

“The falls classes were very good, very good...I feel a lot better for it, I’m stronger and my balance has improved a lot”

Jim,
Participant in Community Pharmacy falls prevention pilot,
Waltham Forest.



Jim's Story - From Pharmacy to Ballroom Dancing



Jim Smith, 78

📍 Waltham Forest, East London

Lives at home with his wife
Has one son who got married recently and moved out
Enjoys ballroom dancing and getting out and about

"I would definitely recommend the falls service, it was really good"

Health

Jim has a number of health conditions including angina and poly rheumatism. The rheumatism makes him stiff and achy; he takes steroids to counteract the pain. He has also had two hip replacements.

Due to these conditions Jim goes to his local hospital to see consultants about three times a year, he has heart check-ups and annual check-ups on his hips.

Jim always goes to the same pharmacy twice a month to pick up medication. He goes there as they've got his records and they know him. When he went there recently, the pharmacist, who Jim knows well, told him about the Kinesis QTUG tool and asked him if he wanted to have his falls risk assessed. He was happy to do it and found the process very easy "I said yeah, no problem, let's see what happens, went through my medication, put on the sensors and did a little walk."

+ PHARMACY



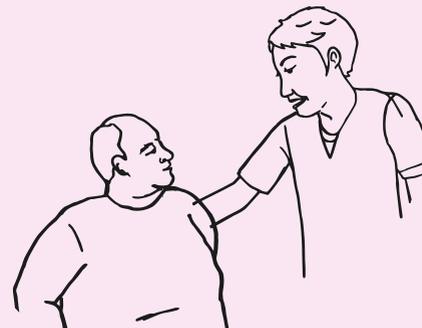
Experience

His results showed that he was at high-risk of having a fall. Jim was quite surprised at the results. He knew that he was sometimes "a bit wobbly", but he didn't think he was likely to fall. However, he was glad that the test had uncovered this:

"[I was] quite pleased actually that I knew about it and could do something about it."

Once he got the results his pharmacist wrote a referral letter to organise for an assessor from the local NELFT Falls Prevention Service to come to his home. They came and confirmed that he was eligible for the classes that they offer.

Jim did a 12 week exercise course at the falls prevention service which he found "very good". There were about eight to eleven people in each class. There was always a nice atmosphere and everyone doing the course seemed to enjoy it. The woman leading the classes was well-liked.



Impact

Jim reports feeling a lot better having done the classes; he is stronger and his balance has improved a lot.

Since completing the course, Jim is trying to continue some of the exercises at home but he finds it hard to motivate himself outside of the classes.

"[I try to do the exercises] but it depends on how I'm feeling, it's much harder to do it indoors or at least it feels that way, it much easier to do it in the class, when you have gone there especially"

For that reason he would like to do more classes if he could, he also likes having a reason to get out from the house. In an effort to keep fit, and for enjoyment, he has taken up classes in ballroom dancing which he goes to twice a week with his wife.

- **Having his falls risk identified early, through a visit to his local pharmacy, meant that Jim was able to improve his strength and mitigate his risk of having a fall.**
- **At the start of the course it was taking Jim 6 steps to do a full 180 degree turn, now he can do the same turn in 3 steps.**
- **Jim has taken up classes in ballroom dancing which he goes to twice a week with his wife.**