

# KNOWLEDGE knowledge review

ANSWERS TO YOUR MOST  
FREQUENTLY ASKED QUESTIONS



ISSUE #1 – MAY 2019

## E-Learning Opportunities in Fall Prevention

This review of e-learning opportunities offers a selection of potential courses, modules, and education series on fall prevention in Canada. It is not intended to be an exhaustive list.

**\* Disclaimer:** Please check mandatory requirements for your province/profession. The resources listed below are additional learning resources that should not replace standard training practices, unless specified by your organization.

COURSE	DETAILS	COST	URL
<p><b>Canadian Fall Prevention Curriculum® (CFPC)</b></p> <p>Offered through Continuing Studies at the University of Victoria</p> <p>CANADIAN</p>	<p><b>Audience:</b> Those working with older adults in long-term, acute, home, community, primary care &amp; public health.</p> <p><b>Time Commitment:</b> Five weeks, self-paced 25 hours of instruction</p> <p><b>Course Overview:</b> Those working with older adults in long-term, acute and home care will acquire the knowledge and skills needed to apply an evidence-based approach to the prevention of falls and fall-related injuries. Learn how to design, implement and evaluate a fall prevention program. The revised 2017 version of the Canadian Fall Prevention Curriculum reflects current evidence on fall risk assessment and prevention, universal fall precautions, as well as fresh approaches to successful and sustainable interventions based on proven strategies from the field of implementation science.</p> <p>Facilitated instruction leads you through a process to:</p> <ul style="list-style-type: none"> <li>• develop strategies and interventions</li> <li>• apply current programs</li> <li>• understand the reliability and validity of existing resources and tools for screening and assessing fall risk</li> </ul> <p>Upon successful course completion participants earn a Certificate of Completion, and should be able to:</p> <ul style="list-style-type: none"> <li>• define the scope and nature of the problem of falls</li> <li>• provide falls risk identification and assessment</li> <li>• provide a selection of prevention interventions reflecting evidence-based strategies</li> </ul>	FEE	<a href="#">Access the CFPC course</a>

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	<ul style="list-style-type: none"> <li>• understand social and policy context</li> <li>• provide application of a program planning model</li> <li>• evaluate the effectiveness of a falls prevention program</li> </ul> <p>A project will be created throughout the course as you work through modules specific to a population of most interest.</p> <p>Learning objectives</p> <ul style="list-style-type: none"> <li>• Increase your understanding of how to define the scope and nature of the problem of falls among older persons in your region and/or work setting.</li> <li>• Build on your knowledge of fall risk identification and assessment and the application of this knowledge to select appropriate interventions.</li> <li>• Build on your knowledge of fall prevention interventions to reflect the practical application of evidence-based strategies.</li> <li>• Increase your understanding of the social and policy context that influences fall prevention and how to apply a program planning model for the design and implementation of a fall prevention program.</li> </ul> <p><b>Certificate:</b> Yes. The Canadian Falls Prevention Curriculum online course is also an optional elective as part of the Geriatric Certificate Program (GCP) offered through McMaster University.</p>		
<p><b>Community Care Slips, Trips and Falls</b></p> <p>Offered by the Public Services Health &amp; Safety Association</p> <p>CANADIAN</p>	<p><b>Audience:</b> Community Care/Home Care Workers</p> <p><b>Time Commitment:</b> 10 minutes</p> <p><b>Course Overview:</b> This community care web tutorial will describe the risk of slipping, tripping or falling in the workplace and how you can protect yourself and prevent injuries. These community care web tutorials were developed through a collaboration with the Ontario Association of Community Care Access Centres (OACCAC). This partnership led to a focus group and subsequent development of short awareness e-learning programs to complement the eight hazard categories discussed in the booklet "<a href="#">Community Care: A Tool to Reduce Workplace Hazards.</a>" The online tutorials outline the various hazards faced by community care/home care workers, and provide suggested controls at the worker, service provider and CCAC level. The modules were originally developed by PSHSA in</p>	<p>FREE</p>	<p><a href="#">Access the Community Care Slips, Trips and Falls course</a></p>

