Acknowledgements
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CLOSING THE GAP BETWEEN RESEARCH AND PRACTICE: FALL PREVENTION FOR COMMUNITY-LIVING OLDER ADULTS
Final Research Report
February 24, 2011

TABLE OF CONTENTS

List of Appendices..............................................................................................................................................iii

Workshop Objectives........................................................................................................................................... 1

Description of the Workshop and Participants............................................................................................... 1

Summary of Discussions and/or Deliverables..................................................................................................... 2

Knowledge Translation Activities...................................................................................................................... 3

Impact/Outcomes of the Workshop.................................................................................................................. 4

Intended Follow-Up........................................................................................................................................... 5
List of Appendices

Appendix A: Workshop Participants................................................................................................................6
Appendix B: Workshop Brochure and Agenda..................................................................................................8
Appendix C: Workshop Evaluation Form.........................................................................................................10
Workshop Objectives

1. To identify strategies for translating research evidence to practice and implementing best practices related to fall prevention among community-living older adults.
2. To identify recommendations for future work to implement these strategies into practice.
3. To build an interprofessional Ontario-based team to take this work forward

The three most significant results/accomplishments of the workshop were as follows:

1. The workshop provided participants with the opportunity to participate in small group dialogue, networking, information sharing, and facilitated consensus building. Key facilitators and barriers to the implementation of best practices related to fall prevention were identified, and recommendations for future work in this area were discussed.

2. Through these discussions, it became evident that a number of successful community-based fall prevention initiatives are currently underway in Ontario. This finding suggests that providers and agencies are clearly aware of the problem and thus, a major step in the translation of knowledge into practice is already partly accomplished. However, these initiatives are not coordinated under a single strategy. Because of marked differences in approaches to fall prevention, it is very difficult to evaluate at a local or provincial level whether or not we making progress in reducing falls and fall-related injuries. As a result, participants identified the need to bring health system partners together to formulate a single Provincial Falls Prevention Strategy that will facilitate all partners in implementing and evaluating effective, evidence-based fall prevention interventions for seniors. As a first step in developing this strategy, participants identified the need to conduct an inventory to identify the wide range of successful fall prevention practices across Ontario and other jurisdictions.

3. Partnerships and coalitions of a wide variety of stakeholders and individuals – including older adults and their caregivers, health care practitioners, decision-makers, and researchers – are pivotal in developing effective fall prevention strategies. There was a clear sense of a need for intermediaries (people or processes) to link the various stakeholders involved in fall prevention. Strategies for developing and maintaining these connections and partnerships were identified. These included using electronic networks to facilitate the sharing of information and resources among individuals and organizations. Participants acknowledged that best practice interventions and strategies to address falls require a multi-sectoral approach. Participants also acknowledged the need for effective leadership by key provincial organizations as well as leadership from politicians to move this agenda forward.

Description of the Workshop and Participants

This one-day invitational workshop titled ‘Closing the Gap between Research and Practice: Fall Prevention for Community-Living Older Adults’, took place on Wednesday, November 3, 2010 in Oakville, Ontario. A total of 29 individuals with backgrounds in research, policy and practice, and expertise in fall prevention, community care, KT, and older adults and their caregivers attended the workshop (See Appendix A for a list of workshop participants).
Three speakers presented keynote addresses to stimulate discussion and set the stage so that participants were aware of the current research in the area of fall prevention and KT.

Dr. Mark Speechley, Associate Professor, Epidemiology and Biostatistics, University of Western Ontario, opened the workshop with an overview of the current evidence for effective strategies for fall prevention, and KT strategies for implementing best practices with respect to fall prevention. Barriers and facilitators to the implementation of best practices for fall prevention were discussed.

Dr. Maureen Markle-Reid, Associate Professor, School of Nursing, McMaster University, provided an overview of the implementation and evaluation of an evidence-based interprofessional team approach to fall prevention among older adults using home care services within the context of a randomized controlled trial in Ontario. Effective practice-change interventions for disseminating evidence to clinicians about fall risk assessment and management were discussed.

