Care City Innovation Test Bed Kinesis Blueprint WEEK 1 WEEK 6 **WEEK 12 CARE CITY Onboarding Patient** First Engagement Intervention Engaged by Set-up **Practice** Confirm Initial **Ongoing** Final Understanding Review Progresss Agreement Become aware Attend clinic Get informed Triage Signing up Discharge Salaso platforn follow up reaction check assessment exercises use "I may be offered a "It's convenient I "I am relieved I have a "I am not sure how I "Oh, the exercises "6 weeks seems like "Videos are helpful." "I was scared at "This is too much. I "I can walk in a are not that had I can a long time. I hope I I should be worried can have this done feel about an exercise don't want to do this." 12 week exercise low risk of falling." first but now I love straight line now." "I wish the paperprogramme to improve my strength do them during the can do this but it might at my GP by my about my risk prescription." the programme." "I like the "I've taken up "I am unnerved by based exercises were Patient experience usual HCA." of falling." be difficult." tv adverts." the result but I'm "I don't have an exercises but I don't in my language." ballroom dancing. assured that I know "I can set my own "At least I know "I understand this is to now and can do goals like walking in a the HCA is there "It's great I can do the something about it." assess my falls risk." straight line." for support." exercises at home." <u></u> **★** (a) Participants referred on - HIGH Opt for email or Set a goal with the Face to face or Understand my fear HCA e.g. walking in a straight line **VERY HIGH-**All participants get paper home exercise Mid-point phone consultation of falling prescription falls prevention advice Opportunistic or Continue exercises Kinesis, understand Book appointment Try exercises at home and information targeted Kinesis and review at home my fear of falling about falls related Falls risk assessed by and adjustment review exercises Book my next Review exercises with See a poster community activities LOW Kinesis QTUG™ of exercise **Engage with Care** Recruitment targeted **Explain the process Deliver initial** Share result Provide falls Confirm if participant Talk participant Inform participant • For digital users, Reassess participant Ensuring appropriate Demonstrate with Kinesis QTUG™ search for patients and next steps prevention advice is happy to do the through how to exercises focusing log on to Salaso with Kinesis and clinic scheduling Healthcare assistant (HCA) Trained in appropriate in GP practice Explain the benefits If patient doesn't Determine patients with participant material and 12 week programme navigate Salaso on how to do monitoring their and check exercise review and adjust Determine if patient's fear of exercise compliance use and maintenance of data base and commitment of want to participate fear of falling Reassure participant community to improve strength them safely compliance of exercises In a GP led or other Follow up if poor falling has changed the pilot e.g. 12 week as per SOP information leaflet to Offer on Salaso or by Confirm continuation Kinesis/Salaso offer prevention Place the sensors and balance to HCP led consultation advice Onboarding of all participants: high, lower their future encouragement ringing them compliance to exercise programme on the participant and reoccuring and carry out falls very high, medium, low risk of falling Set goals regularly over the address barriers Safely demonstrating appointments at risk assessment Offer paper or with participan next 12 weeks and provide electronic exercise Schedule 6 week week 6 and 12 with Kinesis encouragement check-in and support Read and understand If it doesn't work prescription • Input Kinesis standard operating then re-do the test procedure (SOP) score and generate programme PMS PMS Datamining the Provide questions Record patient Record patient result Record patient practice patient to assess eligibility consent to and following actions outcome on patient management system criteria for pilot participation on (e.g. referral) on management system for patients who meet participation patient management patient management the inclusion criteria system system Create patient profile Generate exercise on Salaso using prescription based on Salaso patient date and vea Kinesis result. of birth and Kinesis Exercise printed out Care City Plan and launch Give on the ground training event • Follow up with support for all healthcare Transit device and professionals Provide clinic Monthly site visits or materials to test sites scheduling and Review pilot process/ telephone check ins recruitment support outcomes Monitor data collection Provide fortnightly pilot updates to innovators Care City uses improvement Trouble shoot when methodology to monitor and needed continuously improve outcomes, experiences and efficiency by iterating the Visit clinic and recruit Create recruitment patient for interviews materials to gather patient Define metrics for Continuous evaluation evaluation Gather data and analysis Outcomes Improved patient outcomes: £41.78 Encourages patient to self-manage and achieve preset goals prescription Workforce development: Up-skills HCAs

referral to

falls service

Community based intervention:

Provides early access to prevention advice and tailored support

£104