

Interdisciplinary Approaches to Fall Prevention

Team Approaches

[An Interprofessional Team Approach to Fall Prevention for Older Home Care Clients 'at Risk' of Falling: Health Care Providers Share Their Experiences](http://sagelink.ca/interprofessional_team_approach_fall_prevention_for_older_home_care_clients)

http://sagelink.ca/interprofessional_team_approach_fall_prevention_for_older_home_care_clients

This Canadian qualitative study aimed to describe the experiences of different health care professionals as they took part in an Interprofessional team approach to care for frail older adults living at home who were at risk of falling.

[Falling into Place: A Practical Approach to Interdisciplinary Education on Falls Prevention in Long-Term Care](http://sagelink.ca/falling_into_place_interdisciplinary_education_on_fp_ltc)

http://sagelink.ca/falling_into_place_interdisciplinary_education_on_fp_ltc

This special article aims to provide physicians and advanced practitioners with selected resources and references on educational materials to be considered for fall prevention in the long-term care setting. The author also suggests evidence-based teaching strategies that primary care providers can use in interdisciplinary practice.

[An Interdisciplinary Approach to Reducing Falls: Utilizing Team Huddles and Visual Aids to Increase Nursing Staff and Patient Knowledge on T.E.A.M. Fall Risk Interventions](http://sagelink.ca/interdisciplinary_approach_to_reducing_falls_2016)

http://sagelink.ca/interdisciplinary_approach_to_reducing_falls_2016

This master's projects paper describes a project undertaken on a medical-surgical oncology unit in an inpatient hospital which involved the use of Toileting, Environment, Activity and Medication (TEAM) bundle of fall prevention interventions as well as the utilization of [Kotter's Eight-Step Process for Leading Change](#).

[Preventing Falls in Hospitals – A Toolkit for Improving Quality of Care](http://sagelink.ca/preventing_falls_in_hospitals)

http://sagelink.ca/preventing_falls_in_hospitals

This toolkit is intended to assist health care providers and hospitals in the development of fall prevention protocols. The toolkit provides a roadmap with action steps and suggested supporting tools for each action and draws on a systematic review of the literature, expert opinion and best practices.

[A Collaborative Approach to Fall Prevention](http://sagelink.ca/collaborative_approach_to_fall_prevention_oct_2011)

http://sagelink.ca/collaborative_approach_to_fall_prevention_oct_2011

This peer-reviewed feature describes the Geriatric Emergency Management-Falls Intervention Team (GEM-FIT) project, a nurse-led research initiative intended to improve fall prevention in older adults by taking an interdisciplinary collaborative approach.



Interdisciplinary Approaches to Fall Prevention

Team Approaches *continued*

[An Interdisciplinary Approach to Understanding Determinants of Falls Causing Osteoporotic Hip Fractures Among Canadians](http://sagelink.ca/interdisciplinary_approach_to_understanding_determinants_of_falls)

http://sagelink.ca/interdisciplinary_approach_to_understanding_determinants_of_falls

The author followed the steps proposed by Allen F. Repko to identify determinants of falls resulting in osteoporotic hip fractures and combined disciplinary insights from neurology (intrinsic risk) and environmental epidemiology (external risk).

[A Falls Aware Community: An Intersectorial, Interdisciplinary Approach](https://sagelink.ca/midcentral_DHB_presentation_may_2015)

https://sagelink.ca/midcentral_DHB_presentation_may_2015

This presentation by MidCentral DHB from May 2015 provides an outline of their intersectorial and interdisciplinary approach to fall prevention including a description of their context, implications of falls, the strategies for improvement implemented and planned as well as a summary of key messages.

[An Interdisciplinary Intervention to Prevent Falls in Community-Dwelling Elderly Persons: Protocol of a Cluster-Randomized Trial \(PreFalls\)](http://sagelink.ca/interdisciplinary_intervention_prevent_falls_community-dwelling_elderly)

http://sagelink.ca/interdisciplinary_intervention_prevent_falls_community-dwelling_elderly

The authors describe the Prevent Falls (PreFalls) trial to investigate the effectiveness of a pre-tested multi-modal intervention in the primary care setting in Germany.

The Role of Physiotherapy

[Physiotherapy in the Prevention of Falls in Older Adults](http://sagelink.ca/physiotherapy_in_the_prevention_of_falls_older_adults)

http://sagelink.ca/physiotherapy_in_the_prevention_of_falls_older_adults

This article illustrates how physiotherapists are well placed to make important contributions to the challenge of preventing falls in older adults by reviewing a number of contexts (intrinsic and external), fall prediction tools, a variety of fall prevention interventions, implications for practice and future research.

The Role of Occupational Therapy

[Falls Prevention: Investigating Best Practice for Community Occupational Therapists](http://sagelink.ca/investigating_best_practice_OT)

http://sagelink.ca/investigating_best_practice_OT

The author investigated the available literature addressing best practices for occupational therapists for fall prevention teams as well as standardized tools to aid in this practice as part of the development of an interdisciplinary, multifactorial falls prevention program.

The Role of Pharmacists

[The Role of the Pharmacist in Falls Prevention](http://sagelink.ca/role_of_pharmacist_in_falls_prevention)

http://sagelink.ca/role_of_pharmacist_in_falls_prevention

This presentation was given at the Canadian Pharmacists Conference, 2015 by Karen Riley and takes a case study approach to illustrate the important role of pharmacists in fall prevention strategies.



