

Catalogue of Research Evidence on Fall Prevention Strategies for Older Adults

Research Questions

What are the barriers to implementing exercise as a fall prevention strategy?

What might facilitate participation in fall prevention programs for older adults living in community settings?

Step 1: Created the Concept Map

WHAT & HOW	WHO	WHEN & WHERE
Fall prevention (fall*, prevent*, intervention, strateg*)	Community dwelling seniors (senior*, elderly, old*, adult, community, independent)	2000-present Anywhere
Engagement/Adherence (adherence, participat*, engagement, attitude, barriers, views)	NOT Assisted living seniors (nursing homes, long-term care)	

Step 2: Identified Relevant Databases

PubMed (MEDLINE)

CINAHL (Ebsco)

PsycINFO (CSA)

AgeLine (AARP)

PEDro (PEDro)

Step 3: Established Inclusion/Exclusion Criteria

	INCLUSION CRITERIA	EXCLUSION CRITERIA
Population	Older Adults (60+)	Assisted living/nursing home/long term care populations ONLY
Intervention	Exercise, strength, or balance training	
Outcome Measures	Adherence, barriers, participation, beliefs, engagement, views, or attitudes	
Source	Peer-reviewed journal articles; English only	Reviews, books, dissertations, opinion pieces

Step 4: Conducted Search

DATABASE	COMMAND-LINE	RESTRICTIONS	RESULTS	DATE
AgeLine	(fall; falls AND attitude; adherence)	<ul style="list-style-type: none"> Document Type: Journal article Publication date: 2000-2008 	102	March 2008
CINAHL	((fall or falls) and (attitude* or adherence)).mp. [mp=title, subject heading word, abstract, instrumentation]	<ul style="list-style-type: none"> Language: English Publication date: 2000-2008 Subjects: Aged 	113	March 2008
PEDro	Abstract and title: (fall attitude) AND (fall adherence)	<ul style="list-style-type: none"> Publication date: 2000+ Subdiscipline: Gerontology 	16	March 2008
PsycInfo	KW=(fall or falls) and KW=(attitude* or adherence)	<ul style="list-style-type: none"> Language: English Population: Human Publication date: 2000-2008 Subjects: Aged and Very Old 	49	March 2008
PubMed	(fall [TIAB] or falls [TIAB]) and (attitude* [TIAB] or adherence)	<ul style="list-style-type: none"> Language: English Population: Human Publication date: from 2000 Subjects: Aged, 65+ years, 80 and over, 80+ years 	73	Feb 2008

Step 5: Results of Search

ACTIVITY	RESULTANT # OF CITATIONS
All databases	353
Removal of duplicate articles	305
Application of Inclusion/Exclusion Criteria to title and abstract	58
Application of Inclusion/Exclusion Criteria to full text	18

Step 6: Coded the 18 Articles on Factors of Study Design and Results

Publication Citation	Participants					
	Age	Gender		Pre Falls		
		M	F	Y	N	
Allen, T. (2004). Preventing falls in older people: Evaluating a peer education approach. <i>British Journal of Community Nursing</i> , 9(5), 195-200.	<94	NR	NR	✓	✓	5
Ballinger, C., & Clemson, L. (2006). Older people's views about community falls prevention: An Australian perspective. <i>British Journal of Occupational Therapy</i> , 69, 263-270.	69-91, median 76	✓	✓	✓	✓	1
Intervn ation:						

Step 7: Created Catalogue

Catalogue contains the citation for each article, a narrative and tabular summary of the study, and a link to the full text.



Hinman, M.R. (2002). Comparison of two short-term balance training programs for community-dwelling older adults. *Journal of Geriatric Physical Therapy, 25*, 10-15.

Older adults were enrolled in either a self-directed program of illustrated balance exercises or an interactive computer program that had participants balance on an unstable platform. The two groups adhered equally to their exercise programs. Participants in the computerized exercise program found their training to be positively challenging, whereas some of the home exercisers reported that exercises became too easy and boring. Neither program significantly improved participant balance performance.

STUDY CHARACTERISTICS	
Who was studied?	88 participants between the ages of 63-87
What was studied?	Adherence to • Exercise program
How was it studied?	• Interview
Unique feature of this study	Computer software and unstable platform used for balance training

[full text ►](#)

Kempton, A., Van Beurden, E., Sladden, T., Garner, E., & Beard, J. (2000). Older people can stay on their feet: Final results of a community-based falls prevention programme. *Health Promotion International, 15*, 27-33.

The *Stay On Your Feet!* falls prevention campaign sought to reduce falls amongst older residents of the Australian North Coast. Telephone interviews were used to compare the fall-related attitudes and behaviours of North Coast older adults before and after the campaign. Attitudes and behaviours of North Coast residents were also compared to those of residents in an area where the campaign wasn't implemented. There was no reduction in actual falls as a result of the campaign. North Coast older adults became more aware of the risks for falling and that falls were preventable. Use of safe footwear also increased amongst North Coast residents.

STUDY CHARACTERISTICS	
Who was studied?	744 participants over the age of 60
What was studied?	Attitudes, beliefs, and adherence to • Exercise program • Footwear modifications • Elimination of environmental hazards • Medication management • Vision treatment
How was it studied?	• Interview
Unique feature of this study	Hospital records were used to track incidence of falls

[full text ►](#)