

Bathing Adaptations in the Homes of Older Adults

A Randomised Controlled Trial, Economic Evaluation and Process Evaluation

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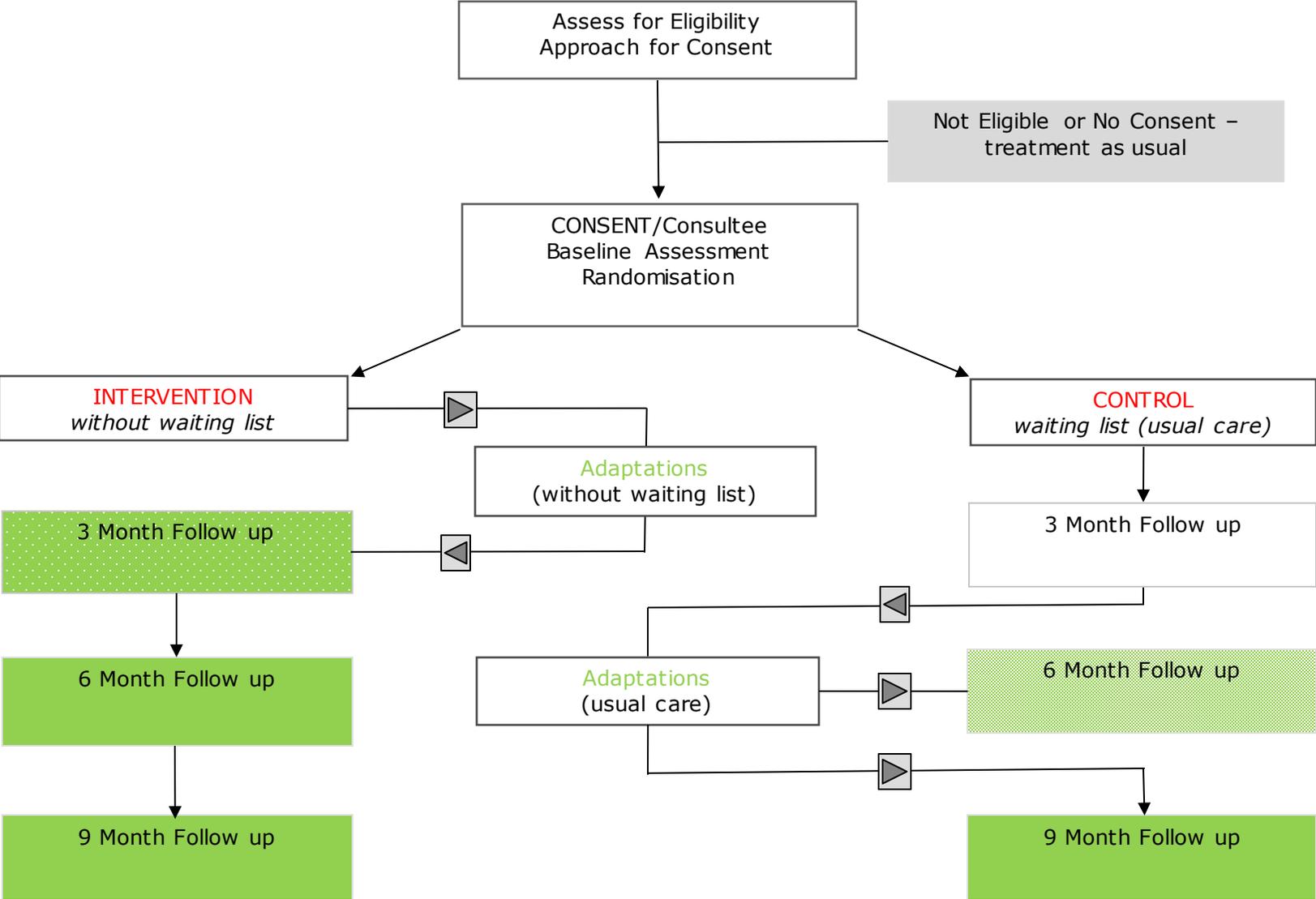
Background

- Housing adaptations have been identified as a 'top ten' prevention intervention for older adults (Allen and Glasby, 2013)
- Onset of disability in bathing is a sentinel point in the disabling process for older adults (Gill et al., 2006)
- Further evidence is needed on the effectiveness of major adaptations, particularly from Randomised Controlled Trials and in a UK setting (Powell et al., 2017)

