GaitSmart in Proactive Frailty Care:

Improving Mobility and Reducing Falls Risk

West Street Surgery, Chiltern Hills PCN

GaitSmart®
Measure. Monitor. Improve.

Delivering better mobility outcomes in primary care

BACKGROUND

Older adults with mobility issues are at increased risk of falls, frailty, and reduced independence.

In 2024, West Street Surgery (Chiltern Hills PCN) introduced GaitSmart to identify mobility decline earlier and provide targeted intervention.

METHOD

- Patients identified through our frailty programme and invited to join.
- 4 gait assessments over 16 weeks using wearable sensors during a 10m walk (walking aids permitted).
- Results reviewed with patients, changes tracked, and personalised exercises provided.
- Each patient required approximately 2 hours of our assistant's time in total.

RESULTS

174 patients completed the programme

79 average age (years)

79% of patients showed measurable improvement

+0.12 m/s average increase in gait speed

IMPROVEMENT IN GAIT SPEED

Average gait speed improved by 0.12 m/s

Patients reported greater confidence, independence, and reassurance from tracking objective improvements in mobility.

IMPACT

GaitSmart is now embedded within our frailty pathway, supporting:

- Earlier intervention before falls or significant decline
- Improved **physical** and mental wellbeing
- Objective data collection and SNOMED coding for reporting and evaluation
- Scalable, low-cost proactive care in primary care settings

NEXT STEPS

We are expanding the GaitSmart programme by integrating with community obesity services, recognising the strong link between weight management, physical activity, and mobility outcomes.

> *"I feel more confident getting out and about now. It's reassuring to see the improvements in my mobility."*
>
> – GaitSmart Participant

KEY MESSAGE

Early identification + targeted mobility support can improve outcomes and help older adults maintain independence.

GaitSmart has enabled us to help our frail older patients, in line with the recent Best Practice guide for NHS frailty pathways.

Want to know more?
Scan the QR code to visit **gaitsmart.com**