Figure 1 PhISICAL Study flowchart/data collection for recipients of the FaME programme

Person considered at risk of falling, referred to and assessed by FaME provider service

Offered FaME programme

Service routine baseline data collected by PSIs

Patient Health Questionnaire
Demographics
Functional Tests e.g. 1REP Turn, Timed get-up and go, Functional reach
Participant reported outcomes e.g. Phone-FITT, ConfBi, FRAT, FES-I (short), Falls in previous 3 months

PSIs give out participant information sheet, invitation letter and reply slip explaining the PhISICAL study and asking for volunteers for qualitative interviews.

Reply slips given to PSIs who then send to the research team or are sent directly to research team in free post envelope by interested participants.

Researchers contact interested parties to discuss the study and agree to contact participant at a future date

Researchers obtain informed consent and undertake in-depth interviews with a selection of FaME participants

Service routine end of FaME data collected by PSIs From week 20 onwards

Functional measures e.g. 1REP Turn, Timed get-up and go, Functional reach
Participant reported outcomes e.g. phone-FITT, ConfBi, FRAT, FES-I (short), Falls in previous 3 months

Completion of FaME

Service routine postal and/or telephone questionnaire follow up 12 months after FaME completion

Participant reported outcomes e.g. Phone-FITT, ConfBi, FRAT, FES-I (short) Falls in previous 3 months, home exercise question

Evaluation of routine service data including process measures (e.g. attendance rates), functional and clinical data, anonymised and supplied by providers to researchers using information sharing agreements

Withdrawal from PhISICAL

Class register and difficulty progression information collected by the service

Dropout from FaME

Alternative exercise programme offered or referral to falls service