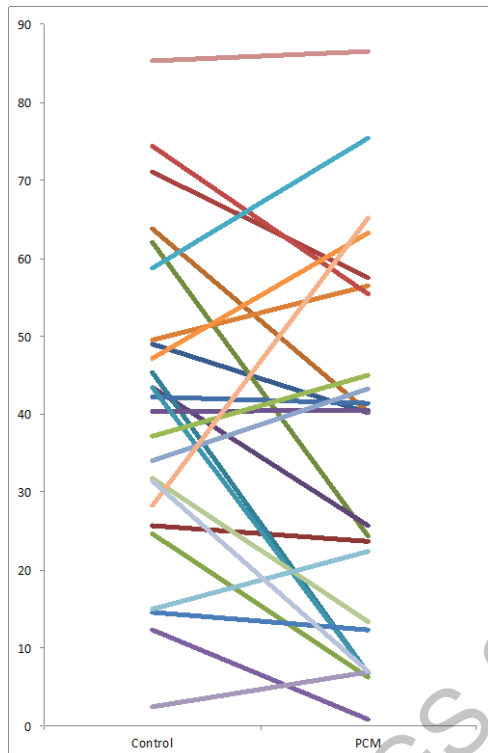
Non-drug therapies – phase 2 study



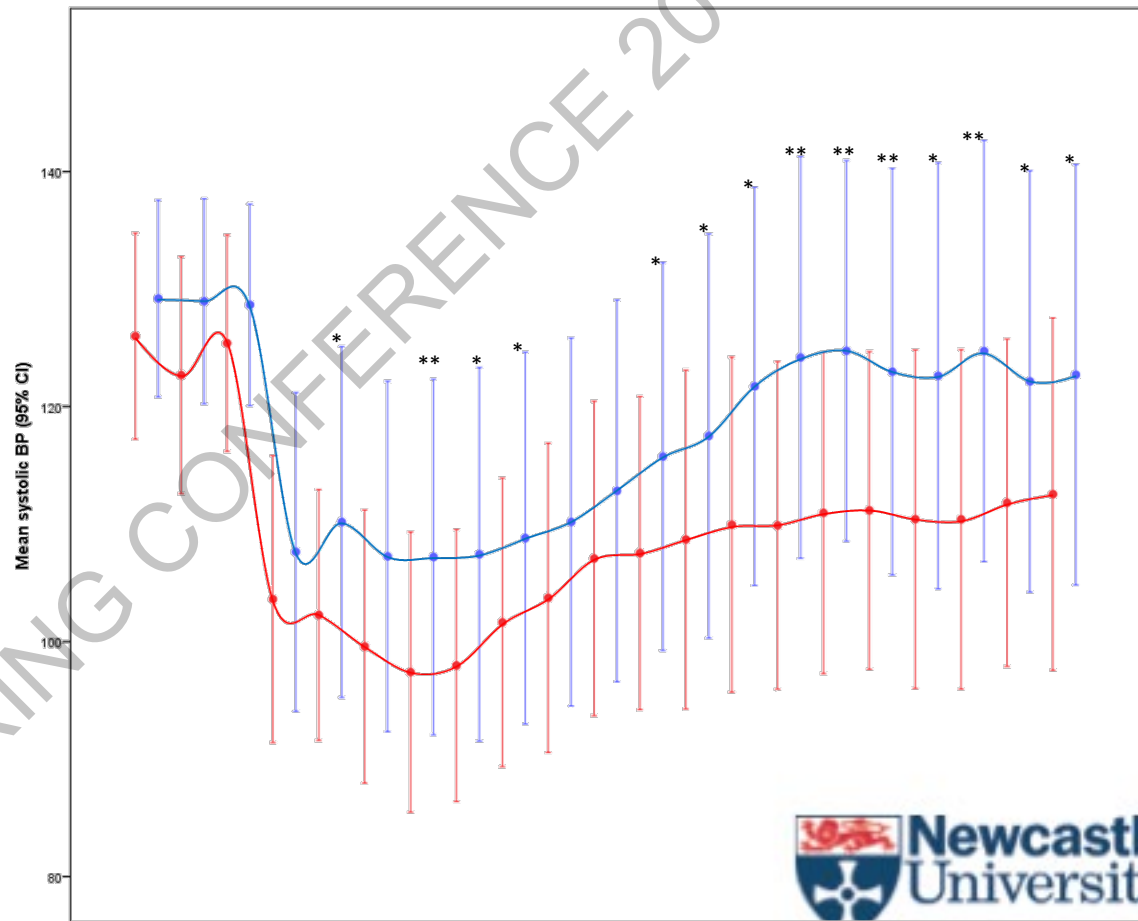
