A Message from the Sponsoring Agency

Greetings to all the members of our Falls Prevention Community of Practice. Since the last newsletter in December, we have been planning the best ways to bring falls prevention information to you. We are in the process of developing a survey to inquire about your information needs and priorities as they pertain to seniors’ falls prevention. In the next few weeks, you will be receiving the survey which will help us to guide our practice. Please take the time to fill it out and submit your comments. Meanwhile, a newsletter subgroup has formed and is planning the upcoming issues for the 2011 year. We will be sending you a newsletter every other month. Once the surveys are collated, we will use your input and keep you informed of upcoming webinars and other Community of Practice events. All the very best to you in 2011.

Hélène Gagné, B.A., M.A. Program Director, Injury Prevention. Ontario Neurotrauma Foundation

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A message from your Community of Practice Coordinator

Can you unscramble the words? SMARTRISK and Public Health are working to aescdree falls across the iflsanep. Falls prevention advocates everywhere promote yfaset as a lnoglfei orpiytir. We strive to have older adults see lafls erptinoven as being spreolyn verealnt. As a Community of Practice, we lcmwoee new members. We are ppahy to see the membership owrg. Thank you for ebnig part of our membership and lpsae refer your colleagues. They can self refer by sending an email to marguerite@thomas.name. Hatnk oyu. Answers - Pg 4

Engaging Seniors: better practices for falls prevention

A toolkit of resources to help you guide seniors into falls-preventing activities using best practice approaches to:
- communicate well
- maximize appeal
- encourage participation
- tailor for impact
- foster confidence
- maintain commitment

Click on the picture to download your copy.
Program Feature: Strong and Steady Fall Prevention Program

The Strong and Steady Fall Prevention Program is a comprehensive six week fall prevention program funded by the Mississauga Halton Local Health Integration Network. The program is delivered by The Credit Valley Hospital, Halton Health Care Services and Trillium Health Centre. A physician referral is required. The patient receives a comprehensive geriatric assessment to determine suitability for the program. Once deemed suitable for the fall program the patient attends a 1 hour exercise circuit and a 1 hour education session twice a week for six weeks. Patients are monitored and encouraged to exercise at home. Patients learn how to make their homes safer, how to use assistive devices correctly, and how medications can put you at risk of a fall. A recreational therapist works with the patient to develop a physical activity plan to keep them active once they graduate from the program.

There are many activity options in the community. However, patients who have never been active before have difficulty transitioning to community based programs. To address this issue the Trillium Health Centre worked with Mississauga Recreation and Parks to offer the exercise component of the Strong and Steady program at Cawthra Community Centre. They also developed a transitional program called Stronger and Steadier. This program takes graduates from the Strong & Steady program from all hospitals and is currently offered at Cawthra community centre, and Clarkson Community centre in Mississauga. Hospital staff work in both programs which helps patients with the transition to the community. Patients are introduced to many suitable community based programs and encouraged to join more recreation and parks programs.

Results from all hospital sites indicate that patients are improving balance, strength, and continuing with some form of physical activity. Those who attend the Stronger & Steadier programs gain more strength and balance. In 2009/2010 274 patients received the program. There was an 82% decrease in the mean number of falls. Six months before entering the Strong & Steady program patients reported 39 emergency room visits. Three months after the program, patients report 3 visits to the emergency room.

Jennifer Lodge is employed with the Ontario Public Health Association as Program Coordinator for the Injury Prevention Initiative and the Youth Engagement Project. Jennifer works to provide meaningful communications, events, and meeting follow-up support to the Injury Prevention Managers’ Alliance. Jennifer is a graduate of the University of Toronto with an Honours Bachelor of Science in Psychology and Philosophy along with a Workplace Wellness and Health Promotion Post-Graduate Certificate from Centennial College. Jennifer can be reached at jilodge@opha.on.ca and 416-367-3313 ext. 253.
Motivational Interviewing (MI) Essential Skills for helping people change behaviour

Many of us are frustrated by our inability to get through to seniors. Why won't they get rid of the scatter rugs? Why don't they use their walker? Why don't they get their medications reviewed? Why is it that over 50% of seniors are not active? It might be our approach. We try to “educate” seniors about the many fall risks. We believe that knowledge about a risk will lead to behaviour change. Unfortunately, this approach rarely works for a number of reasons.

