



UNIVERSITY OF THE WESTERN CAPE
Private Bag X 17, Bellville, 7535, South Africa
Tel: +27 21-959 2409 Fax: 27 21-959 3688
E-mail: 3522614@myuwc.ac.za

ASSESSMENT DATE	TIME

INFORMATION SHEET

Project Title: The determinants of falls among the elderly living in retirement facilities in the City of Cape Town.

Dear Participant,

Introduction

This is an invitation for you to participate in a valuable scientific study. This information sheet will help you to decide whether you would like to participate in this study or not. Before you decide to participate, it is required for you to fully understand what is involved in this study. If there are any questions regarding this study that this sheet does not explain to you, then please do not hesitate to ask questions.

What is this study about?

This is a research project being conducted by Nabilah Ebrahim from the University of the Western Cape. I am inviting you to participate in this study in order to establish the risk factors associated with causing falls in the elderly who are living in retirement facilities in Cape Town. This study will only include individuals who are currently not making use of any walking aids.

What will I be asked to do if I agree to participate?

You will be asked to complete a consent form before any information or data is recorded. Participation may range from filling in a questionnaire to participating in risk assessments of a physical nature in order to gather relevant research information. This will be done in a private area within the various care facilities. The duration of each assessment may be varied depending on each participant's functioning, however, this will be established and communicated to you. A researcher-generated self-administered sociodemographic questionnaire on age, gender, height, weight, educational qualifications, marital status, and medical history and risk factors for falls will be completed by each participant. Five physical tests will also be conducted, namely, a) the Fall Risk Assessment Tool (FRAT) that provides data on the fall status of participants, b) the Berg Balance Scale (BBS) that provides data on balance, c) the Dynamic Gait Index (DGI) that provides data on walking gait, d) the Timed Up-and-Go (TUG) test that provides data on the participants balance during a series of structured tasks, and e) the Mini Mental State Examination (MMSE) provides data on the participants' cognitive status.

Would my participation be kept confidential?

All your personal information will be kept strictly confidential. To help protect your confidentiality, we will have all assessments done in a secure, private location within the comfort of the care facility. All recorded data will be kept confidential by replacing your name with numeric codes and saving the information within a private folder which will be reviewed only by the researcher, supervisor and co-supervisor of the study. Your identity will be protected at all times. Hard copies will be stored in locked filing cabinets, and electronic data will be stored in password protected computer files in the office of the supervisor. All information regarding this research will be stored securely in the SRES department, with access available to the researcher and supervisors only. All participants' information will be destroyed after a period of five years.

What are the risks of this research?

There may be some risks from participating in this research study. Much like any activity or assessment, there are risks which can be described as both expected and unexpected. Possible expected risks of an emotional and psychological nature may include feeling self-conscious, embarrassed or anxious, due to being unable to complete the physical tests, such as the Berg Balance Scale, Dynamic Gait Index, Timed Up-and-Go test, and the Mini Mental State

Examination. A health care practitioner will be available for any participant with any undue emotional and/or psychological stress. When doing the physical tests, there is minimal risk of injury, such as a fall. It is, nevertheless, a relatively safe assessment, without any high-intensity or fast movements, which reduces the chance of you losing balance or injuring yourself. When performing the physical tests, my research assistant and I will always be available to help you, as well as a staff member will be present to assist in order to make sure that when the tests are being conducted, that you are safe and secure.

What are the benefits of this research?

This research is not designed to help you personally, but the results may help the researcher learn more about the risk factors associated with causing falls in the elderly who are living in retirement facilities in Cape Town. In future, other people might benefit from this study through improved understanding of the risk factors associated with falls in the elderly in order to develop appropriate preventative and safety measures.

Do I have to be in this research, and may I stop participating at any time?

Your participation in this research is completely voluntary. You may choose not to take part at all. If you decide to participate in this research, you may stop participating at any time. If you decide not to participate in this study or if you stop participating at any time, you will not be held accountable or face any negative consequences.

Is any assistance available if I am negatively affected by participating in this study?

When doing physical assessments such as the Berg Balance Scale, the Dynamic Gait Index and the Timed Up- and -Go test, there is minimal risk to injury. However, the standard operating procedure (SOP) for fall prevention and management will be followed at all times to ensure your safety.

What if I have questions?

This research is being conducted by **Nabilah Ebrahim** from the University of the Western Cape. If you have any questions about the research study itself or would like to make a booking, please contact me on;

Email: 3522614@myuwc.ac.za

Cell: 082 353 4204

Should you have any questions regarding this study and your rights as a research participant or if you wish to report any problems you have experienced related to the study, please contact:

Head of Department: Prof. Andre Travill

University of the Western Cape

Private Bag X17

Bellville 7535

Email: atravill@uwc.ac.za

Dean CHS: Prof Anthea Rhoda

Address: Faculty of Community and Health Sciences, University of the Western Cape,

Private Bag X17, Bellville, 7535

Email: chs-deansoffice@uwc.ac.za

This research has been approved by the University of the Western Cape's Senate Research Committee and Ethics Committee.

(REFERENCE NUMBER: BM21/6/18)

University of the Western Cape

Private Bag X17

Bellville

7535

Tel: 021 959 4111

e-mail: research-ethics@uwc.ac.za