Water



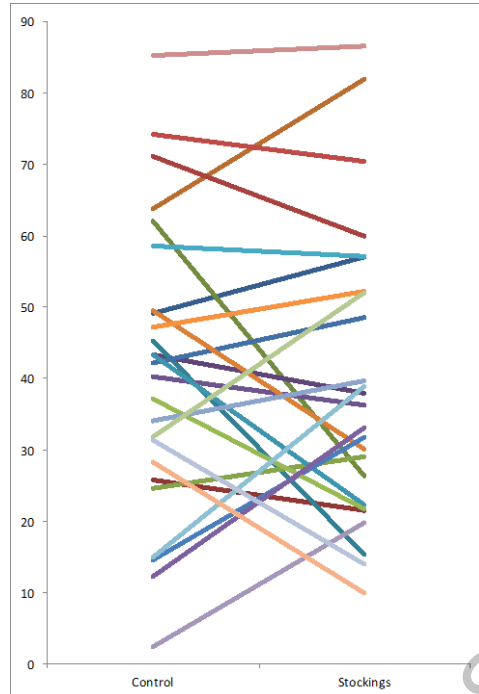
PCM



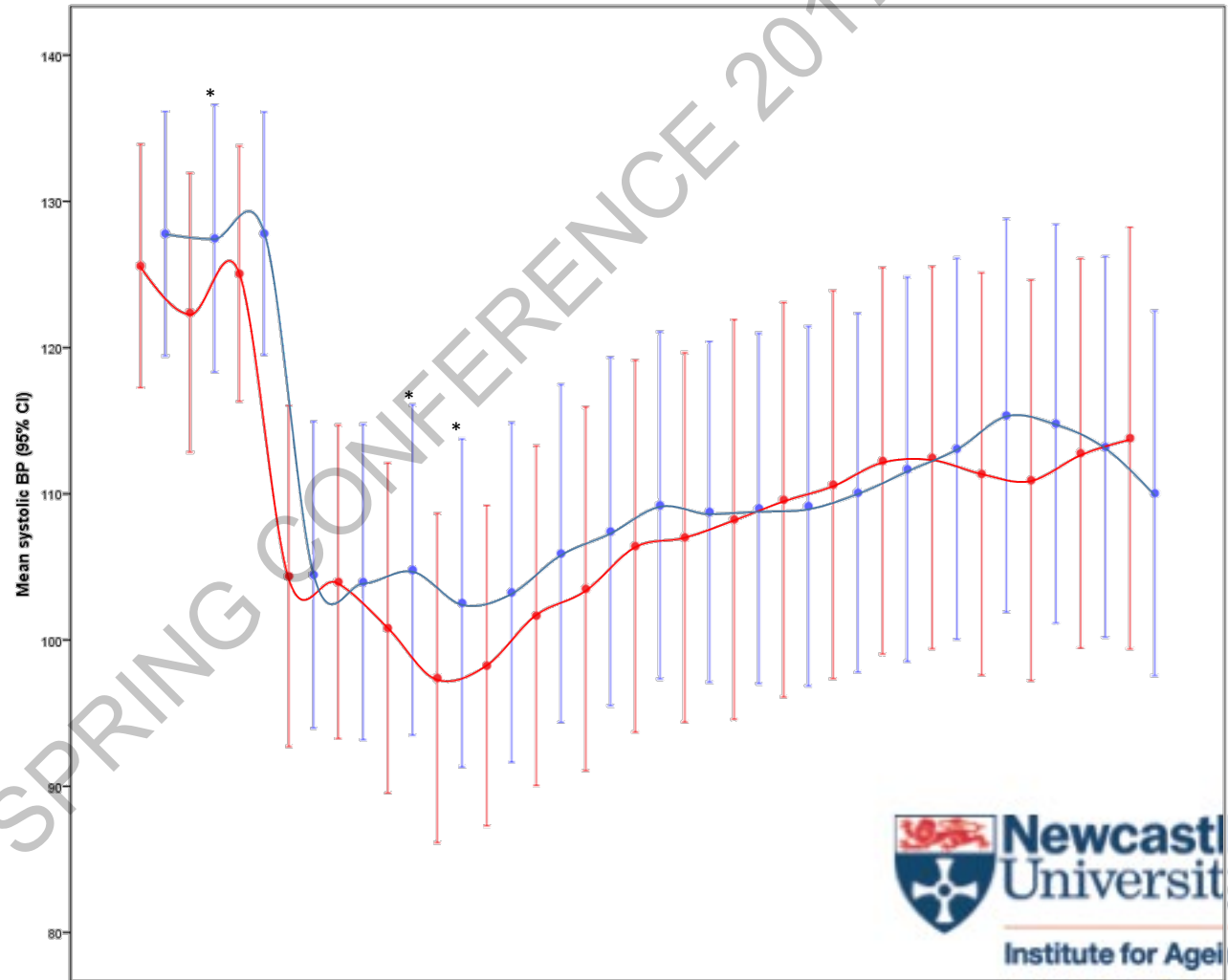