A good example is physical activity promotion. Eighty percent of the population knows that they should be active, however only 56 percent actually are. Education alone leads to more knowledge, not behaviour change. To change behaviour you need a different set of skills.

Current research on Motivational Interviewing is showing promising results. MI may be the skill to develop to be successful in encouraging behaviour change.

MI is a form of counseling. With MI you learn that behaviour change comes from the individual, not from an educational lecture, or pamphlet. Two essential skills in developing competency in MI are: learning to listen for the language of change that suggests clients are becoming ready for commitment and action planning, and learning how to elicit such language from clients.

Change talk is the gold nugget for which all the mining in MI is designed. Change talk is the reward for all the hard work of using skillful MI to strategically guide clients in the direction of a target behaviour. Change talk is your cue to help clients with more concrete action planning and goal setting. MI can teach you how to recognize change talk and work with it to harness motivation, develop actions plans, and set goals that lead to behaviour change. For more information on Motivational Interviewing visit: www.motivationalinterviewing.org

News from the SHRTN Library Service and Knowledge Broker

Looking for current, up-to-date, evidence based information, and don't know where to start to find it?

The SHRTN Library Service is offering a series of Educational workshops for the Seniors Healthcare professional to help you do just that!

These workshops will help you more readily find, appraise and use published research materials.

Designed to be informative and engaging, these FREE sessions will help to give you needed skills in your everyday practise. Feel free to sign up and attend one or all of the sessions. To register, click on any of the following:

**All times given are EST**

- Tues. Feb. 8 1–2:30 PM  [An Introduction to Copyright](#)
- Thurs. Feb.17 1-2:30 PM  [Finding Seniors Health Care Resources](#)
- Tues.  Feb. 22 10–11 AM  [Searching Pubmed](#)
-  Tues.  Mar. 8  10–11 AM  [Using Google](#)
- Tues. Mar. 15 1–2 PM  [Starting a Journal Club](#)
-  Fri. Feb. 11  9-10:30 AM  [Welcome to SHRTN—An Orientation to SHRTN](#)
-  SHRTN Webinars use [Adobe Acrobat Connect](#)

**Other Upcoming “Webinars”:**

- Canadian Centre on Activity and Aging Webinars: Monday, Feb. 7 1-2 p.m.  [The Effects of Organic Nitrates on Bone/Musculoskeletal Health Webinar 4](#)
- Tuesday, Feb. 22 1-2 p.m.  [Maintaining the Gains – Guidelines for Community Based Exercise Programs for People with Stroke](#)

CCAA Webinars use a different technology—use the links above for more info

New to Technology used by our Community of Practice, SHRTN, and online resources? Contact [Terry Kirkpatrick](#), Knowledge Broker, or [Mary Beth Forget](#), Library Services

Enjoy Safe Winter Walking—the season for Falls Prevention is year round!

These are the only falls we like to see!

Quick Tip: Your computer “frozen” and you can’t get anything to happen? Press the power button down and hold for about 5 seconds. Shuts the computer off—emergencies—better than unplugging.
Read all about it!

In each issue, a different short topical bibliography will be presented. This issue’s topic is **Guidelines and Best Practices.** Knowing the basic guidelines and best practices for falls prevention can be the difference between acting and re-acting to a fall. The following websites and articles should help you with your basic knowledge of this topic.

**Websites:**


* Of special interest is Chapter 4: Setting Conditions for Healthy Aging; section: “Falls and Injury Prevention.”

Toronto Best Practises Initiative – Long Term Care Guidelines [http://rgp.toronto.on.ca/node/133#Falls](http://rgp.toronto.on.ca/node/133#Falls)

* Of special interest is the section on Falls Prevention Management.

RNAO: Nursing Best Practice Guideline, Shaping the future of Nursing. Prevention of Falls and Fall Injuries in the Older Adult. [http://www.rnao.org/Storage/12/617_BPG_Falls_rev05.pdf](http://www.rnao.org/Storage/12/617_BPG_Falls_rev05.pdf)


**Articles:**


The above listed are not the only published guidelines and best practises for this topic. For the purposes of this article, only the most common ones and more recent ones were used. For more article citations on falls, the SHRTN Library Service has published a topical Reading List on Falls Prevention: [http://beta.shrtn.on.ca/resources/322](http://beta.shrtn.on.ca/resources/322). If you would like a free copy of any of the articles listed, either here or in the reading list, please contact mforget@baycrest.org.

