

The RESTORE Study: Improving outcomes after fall-related fracture.

August 2015



THE GEORGE INSTITUTE
for Global Health
AUSTRALIA

Facts

- One in three older people fall each year.
- Globally 1.5 million hip fractures occur each year.
- Exercise is underutilised in healthcare for older people, despite mounting evidence of its effectiveness for the management and prevention of many common health conditions as well as problems such as disability and frailty.

Partners:

*The George Institute
for Global Health*

The University of Sydney

Neuroscience Research Australia

*Hospitals in Sydney, Central
Coast, Newcastle and Orange*

Supporters:

*The George Institute
for Global Health*

*National Health and Medical
Research Council, (NHMRC)
Australia*

Background:

- Falls and fractures are increasing important global public health problems.
- Lasting disability is common after hip and other lower limb fractures in older people. Ongoing mobility impairment hampers independence and increases the risk of further falls.
- Exercise and fall prevention advice have the potential to enhance outcomes after lower limb fractures. A self-management approach has the potential to enhance adherence to exercise and advice.

Aims:

- The RESTORE study developed a self-management based program of home exercise and fall prevention advice to be commenced at the completion of usual hospital care. The program involves 10 home visits and 6 phone calls from a physiotherapist.
- The associated trial aims to compare mobility outcomes and falls among survivors of fall-related lower limb or pelvic fractures after 12 months of this program.
- The cost-effectiveness of this approach, its acceptability to participants and predictors of program adherence will also be explored.

Methods:

- This is a randomised controlled trial involving 336 community-dwelling people aged 60+ from around NSW.
- The RESTORE trial is the largest study to date internationally to test an exercise intervention in older people after fall-related fracture.



Impact:

- This study will provide direct evidence to guide the care of the many people who experience a fall-related fracture each year.
- If found to be effective the program of self-managed exercise and advice can be applied to other groups.

Contact

To find out more about Restore and its principal investigators Profs. Cathie Sherrington, or The George Institute for Global Health, please contact:

Julia Timms +61 410 411 983
jtimms@georgeinstitute.org.au

The George Institute For Global Health

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide. Ranked among the top 10 research institutions in the world for scientific impact by the *SCImago Institutions Rankings (SIR) World Reports* in 2011, 2012, 2013 & 2014.