

## Rakesh Kumar

*PhD Title: Falls, Frailty in People with Dementia*

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*Supervisors: Prof. Gill Windle (Principal Supervisor), Dr. Carolien Lamers (Co. Sup) and Jonathan Flinn (Co. Sup)*

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### My background

I am a Clinical Specialist Physiotherapist, working with elderly and with mental health services in North West area in National Health Services. I have been working with NHS in North Wales since last 14 years. I did my MSc in Exercise Rehabilitation from Bangor University in 2006.

I am involved with knowledge and application, audit, research and education. I work as an autonomous professional who work with the advanced practitioners and other clinicians to develop and deliver a high quality clinical service throughout North Wales in mental health and in dementia. I am involved in developing competencies for front line clinical staff within my section in order to assess; clinically reason and effectively treat routine cases and identify those with complex needs where support may be required. I help to provide an ongoing rolling training programme and support package to develop appropriate knowledge and skills in the workforce within the specialism and rotational staff base.

### Contact

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### My research

Dementia has an impact on the quality of life of older people after any fall and is increasingly part of the core remit of Physiotherapy.

My research is on

- Understanding the risk factors associated with falls in people with dementia
- Knowledge of the practical interventions to manage and to reduce the risks
- An understanding of why falls prevention is so important in people with dementia
- Knowledge of what actions to take in the event of a fall in people with dementia
- An understanding of functional and how to improve the outcomes post fractures in the neck of femur
- An understanding of when and why any kind of fall should be reported both in the hospital and in the community
- An awareness of the need to learn from each fall, establishing the contributing factors so corrective action can be taken in order to reduce the risks of similar falls in future.
- Knowledge of the human cost of falls in the people living with dementia