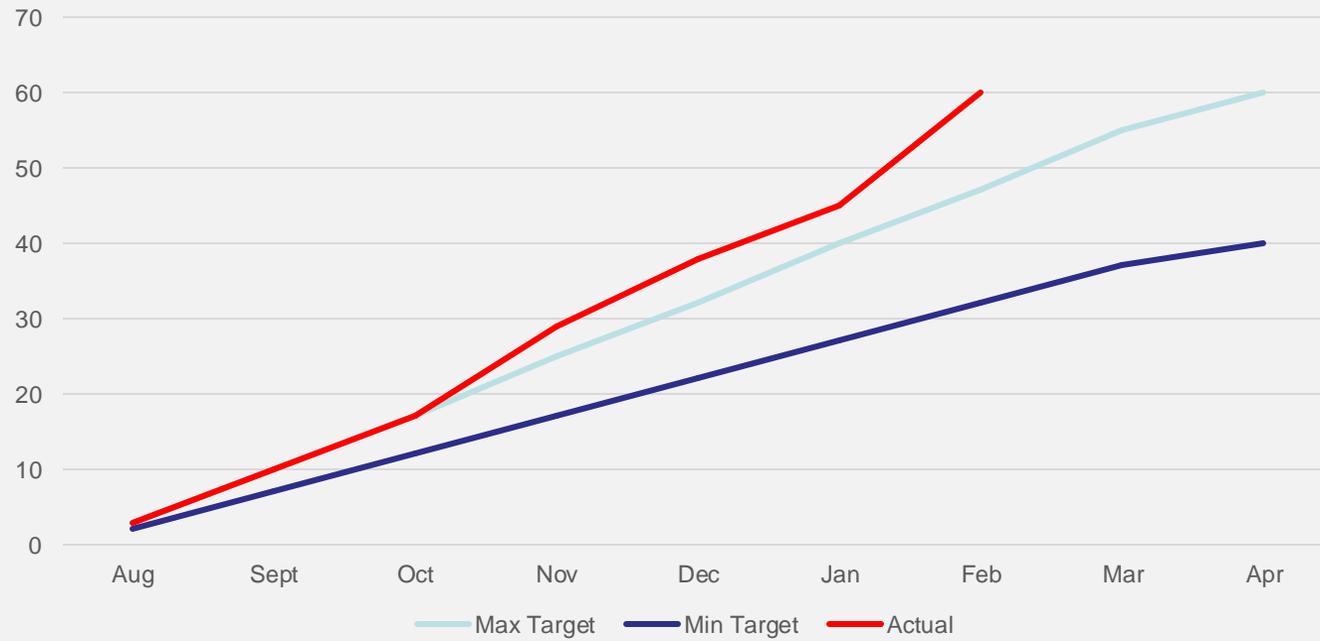
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- Gill, T.M., Guo, Z. and Allore, H.G., 2006. The epidemiology of bathing disability in older persons. *Journal of the American Geriatrics Society*, 54(10), pp.1524-1530.
- Powell, J., Mackintosh, S., Bird, E., Ige, J., Garrett, H. and Roys, M., 2017. The role of home adaptations in improving later life. London, Centre for Ageing Better.



BATH-OUT-1
Feasibility Randomised Controlled Trial



BATH-OUT-1 Recruitment



Results

- Identified 60 eligible participants ✓
- Participants willing to be randomised ✓
- Followed up >70% at 6 months ✓
- Adaptations within specified timescales ?
- Collected data on costs and health and social care resource use ✓
- Suitable outcome measures for use in the main study ✓

Reference

Whitehead, P.J., Golding-Day, M.R., Belshaw, S., Dawson, T., James, M. and Walker, M.F., 2018. Bathing adaptations in the homes of older adults (BATH-OUT): results of a feasibility randomised controlled trial (RCT). *BMC public health*, 18(1), p.1293.