Dr. Vicky Scott, Director, Centre of Excellence on Mobility, Fall Prevention & Injury in Aging; Senior Advisor, Fall and Injury Prevention, British Columbia Injury Research and Prevention Unit; Clinical Associate Professor, University of British Columbia, provided an overview of KT strategies and fall prevention among older adults using a Public Health approach. This approach relies on a careful analysis of the problem and its causes in order to develop effective solutions in partnership with those affected by the problem. The application of this model to seniors’ fall prevention in Canada, including the successes, challenges, and recommendations for the future were discussed.

Throughout the day, a variety of evidence-based strategies were used to engage participants in small and large group discussions and facilitated consensus building (see Appendix B for the workshop brochure and agenda).

**Summary of Discussions and/or Deliverables**

Participants identified a number of key factors that facilitate the inclusion of best practices for fall prevention. Key facilitators included: (1) involving key stakeholders who are affected by this issue (older adults and their caregivers) and those who care for them (health care providers) and executive level support to implement solutions, (2) providing ongoing support, monitoring and feedback to health care providers, and (3) providing adequate resources to enable the delivery of fall prevention strategies.

Through discussions, the following challenges associated with implementing fall best practices were identified: (1) lack of knowledge among health care providers regarding current fall prevention initiatives at local, provincial and national levels, (2) the need for changes in attitudes and perceptions at multiple levels (client/caregiver, provider, and organization/system) regarding the need for fall prevention, (3) limited time and resources, (4) competing demands, (5) the need for effective leadership by key individuals and organizations, and the (6) need for a paradigm shift in the community from acute care and treatment of physical disability to more health-oriented, preventive and comprehensive approach to care.
Participants identified the following leadership roles for the development of policies for fall prevention: (1) raise awareness of the magnitude and scope of the problem of falls among older adults, health care providers and policy makers in order to build a “burning platform” about this issue, e.g., public communication campaign, (2) identify champions to provide leadership in this area, (3) identify and secure resources for integration of evidence into practice and evaluation, (4) identify or develop an electronic network to facilitate the sharing of information and resources among individuals and organizations, (5) establish and leverage multisectoral partnerships at the federal, provincial, and municipal levels, (6) identify and engage relevant stakeholders in the dissemination of information, and (7) engage key stakeholders in conducting an inventory of current fall prevention initiatives across Ontario.

The workshop participants achieved consensus regarding the need to bring together health system partners to formulate a Provincial Fall Prevention Strategy to improve the quality of life and health of seniors through the prevention of falls and fall-related injuries.

**Knowledge Translation Activities**

Prior to the workshop, participants were sent an electronic copy of the workshop brochure highlighting the schedule and keynote speakers and a list of key resources related to fall prevention. The participants were eager to share their work in the area of fall prevention prior to the workshop. At the beginning of the workshop, participants were given a package of materials including a list of the participants and their contact information, the workshop brochure, key resources related to fall prevention, and copies of the keynote research PowerPoint presentations.

Participants had multiple opportunities during the workshop to network with colleagues and share information and resources in the area of fall prevention. Facilitated small and large group discussions provided an effective forum for participants to work collaboratively, share their opinions, deliberate, and achieve consensus on the issues relevant to integrating fall prevention best evidence into practice.

During the workshop, participants identified the need to identify or develop an electronic network to facilitate the sharing of information and resources among each other following the workshop. The newly developed SHRTN Fall Community of Practice (CoP), and the Canadian Patient Safety Institute Fall Collaborative CoP were identified as feasible and accessible electronic networks for ongoing communication. Participants were encouraged to join these CoPs following the workshop. This report will be circulated to workshop participants for their review and input as an additional strategy for knowledge transfer. The researchers will work in collaboration with a select group of workshop participants to move the KT agenda for fall prevention forward.
Impact/Outcomes of the Workshop

A post-workshop survey was conducted in order to obtain written feedback on the workshop (see Appendix C for a copy of the Workshop evaluation form). The results of the evaluation suggest that the participants gained increased knowledge about research and resources in the area of fall prevention and KT in Canada.

