

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)

Funders: Department of Therapies, Betsi Cadwaladr University Health Board

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.

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

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