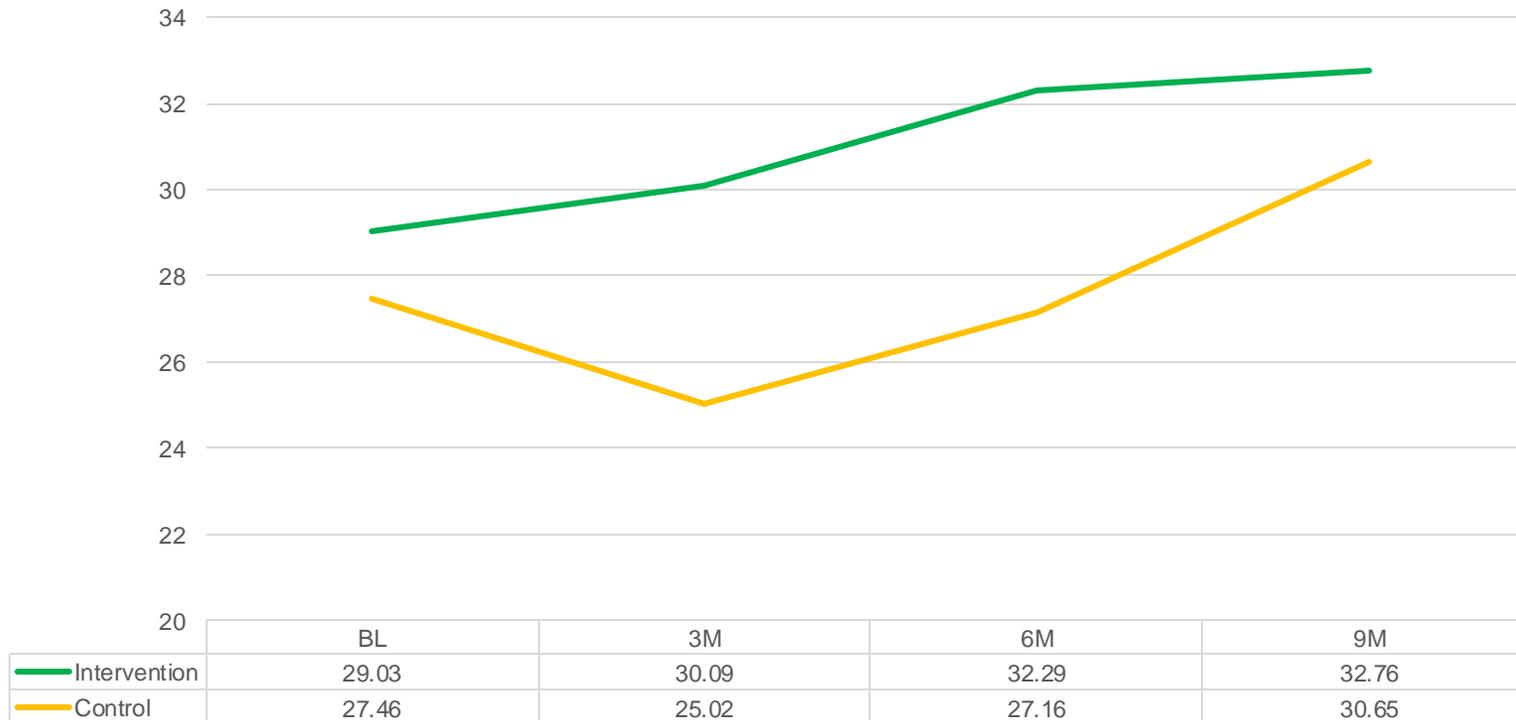
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<https://link.springer.com/article/10.1186/s12889-018-6200-4>



SF-36 Physical Component Summary

Physical Health/Wellbeing



Other Outcomes

- Mental Wellbeing
- Health and Social Care Related Quality of Life
- Independence in Daily Living Activities
- Falls
- Fear of Falling

Theme 1 – Ease of Use
“I’m not struggling. I just walk in”

Theme 5 – Confidence and Quality of Life
“She’s got a better quality of life now... she’s so confident in there”

Theme 2 – Feeling Clean
“I feel cleaner, cos I can have a really good shower”

Theme 4 – Feeling Safe
“I’m not frightened like I was”

Theme 3 – Managing Independently (Choice and Control)
“I’ve got my independence back, which has took a long time”

Reference
Whitehead, P.J. and Golding-Day, M.R., 2019. The lived experience of bathing adaptations in the homes of older adults and their carers (BATH-OUT): A qualitative interview study. *Health & social care in the community*, 27(6), pp.1534-1543..