Overall, the workshop created enhanced interest through the sharing of resources, creating important multidisciplinary links and networking. Participants were excited about the ideas generated during the workshop and are interested in seeing the next steps come to fruition.

This is evidenced by the following testimonials:

“It was a great day and I was pleased to be part of it. I look forward to the outcome of the discussions”

“Thanks again for the invitation to the event yesterday. I really learned a lot”

“Dear Workshop Planning Committee: thank you for a great workshop and the opportunity to meet so many like minded individuals. The priorities identified are very important to my work and I look forward to seeing the Provincial Falls Prevention Strategy moving forward”

“Thank you for the invitation to participate in the workshop. It was a valuable learning experience and a great opportunity to network with colleagues who work in this field. I look forward to working with you again in the future”

“I’m so excited about all the work that is going on and glad to see the profile of this very important initiative rising across the province!”

Through discussion, the following priority areas were identified as needing attention and focus in order to move the KT agenda for fall prevention in the community forward:

- Involve key stakeholders (older adults, health care providers, policy makers, researchers) in conducting an inventory to identify the wide range of successful fall prevention initiatives across Ontario
- Identify strategies for developing and maintaining connections and partnerships between key stakeholders to facilitate networking and information sharing regarding fall prevention
- Bring health system partners together to formulate a single Provincial Fall Prevention Strategy to facilitate implementation of evidence-based fall prevention strategies and evaluate fall prevention interventions for seniors
- Identify effective dissemination strategies to influence long-term behaviour change for clients as well as health care professionals
- Identify and secure resources for continued research in this area.
Intended Follow-Up

Specific activities for follow-up include the following:

- Distribute this report to the workshop participants for their review and input
- Post this report on the SHRTN and CPSI Fall Collaborative electronic CoP
- Identify a core group of health system partners to move forward with the following activities to enhance the integration of fall best practice evidence into clinical practice:
  1. Engage key stakeholders in conducting an analysis of local and provincial data on the scope and nature of the problem as well as an inventory of current fall prevention initiatives across Ontario
  2. Use this background document as the basis for a Provincial Falls Round Table, with representation from key stakeholders in fall prevention – including older adults and their caregivers, health care practitioners, decision-makers, and researchers across Ontario. The Round Table will provide a collaborative forum for involving key stakeholders in the formation of priority recommendations for policy and prevention to reduce falls and fall-related injuries for the province. This will include establishing a preliminary framework for the implementation and evaluation of fall prevention interventions for seniors. The process of involving the stakeholders in the formation of these recommendations will be pivotal to the success of this leadership model to move the development of a Provincial Fall Prevention Strategy forward.
### Appendix A

**Closing the Gap between Research and Practice: Fall Prevention for Community Living Older Adults**

#### WORKSHOP PARTICIPANTS

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Prepared on 23/02/2011
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Prepared on 23/02/2011
Closing the Gap between Research and Practice: Fall Prevention for Community Living Older Adults

Wednesday, November 3, 2010
Holiday Inn Oakville at Bronte Oakville, ON
9:00 a.m. to 4:00 p.m.
Conference participation by Invitation

Workshop Planning Committee

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Co-Chair: Jenny Ploeg, RN, PhD, Associate Professor, School of Nursing, McMaster University, Mid-Career Award Holder, Ontario Ministry of Health and Long-Term Care, Hamilton, ON

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ACKNOWLEDGEMENTS

The workshop planning committee extends its appreciation to the organizations and individuals whose support, financial and in-kind, has made this event possible, including the Canadian Institutes of Health Research and the School of Nursing, McMaster University. We also thank the workshop speakers and participants for their contributions.

MAP

Holiday Inn Oakville at Bronte
2525 Wyecroft Road, Oakville, ON,
Tel: (905) 847-1000

Coming from Toronto: Take the QEW West, exit at Bronte Rd, Exit 111, turn left onto Wyecroft Rd.

