Implementation of vitamin D supplements in Australian residential aged care facilities - The ViDAus Study

Researchers from The University of Sydney in partnership with the Cognitive Decline Partnership Centre (CDPC) are currently undertaking a research study focused on the implementation of vitamin D supplements in Australian residential aged care facilities to reduce falls. This study has been approved by the Northern Sydney Local Health District Human Research Ethics Committee (HREC reference number: HREC/15/HAWKE/99).

Why focus on vitamin D supplements?

- Falls are a significant cause of harm for older people
- The impact of falls on health and wellbeing identify them as a national safety and quality issue
- There is strong evidence that vitamin D supplements reduce falls for older people in residential aged care
- Vitamin D supplements are recommended in current best practice guidelines for the prevention of falls
- Vitamin D supplements are used internationally as part of best practice care

About the study

Participating facilities throughout Australia are focusing on the implementation of vitamin D supplements to reduce falls. Educational materials and progress reports on vitamin D supplement use and falls rates are provided to each facility. Educational materials will also be made available to residents and their families/carers.

As part of this process, non-identifiable data on vitamin D supplement use and falls rates will be collected from participating facilities to help understand current practices and evaluate improvements overtime. No names or any personal details will be provided to the researchers. This study is helping to improve best practice to reduce falls in facilities across Australia.

Would you like more information?

If you would like to learn more about the study or have any questions or concerns, you can contact:

Pippy Barnett, Project Officer at The University of Sydney on (02) 9926 4501 or email pippy.barnett@sydney.edu.au or see www.sydney.edu.au/medicine/cdpc/resources