**Puzzle from Page 1—Answer: Did you unscramble the words to get the message below?**

SMARTRISK and Public Health are working to decrease falls across the lifespan. Falls prevention advocates everywhere promote safety as a lifelong priority. We strive to have older adults see falls prevention as being personally relevant. As a Community of Practice, we welcome new members. We are happy to see the membership grow. Thank you for being part of our membership and please refer your colleagues. They can self refer by sending an email to marguerite@thomas.name. Thank you.
Communicative Access and Aphasia offers new series of "Supported Conversation for Adults with Aphasia" - SCA™

One of our partner Communities of Practice at SHRTN, the Communicative Access and Aphasia Community of Practice, is offering a series of four webinars that will provide an introduction to Supported Conversation for Adults with Aphasia (SCA™). This is an evidence-based communication method that facilitates more productive interactions between caregivers and individuals with communication challenges, particularly those 'who know more than they can say'.

These webinars will also showcase new pictographic materials that have been created to assist health care professionals to provide important health information to individuals who have communication difficulties. These materials cover a wide range of health topics, including falls prevention. These materials have been created through the Aging at Home Initiative (Ontario Ministry of Health and Long-Term Care) and will be provided to all participants from Ontario at no charge.

February 17: 14:30 to 16:00 EST
March 1: 13:00 to 14:30 EST
March 17: 13:00 to 14:30 EST
March 29: 13:00 to 14:30 EST
To register: https://www.surveymonkey.com/s/SCA2011

"Success is not to be pursued; it is to be attracted by the person we become."
- Jim Rohn
The Saskatoon Falls Prevention Consortium, in partnership with Continuing Physical Therapy Education, University of Saskatchewan, brings you this exciting educational opportunity:

**Falls Prevention in Seniors**

**across the Continuum of Care**

**Conference 2011**

**March 24-25, 2011  Saskatoon, SK**

The conference will provide an evidence-based update on the interdisciplinary approach to the prevention of falls in older adults in three primary practice areas: **acute care, long term care and community care**. The format will include plenary sessions, interactive breakout sessions, poster and podium presentations of current research and clinical practice. **Keynote speakers include Professor Marcia Carr, Dr. Dorothy Baker and Dr. Stephen Robinovitch.** For more information on these individuals see the [Keynote Speakers page](http://www.usask.ca/cpte/FallsConf-2011/index.php).

**Conference objectives:**

- To provide a common meeting ground to exchange knowledge and ideas among all stakeholders in fall prevention including practitioners, policy-makers, and researchers.
- To provide current research findings related to fall prevention initiatives and fall risk assessment in the areas of acute care, long term care and community care.
- To identify and showcase current "best practice" and new innovative ideas in screening and delivery of fall risk and fall prevention.
- To inspire further development of fall prevention strategies and to encourage potential partnerships and collaboration to advance fall prevention in Saskatchewan and world-wide.

**Target Audience:**

The audience for the conference includes a wide scope of individuals who are involved in the prevention of falls at a community or institutional setting. This includes, but is not limited to researchers, representatives from government or funding agencies, physical therapists, recreation therapists, nurses, occupational therapists, social workers, paramedics, personal care workers, long term or acute care aids, chiropractors, dietitians, exercise therapists, massage therapists, pharmacists, physicians, psychologists, members of organizations supporting older adult wellness and public health.

[REGISTRATION FORMS NOW AVAILABLE](http://www.usask.ca/cpte/FallsConf-2011/index.php). If you have specific questions about the conference, please contact Pat Tremaine, Course Coordinator via email at pat.tremaine@usask.ca or call (306) 966-2043

**Also, check out this FREE WEBINAR from Australia, scheduled for February 14th-15th, 2011: The latest evidence in hospital falls prevention.**

In the past year, there has been a Cochrane review, and since then, 4 large randomised controlled trials of in-hospital falls prevention programs have been published. This has dramatically increased the amount of information there is available about preventing falls in hospitals. Find out what works and what doesn't by registering for this free Webinar.

To register for this free webinar, email support@hospitalfallsprevention.com Be prepared to provide in this e-mail your name, an e-mail address, your position and health care facility / hospital / organisation that you work for, and state that you would like to register for this Free Webinar.