Weblink
<https://onlinelibrary.wiley.com/doi/full/10.1111/hsc.12824>



BATH-OUT-2
Randomised Controlled Trial, Economic
Evaluation and Process Evaluation

Aim

To determine the effectiveness and cost effectiveness of bathing adaptations compared to no adaptations and to explore the factors associated with routine and expedited implementation of bathing adaptations

Objectives

- Effectiveness and cost effectiveness of adaptations versus no adaptations on primary and secondary outcomes
- To determine the effect of waiting times on outcomes over 12 month follow up
- To determine cost effectiveness of bathing adaptations versus no bathing adaptations and expedited versus routine provision
- To explore and evaluate the factors associated with the implementation of expedited and routine provision of bathing adaptations



RCT

- 360 older adults from a number of geographical areas in England
- Pairwise randomisation
- 12 month follow-up period

Physical and Mental Wellbeing
Falls
Health and Social Care Related Quality of Life
Independence in Daily Living Activities
Fear of Falling

Short Form 36
EQ5D5L
ASCOT
Barthel Index
Short Falls Efficacy Scale
Perceived difficulty in bathing scale

Economic Evaluation

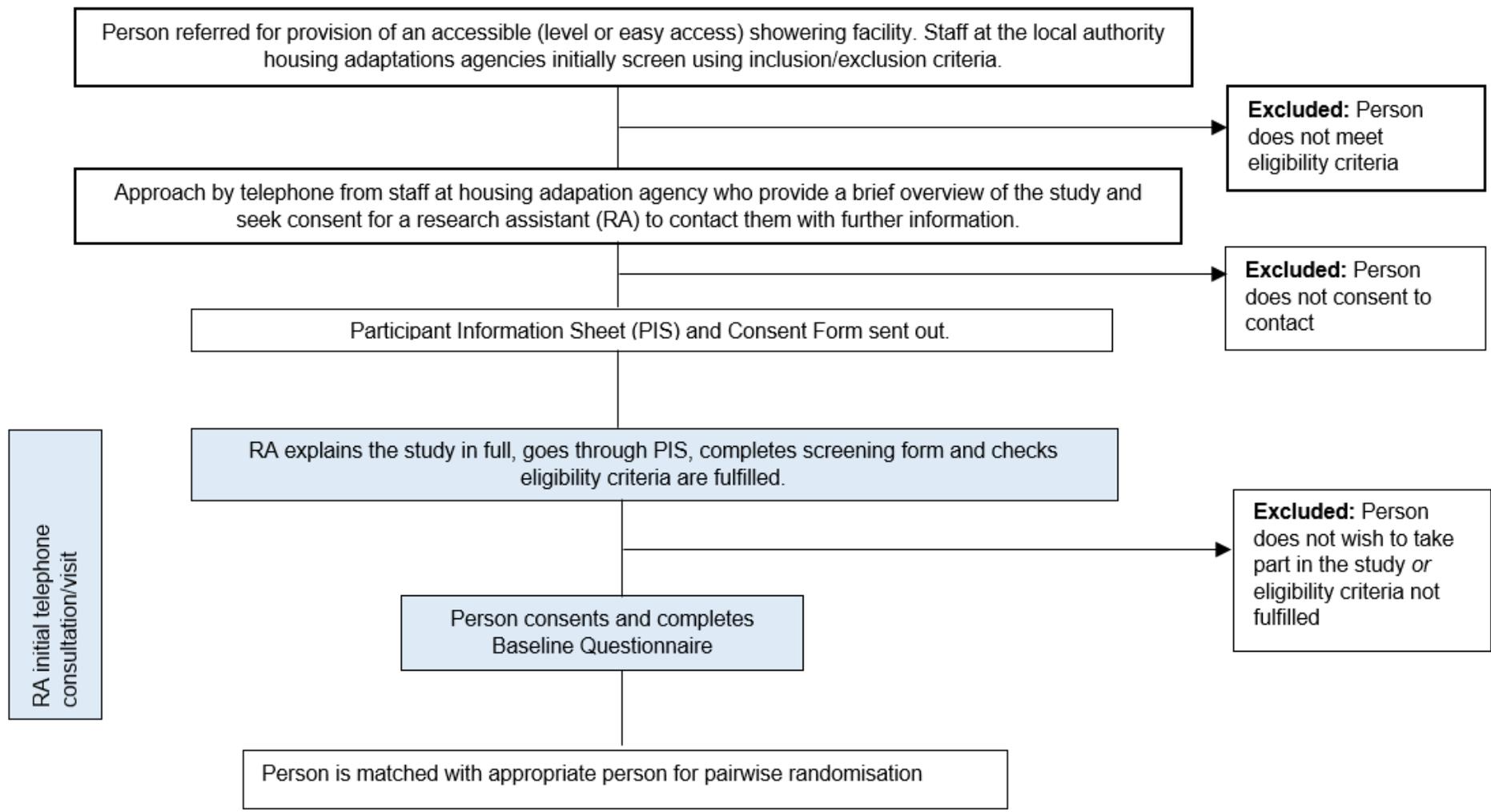
- Cost effectiveness and cost utility analysis
- Costs and resource use
- Return on Investment (ROI) for expedited versus routine provision