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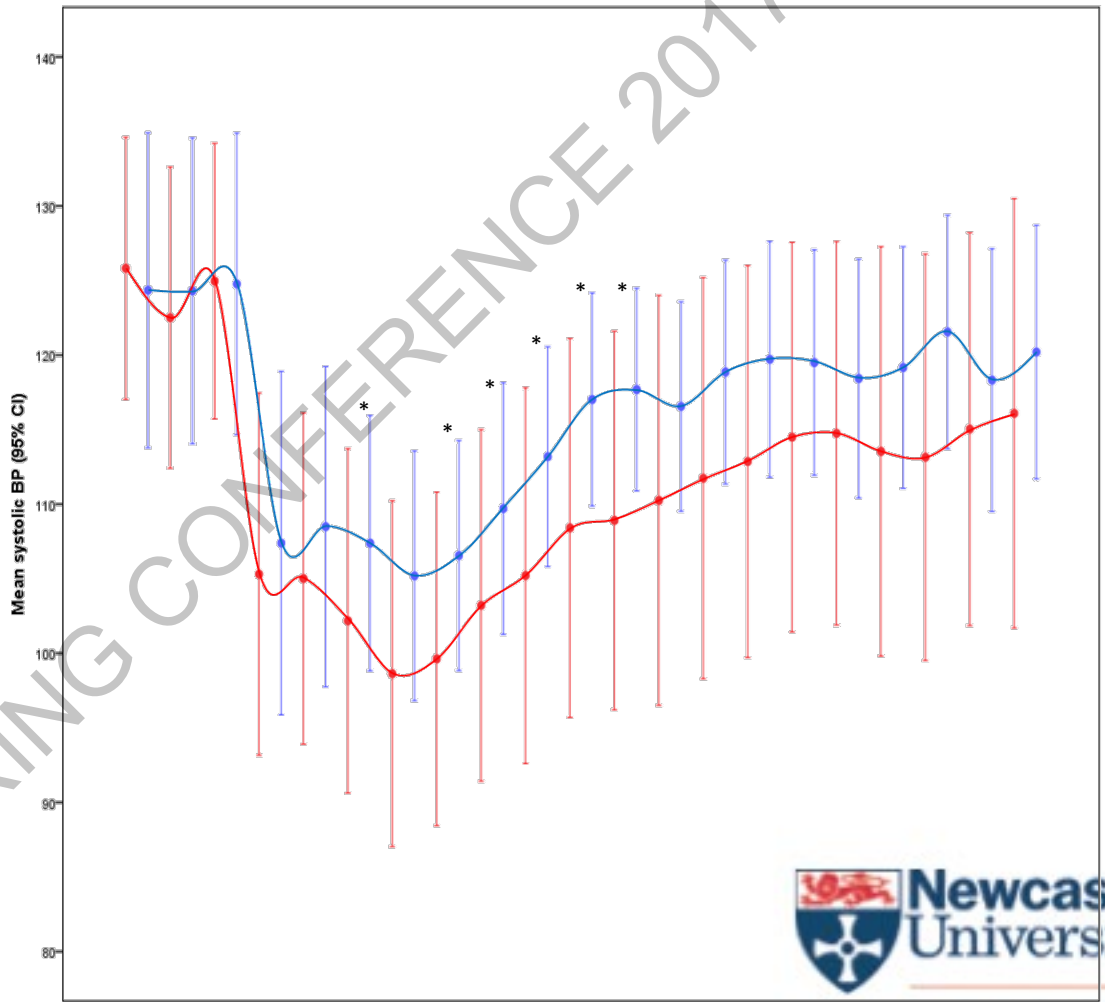
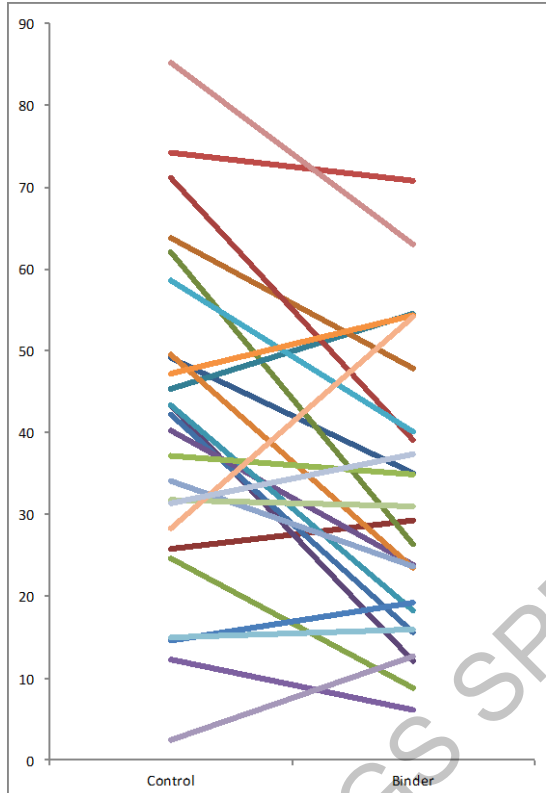
Stockings