Interdisciplinary Approaches to Fall Prevention

The Role of Nurses

[Falls Prevention- Building the Foundations for Patient Safety](http://sagelink.ca/rnao_falls_prevention_building_foundations_patient_safety)

http://sagelink.ca/rnao_falls_prevention_building_foundations_patient_safety

This self-learning package based on the RNAO Best Practice Guideline: Prevention of Falls and Fall Injuries in the Older Adult, provides facts about falls, a summary of the best practice guidelines, the goals of a falls prevention program, components of a falls prevention program, the steps to implementing the falls program and self-test.

The Role of Dieticians & Nutritionists

[Nutrition & Fall Prevention](http://sagelink.ca/nutrition_and_fall_prevention) http://sagelink.ca/nutrition_and_fall_prevention

This web page provides an overview on how nutrition plays a key role in fall prevention, the nutritional needs of older adults and a 4 step model to illustrate the role of the dietician and nutrition in fall prevention.

Primary Care Based Programs & Considerations

[Physician and Nurse Perspectives of an Interprofessional and Integrated Primary Care-Based Program for Seniors](http://sagelink.ca/interprofessional_and_integrated_primary_care-based_program_for_seniors)

http://sagelink.ca/interprofessional_and_integrated_primary_care-based_program_for_seniors

The authors used a qualitative thematic approach to bring forward front-line perspectives of physicians and nurses who referred their patients to an integrated multi-disciplinary program for seniors which was introduced in a primary care clinic in Ontario, Canada.

[Improving Primary Health Care Through Collaboration: Briefing 1 – Current Knowledge About Interprofessional Teams in Canada](http://sagelink.ca/improving_primary_health_care_through_collaboration)

http://sagelink.ca/improving_primary_health_care_through_collaboration

This briefing from The Conference Board of Canada, 2012 provides an overview on Interprofessional teams in the primary care setting along with examples and a summary of challenges related to the success of these efforts.

Condition Specific Resources

[Parkinson's Disease Symptom Management: An Interdisciplinary Approach](http://sagelink.ca/parkinsons_disease_symptom_management_interdisciplinary_approach)

http://sagelink.ca/parkinsons_disease_symptom_management_interdisciplinary_approach

This article provides recommendations to help manage symptoms and includes a section related to preventing falls.

[Multidisciplinary Care of Patients with Parkinson's Disease](http://sagelink.ca/multidisciplinary_care_of_patients_with_parkinsons_disease)

http://sagelink.ca/multidisciplinary_care_of_patients_with_parkinsons_disease

The authors review the evidence supporting the efficacy of multi-disciplinary care for patients with Parkinson's Disease.

[Incidence and Prediction of Falls In Parkinson's Disease: A Prospective Multidisciplinary Study](http://sagelink.ca/incidence_and_prediction_of_falls_parkinsons_disease_multidisciplinary)

http://sagelink.ca/incidence_and_prediction_of_falls_parkinsons_disease_multidisciplinary

The authors of this study found that some of the major risk factors of falls in this population are potentially modifiable and argue for thorough assessments post falls to reduce the risks of future falls.



Interdisciplinary Approaches to Fall Prevention

Condition Specific Resources continued

[Exercise Therapy for Prevention of Falls in People with Parkinson's Disease: A Protocol for a Randomized Controlled Trial and Economic Evaluation](http://sagelink.ca/exercise_therapy_for_prevention_of_falls_parkinsons_disease)

http://sagelink.ca/exercise_therapy_for_prevention_of_falls_parkinsons_disease

The authors suggest that the PD-WEBB program has the potential to be implemented at a reasonable and sustainable cost within existing community services. Through reducing falls for those with Parkinson's disease will reduce the personal and financial costs to them, their families, health care system and community.

[Multiple Sclerosis and Falls – An Evolving Tale](http://sagelink.ca/ms_and_falls_an_evolutionary_tale)

http://sagelink.ca/ms_and_falls_an_evolutionary_tale

This article provides an overview of considerations related to fall risk for those with MS and point to the need for further research.

[Targeting Dynamic Balance in Falls-Prevention Interventions in Multiple Sclerosis](http://sagelink.ca/targeting_dynamic_balance_in_falls-prevention_interventions_in_MS)

http://sagelink.ca/targeting_dynamic_balance_in_falls-prevention_interventions_in_MS

This article includes recommendations from the International MS Falls Prevention Research Network. It explains how impairments in dynamic balance are linked to falls in people with MS and that MS falls-prevention studies should use measures of dynamic balance, particularly those which capture transitions and walking.

[International MS Falls Prevention Research Network](http://sagelink.ca/international_MS_falls_prevention_research_network)

http://sagelink.ca/international_MS_falls_prevention_research_network

The authors describe the history and goals of this network which will work collaboratively to develop and implement multisite research protocols to advance knowledge on falls and falls prevention among people with MS.

Patient Education

[Minimizing Your Risk of Falls: A Guide for People with MS](http://sagelink.ca/minimizing_risk_of_falls_for_people_with_MS_brochure)

http://sagelink.ca/minimizing_risk_of_falls_for_people_with_MS_brochure

This brochure explains risk factors for falls as related to symptoms of MS and ways to reduce preventable falls and what to do if a fall occurs.

[Ageing Well: Falls](http://sagelink.ca/public_free_online_course_on_falls)

http://sagelink.ca/public_free_online_course_on_falls

This free online course is intended to educate people on the reasons why people fall, practical methods to reduce the risk of falling and to recognize when to seek expert help.

The Importance of Informal Caregivers

[Stories Shared, Voices Heard: Ontario's Family Caregivers](http://sagelink.ca/stories_shared_voices_heard_ontario_family_caregivers)

http://sagelink.ca/stories_shared_voices_heard_ontario_family_caregivers

This Change Foundation report provides a comprehensive overview about the how caregivers experience Ontario's health and community care sectors, providing insight for those working to improve the system.

