Enhancement program on fall prevention by introducing the anti-slip tape for the elderly people in home environment

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Introduction

Traditional OT modalities:

- Risk assessment; aids prescription; home modification and fall prevention education and training program
- For examples,
Traditional methods: at home

Experience sharing from client & professionals

• Elderly always claim floor slippery while using shampooing and shower liquid.
  - e.g. more slip if using Ointment or aqueous cream for eczema.

• Slip and fell while walking on this non-slip mat.

• Poor hygiene and much mold development: in Spring season due to high RH.
Inspired by the outdoor anti-slip tapes
Objective of this study
To reduce the risk of fall resulted from slippery floor by using anti-slip tapes.

- Friction increases
- Rough surface of tapes: alert elderly
- Clean and rinse easily
- Floor can dry faster
- No mold develop
Methodology

- 30 clients* were involved

- Conducted clients experience survey with 7 questions statements with point rating scale -(from strongly disagree to strongly agree)

- Evaluated the six months closed and completed home visit cases in CMS and phone follow up.

- Either clients or relatives were contacted via phone by volunteers for data collection.

* history of fall at home, mobility decline specially on standing tolerance and balance; sensory deficit and mild cognitive decline; lives alone and daytime alone clients
Patients’ feedback

- less slippery,
- feel safe,
- better confidence while bathing alone
After intervention, 6 months follow up,

- All subjects were reviewed
- No report of fall accident in toilet and shower area *due to slippery surface*.
- Patients had positive feedback and improved confidence while performing independent bathing and toileting.
• Apart from traditional aids, the therapists can consider to apply non-slip tapes as one of the fall preventive measures in toilet and shower area.

• Install the tapes with some skills, to reduce chance of detachment of the tapes.

Conclusion

- less slippery,
- feel safe,
- better confidence while bathing

Feedback from Clients
Conclusion

**Declarations**:–

- This is a small scale survey conducted in the public housing estate and private flats in Kwai Ching and Tsuen Wan District only

- The results are difficult to represent all the toilet environment of entire public housing estate and private flats in Hong Kong

- Small subjects size: only 30 participants
Tips if you want to try

To secure the anti-slip tape:

• Cannot add onto the wet surface

• Suggest patient no shower before we act

• Ensure very dry floor

• Double check if floor finds moist /water drops

• Use hair dryer to dry the floor

• Use metal ruler to squeeze out the air bubbles after adding the tapes.
Thank you for your attention!
if can’t change to non-slip brick

- Some product, due to the heavy weight & providing better contact surface ➔ less slip in some floor brick

- Problem: may trap moisture and mold might develop