8/25



Binder



ACCEPTABILITY

Water	"I had no problem with it at all...It was just a glass of water."
PCM	"I find it quite useful to do that, just standing still. If, for example, I'm in church standing up or where I can just clench muscles."
Stockings	"Putting them on was torture."
Binder	"It wouldn't bother us, pet."

EMPOWERING OLDER PEOPLE ABOUT FALLS

1.12

YOU'VE COMPLETED WEEK 1



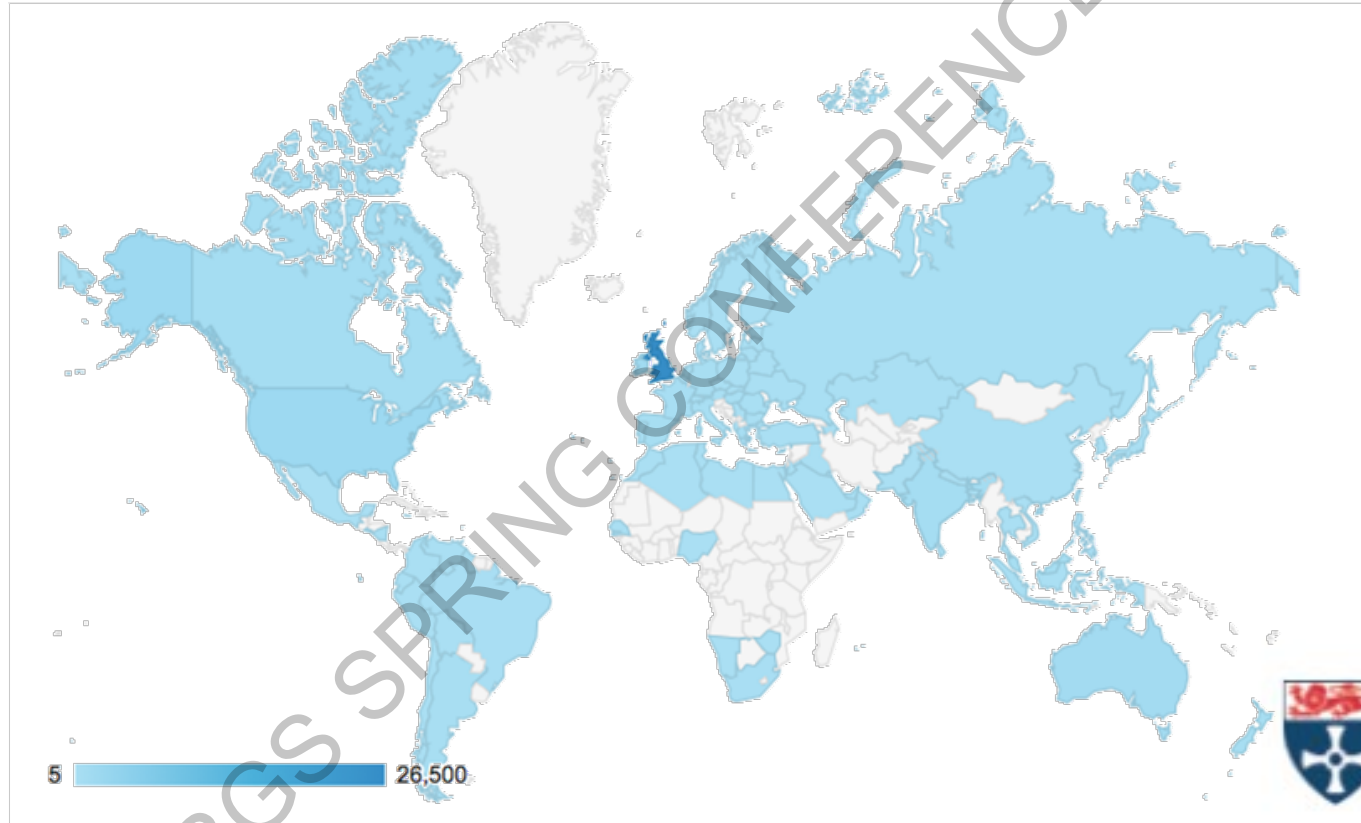
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Using our skeleton to combat gravity