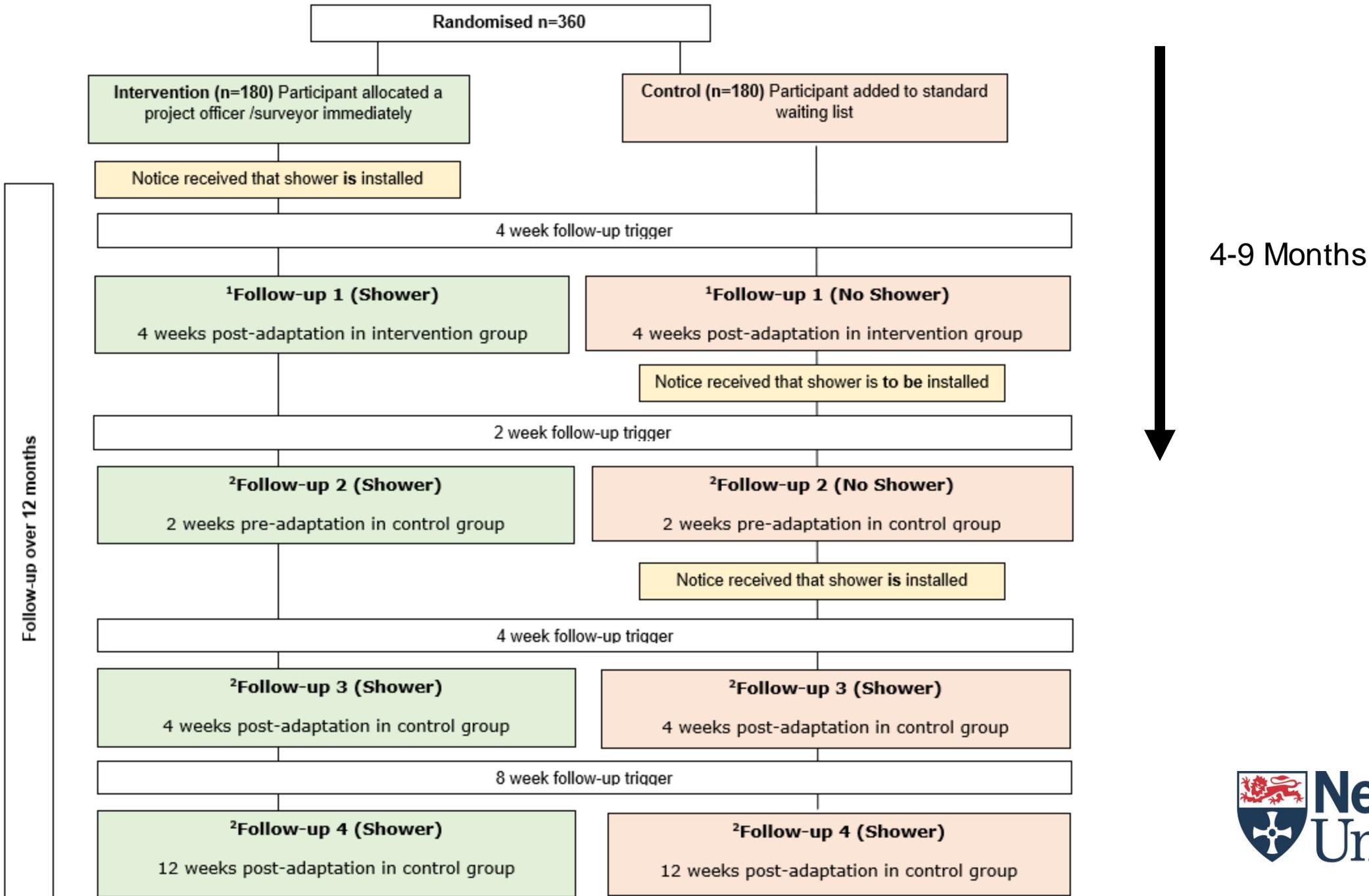
Process Evaluation

- Interview trial participants and decliners
- Interview social care and housing professionals
- National survey of local authorities



Figure 1: Participant flow through the study





PhDs

- Housing adaptations and self funders
- Economic modelling of housing / bathing adaptations beyond the duration of the trial
- Impact of bathing adaptations on the carers of older adults