Coming from Hamilton & Niagara: Take the QEW East, exit at Bronte Road, Exit 111, turn left onto Wyecroft Rd.
Closing the Gap Between Research and Practice: Fall Prevention for Community-Living Older Adults

9:00 - 9:30  Registration and Breakfast

Welcome and Opening Remarks
9:30 – 9:45  Dr. Maureen Markle-Reid

What Works to Prevent Falls?
9:45 – 10:25  Dr. Mark Speechley

Implementation and Evaluation of a Multicomponent and Interprofessional Team Approach to Fall Prevention
10:25-10:45  Dr. Maureen Markle-Reid

Mid-Morning Break

Large Group Discussion
11:00-11:20

Knowledge Translation Strategies and Fall Prevention
11:20– 12:00  Dr. Vicky Scott

Lunch & Networking Break

Identifying Effective Knowledge Translation Strategies
1:00 - 1:30  Small Group Discussions
1:30 - 2:00  Large Group Discussion

Mid-Afternoon Break

Getting Knowledge Translation Strategies into Practice
2:15 - 3:00  Small Group Discussions
3:00 - 3:45  Large Group Discussion

Wrap-Up and Evaluation
3:45 - 4:00  Dr. Jenny Ploeg

Workshop Objectives

♦ To identify strategies for translating research evidence to practice and implementing best practices related to fall prevention among community-living older adults.

♦ To identify recommendations for future work to implement these strategies in practice.

♦ To build an interprofessional Ontario-based team to take this work forward.

To achieve these objectives, participants with backgrounds in research, policy and practice and expertise in fall prevention, community care, knowledge translation, and older adults and their caregivers will participate in small group dialogue and facilitated consensus building.

Workshop Objectives

Invited Speakers

Mark Speechley, PhD
Dr. Speechley received his PhD in Epidemiology & Biostatistics from the University of Western Ontario which was followed by postdoctoral training in chronic disease epidemiology at Yale University. At Yale he was very fortunate to meet Dr. Mary Tinetti, who kindled his research interest in falling among older adults. His most recent research interest is in how to effectively mobilize the wealth of evidence to prevent falls among older Canadians.

Maureen Markle-Reid, RN, MScN, PhD
Dr. Markle-Reid is an Associate Professor in the School of Nursing, an Associate Member of the Department of Clinical Epidemiology and Biostatistics at McMaster University, and the recipient of a five year Career Scientist Award (2004-2009) from the Ontario Ministry of Health and Long-Term Care. She has 10 years of home care and hospital experience prior to obtaining her PhD from McMaster University. Her program of research focuses on economic evaluation of comprehensive, interprofessional clinical interventions for community-living seniors and their caregivers.

Vicky Scott, RN, PhD
Dr. Scott is the Senior Advisor for Falls and Injury Prevention with the BC Injury Research and Prevention Unit and the Ministry of Healthy Living and Sport (MHLs), Director, Centre of Excellence on Mobility, Fall Prevention and Injury in Aging, Clinical Associate Professor, UBC School of Population and Public Health, and Chair of the BC Fall and Injury Prevention Coalition. Dr. Scott assists the MHLs in transferring knowledge from falls and injury prevention research initiatives into policy development. In 2007, she was awarded the CIHR Knowledge Translation Award.
Appendix C

Closing the Gap between Research and Practice: Fall Prevention for Community-Living Older Adults

Workshop Evaluation

1. What were the most important things that you learned today?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

2. How did the workshop help to address your needs and questions with respect to fall prevention among community-living older adults?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

3. What do you see as key priorities for implementing best practices with respect to fall prevention?

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______________________________________________________________________________
______________________________________________________________________________

4. In your opinion what are the key strategies needed to address the knowledge translation gap with respect to fall prevention among community-living older adults?

______________________________________________________________________________
______________________________________________________________________________
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