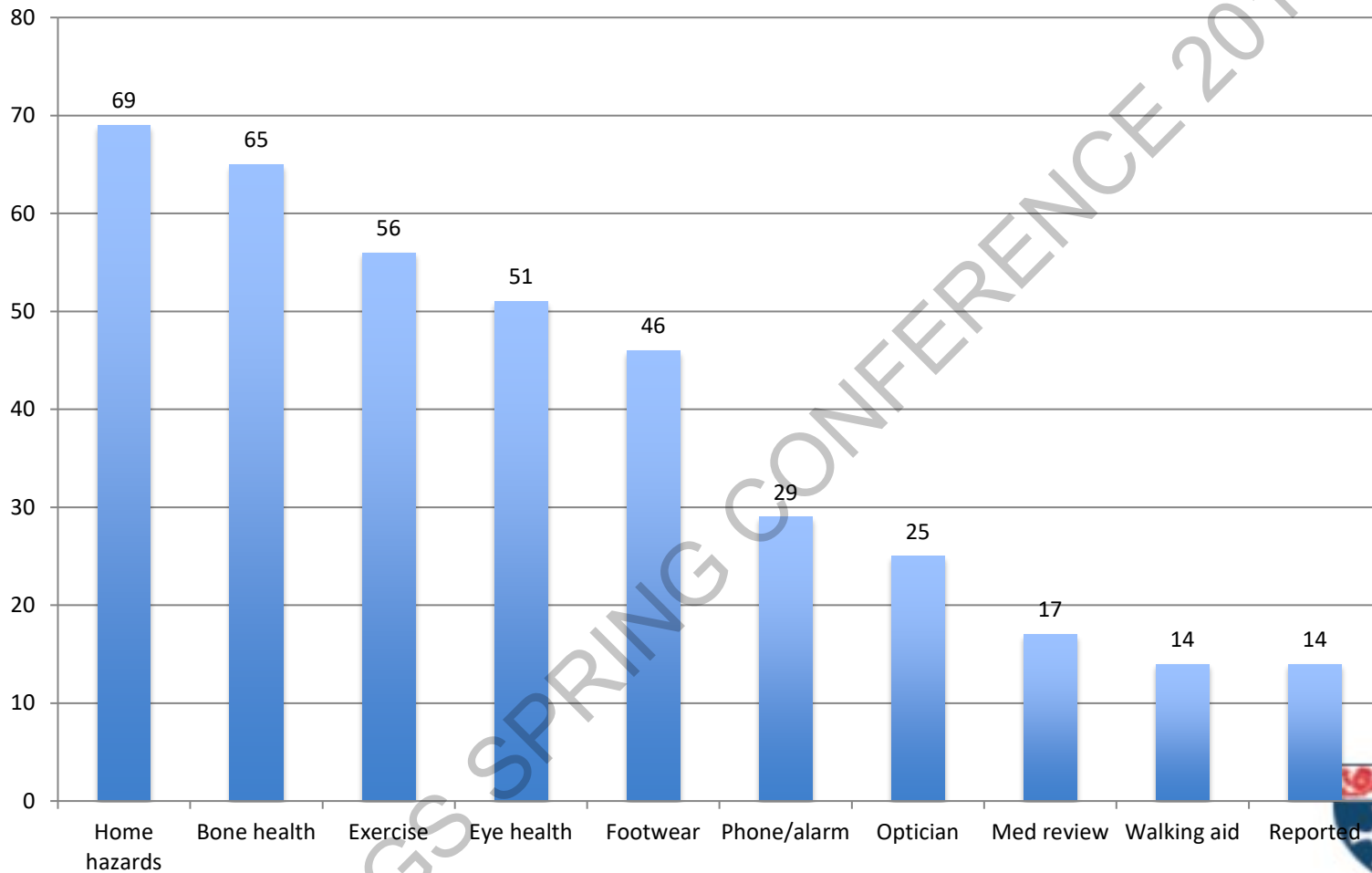
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