

Supplementary Data

Appendix 1 Unit costs

	Unit cost	Source
Primary health care		
GP (Per surgery/clinic minute)	£2.90	PSSRU section 9.8b Pg127
Practice nurse/district nurse (per consultation inc training)	£9.00	PSSRU section 9.6 p124
Secondary health care (assume outpatient first visit)		
Accident and Emergency Services: leading to admission	£107.40	NHS Ref Costs 2007-8
Urologist	£93.00	NHS Ref Costs 2007-8
Psychiatrist	£122.00	NHS Ref Costs 2007-8
Orthopaedics	£57.00	NHS Ref Costs 2007-8
Neurologist	£63.00	NHS Ref Costs 2007-8
Cardiologist	£75.00	NHS Ref Costs 2007-8
Dietician	£50.00	NHS Ref Costs 2007-8
ENT	£63.00	NHS Ref Costs 2007-8
Inpatient cost per bed day	£425.73	Weighted average cost all inpatient care - cost per night NHS Ref Costs 2007-8
Falls prevention programme		
Medical consultation (Geriatric Medicine) - Cost/hr	£139.00	NHS Ref Costs 2007-8
Physiotherapist - Cost/hr	£38.00	PSSRU section 12.1

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Nurse - Cost/hr	£40.00	PSSRU section 13.3
Occupational therapist - Cost/hr	£41.00	PSSRU section 12.2
Occupational therapist Home Visit	£39.00	PSSRU section 10.7
ECG	£27.00	NHS Ref Costs 2007-8
24 hour tape	£56.00	NHS Ref Costs 2007-8
ECHO	£58.00	NHS Ref Costs 2007-8
24 hour BP monitoring	£56.00	NHS Ref Costs 2007-8
CT head	£91.00	NHS Ref Costs 2007-8
Other radiology (specify)	£65.00	NHS Ref Costs 2007-8
Bone densitometry	£67.00	NHS Ref Costs 2007-8
Bloods (biochemistry)	£1.00	NHS Ref Costs 2007-8
Bloods (haematology)	£3.00	NHS Ref Costs 2007-8
Tilt table test	£187.36	http://www.haps.bham.ac.uk/publichealth/horizon/outputs/documents/2002/InsertableLoopRecorders.pdf - inflated to 2007 value

PSSRU unit costs were used for staff time from medical, nursing and allied health professionals. This source aggregates staff wages, salary on-costs, and cost of training, overheads and capital costs, basing capital cost considerations on Tender prices from Building Cost Information Service.

Appendix 2 Baseline characteristics of participants

Characteristic		Control N=181	Intervention N=183
Centre/stratum	Nottingham	120 (66%)	121 (66%)
	Derby	61 (34%)	62 (34%)
Age (years)	Mean (SD)	78.4 (5.6)	79.1 (5.7)
	Median (IQR)	77.6 (73.5-82.9)	78.3 (75.0-82.9)
	Range	70-92	70-101
Female	Frequency (%)	112 (62%)	106 (58%)
At least one fall in previous 12 months	Frequency (%)	102 (56%)	108 (59%)
Taking more than four medications	Frequency (%)	89 (49%)	103 (56%)
History of stroke	Frequency (%)	20 (11%)	33 (18%)
Parkinson's disease	Frequency (%)	2 (1%)	4 (2%)
Inability to stand from a chair without using arms to push up	Frequency (%)	115 (64%)	125 (68%)
Symptoms of dizziness on standing	Frequency (%)	115 (64%)	103 (56%)
Use of a mobility aid	Frequency (%)	86 (48%)	96 (52%)
Housebound/not housebound (mobility impairment)	Frequency (%)	39 (22%)	44 (24%)

Appendix 3 Incidence of fall events & follow up times

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	Falls prevention programme (n = 172)	Usual care (n = 172)	Usual care excluding outlier (n = 171)
Number of falls	260	417	310
Follow up time (person years)	151.2	156.7	155.8
Mean falls per person-year (range)	1.7 (0 – 18)	2.7 (0 – 107)	2.0 (0 – 28)
Number of injurious falls	71	70	69
Injurious falls per person-year	0.5	0.5	0.5
Number of participants with falls leading to fracture	5	3	3
Number of falls resulting in hospitalisations	7	6	6
Died during follow-up	8	8	8
Admitted to care home during follow-up	3	1	1
Number of participants reporting <i>at least one</i> fall within follow-up period	86	90	89

Appendix 4 Costs of Recruitment

	Stage 1	Stage 2
	Eligible from GP practice search & invited	Identified as high risk and invited to join RCT
Population	5312	1481
Response	2846	543
Response rate %	54%	37%
Postage	£2,895	£440
Stationary	£850	£260
Telephone	£1,432	£75
Staff costs	£53,959	
<i>total costs</i>	£59,910.65	
<i>cost per participant recruited</i>	£164.59	

Appendix 5 Costs for all Inpatient admissions

	Total inpatient costs			Resulting from Falls		
	Intervention	Control	Mean difference	Intervention	Control	Mean difference
Patients admitted	34	34	0	7	6	1
Inpatient bed days	552	529	23	221	142	79

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Total cost (£)	£235,003	£225,21 1	£9,792	£94,086	£60,45 3	£33,633
Mean cost (£)	£1,374	£1,317	£57	£547	£354	£193