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	<p>partnership with the Ontario Community Support Association (OCSA) and St. Clair West Services for Seniors (SCWSS), with funding from HealthForce Ontario of the Ministry of Health and Long-Term Care (MOHLTC).</p> <p><b>Certificate:</b> No</p>		
<p><b>Community Care Slips, Trips and Fall Prevention E-Learning</b></p> <p>Offered by the Public Services Health &amp; Safety Association</p> <p>CANADIAN</p>	<p><b>Audience:</b> General- for workplace safety</p> <p><b>Time Commitment:</b> 1 hour</p> <p><b>Course Overview:</b> Slips, trips and falls are common workplace occurrences that can result in serious injuries and disabilities to workplace parties. This course offers guidance on how to prevent injuries in the workplace that are the result of slips, trips or falls from the same level, and from heights. The purpose is to provide awareness and information on generic STF legislation, duties, responsibilities, hazard awareness and controls.</p> <p>Appropriate for all sectors, this training is designed for all workers as an introduction and awareness module to slips trips and fall hazards and controls.</p> <p>Course objectives include:</p> <ul style="list-style-type: none"> <li>• Describe the prevalence and impact of slips, trips and falls in the workplace and the need for prevention</li> <li>• Describe the legislative requirements for supporting slips, trips and falls prevention in your workplace</li> <li>• Describe the duties and responsibilities of workplace parties (worker, supervisor, employer) in preventing slips trips and falls</li> <li>• Explain how to recognize, assess and control slip, trip and fall hazards and evaluate controls</li> <li>• Describe the goals and components of a slips, trips and falls prevention program and how to implement it in your workplace to prevent injuries</li> </ul> <p><b>Certificate:</b> Yes</p>	FEE	<p><a href="#">Access the Community Care Slips, Trips and Fall Prevention E-Learning</a></p>
<p><b>Falls &amp; Older Adults</b></p> <p>Centre for Studies in aging &amp; Health</p>	<p><b>Audience:</b> Health Care Providers, HCP at Providence Care PSW and Family Care Providers, PSW's at Providence Care</p> <p><b>Time Commitment:</b> Self-paced, approximately 4 hours to completion</p>	Free	<p><a href="#">Access Falls &amp; Older Adults</a></p>

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<p>at Providence Care - CSAH Continuing Education: Gerontological Online Learning &amp; Development [GOLD]</p> <p>ONTARIO</p>	<p><b>Course overview:</b> The <a href="#">Falls for Older Adults</a> online educational course is designed for health care providers' continuing education and professional development. The course aims to improve knowledge about falls prevention, screening for risk, assessment and interventions for fall prevention.</p> <p>The second course on <a href="#">Falls for Older Adults – for PSWs</a> and Family Caregivers has similar goals.</p> <p><b>Certificate:</b> Yes</p>		
<p><b>Fall Prevention Education Series, 12 modules</b></p> <p>Upper Grand Family Health Team &amp; VON Canada</p> <p>ONTARIO</p>	<p><b>Audience:</b> older adults and others with a vested interest in fall prevention in Wellington County</p> <p><b>Time Commitment:</b> 12 videos, most are 1 hour in length</p> <p><b>Course Overview:</b> A YouTube playlist. Presentations by allied health professionals from the Upper Grand Family Health Team &amp; Wellington County area, filming and editing by Adam Olivero on behalf of Wightman Telecom (last updated on Nov 28, 2016).</p> <p><b>Certificate:</b> No</p>	<p>FREE</p>	<p><a href="#">Access Fall Prevention Education Series, 12 modules</a></p>
<p><b>Fall Prevention Module Accredited CME</b></p> <p>University of Ottawa and the Regional Geriatric Program of Eastern Ontario, in partnership with the Champlain Local Health Integration</p>	<p><b>Audience:</b> Physicians and health-care professionals</p> <p><b>Time Commitment:</b> 1 – 1.5 hours</p> <p><b>Course Overview:</b> Learning objectives</p> <ul style="list-style-type: none"> <li>• Describe the importance of the Fall Prevention program including the human cost of falls, the economic impact of falls and the critical importance of near falls</li> <li>• Screen for and clinically assess patients for the three P's (Postural Hypotension, Pain and Pills)</li> <li>• Use the Champlain Fall Prevention Algorithm assessment of falls</li> <li>• Assess beyond the 3 three P's</li> <li>• Describe Public Health and Osteoporosis Canada Bone Health recommendations</li> </ul>	<p>Free</p>	<p><a href="#">Access Fall Prevention Module Accredited CME</a></p> <p><a href="#">Available through the RGPEO</a></p>