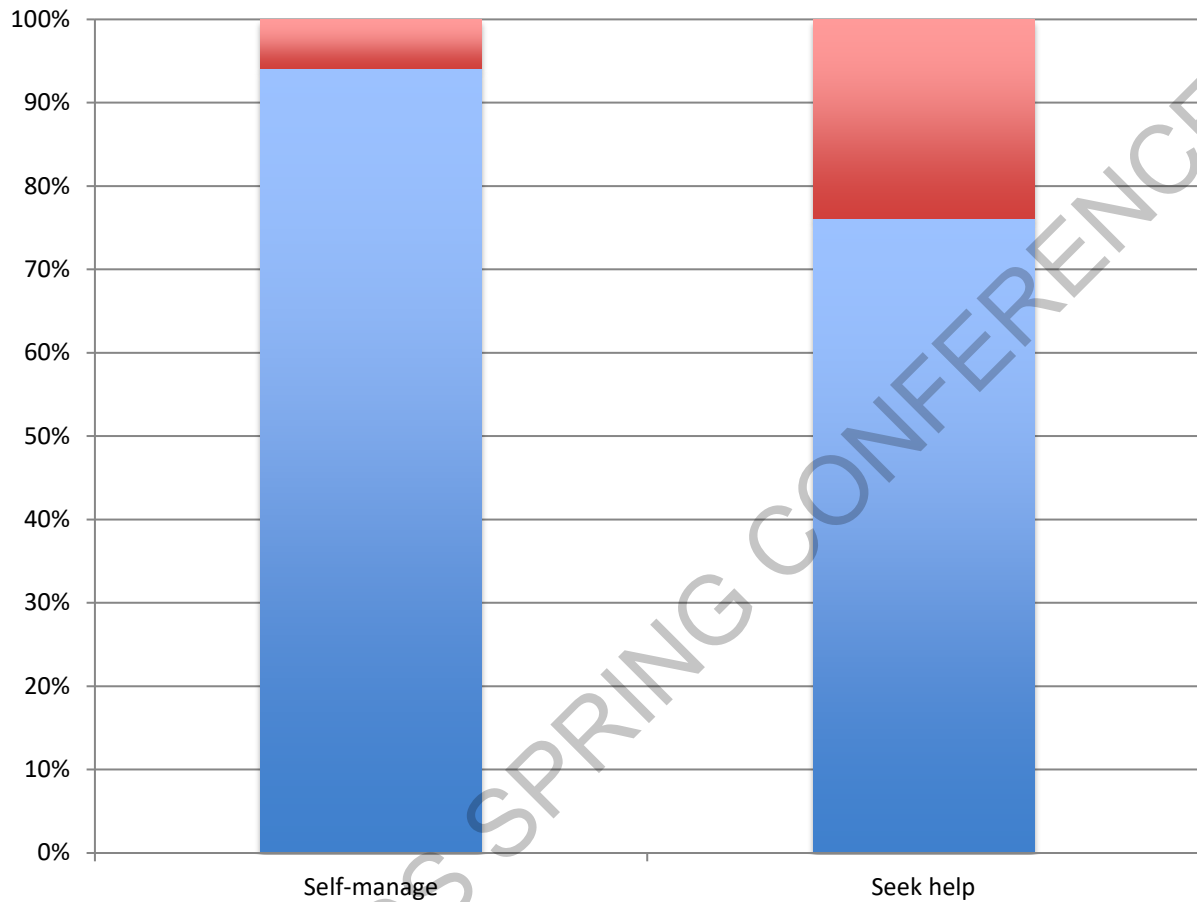
Ageing Well: Falls



Newcastle
University

Institute for Ageing





QUESTIONS