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<p>Network (LHIN) ONTARIO</p>	<ul style="list-style-type: none"> <li>Explain when, where and how to refer to Geriatric Services</li> </ul> <p>First time users will need to create a profile as per instructions on the website by selecting Sign in.</p> <p><b>Certificate:</b> Yes</p>		
<p><b>Learn how to prevent falls - online course</b></p> <p>Developed by Ottawa Public Health and Champlain Local Health Integration Network (LHIN)</p> <p>Available in English and French</p> <p>ONTARIO</p>	<p><b>Audience:</b> Personal Support Workers and caregivers</p> <p><b>Time Commitment:</b> Self-paced, approximately 45 minutes to completion</p> <p><b>Course Overview:</b> This module is for anyone concerned about older adults who would like to learn valuable information regarding falls and fall prevention, such as:</p> <ul style="list-style-type: none"> <li>Personal support workers;</li> <li>Volunteers;</li> <li>Friends and family; and</li> <li>Older adults who support others close to them.</li> </ul> <p>By the end of this course, you will be able to:</p> <ul style="list-style-type: none"> <li>Understand why falls are a health problem for older adults;</li> <li>Identify what puts an older adult at risk for a fall;</li> <li>Include fall prevention into your daily work; and</li> <li>Talk about fall prevention with clients and families.</li> </ul> <p>This training is based on current literature, the Canadian Fall Prevention Curriculum and best practices in fall prevention.</p> <p><b>Certificate:</b> Yes</p>	<p>FREE</p>	<p><a href="#">Access Learn How to Prevent Falls-Online Course</a></p> <p><a href="#">Access Learn How to Prevent Falls-Online Course in French</a></p>
<p><b>Positive Steps Work</b></p> <p>Durham Region Health Department</p> <p>ONTARIO</p>	<p><b>Audience:</b> Care providers working with older adults in their home</p> <p><b>Time commitment:</b> Self-paced</p> <p><b>Course Overview:</b> This free and interactive fall prevention e-course is designed for care providers who work with seniors in their homes.</p> <p>This evidence-based course helps you to understand how a fall affects seniors, their family and the healthcare system. It looks at the risks that can lead to a fall; and caregiver, family and of seniors' point</p>	<p>FREE</p>	<p><a href="#">Access Positive Steps Work</a></p> <p><a href="#">Available through Haliburton Kawartha Pine-Ridge</a></p>

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	<p>of view and the importance of fall prevention. Finally, it helps to identify community resources to help prevent falls.</p> <p><b>Certificate:</b> Yes</p>		<p><a href="#">District Health Unit</a></p>
<p><b>Step Ahead to Fall Prevention Training</b></p> <p>(Developed in partnership between York Region Public Health and Toronto Public Health)</p> <p>ONTARIO</p>	<p><b>Audience:</b> Professional and Family Caregivers</p> <p><b>Time Commitment:</b> Self Paced (Can be competed in 4 hours)</p> <p><b>Course Overview:</b> The e-learning module is for health care providers, caregivers and individuals who provide care to older adults. The program consists of two modules. Module 1 on Fall Prevention is available to complete online at your own pace.</p> <p>Module 1: Step Ahead to Fall Prevention E-Learning Module Examines age related changes and modifiable risk factors associated with falls. Enables caregivers to incorporate fall prevention strategies when working with older adults.</p> <p>Once completed, you have the option to register for <a href="#">Module 2: Tiered Exercise Program ©</a>, facilitated by Flemington Health Centre. Certificates of participation are provided following completion of each module.</p> <p><b>Certificate:</b> Yes</p>	FREE	<p><a href="#">Access Step Ahead to Fall Prevention Training</a></p>
<p><b>Strategies and Actions for Independent Living (SAIL) Program</b></p> <p>BRITISH COLUMBIA</p>	<p><b>Audience:</b> Community health workers, home health professionals who provide support to clients receiving home support services.</p> <p><b>Time Commitment:</b> Self-paced, ~4 hours.</p> <p><b>Course Overview:</b> The Strategies and Actions for Independent Living (SAIL) fall prevention program is an evidence-based fall prevention training program.</p> <p>The goals of the SAIL program are:</p> <ol style="list-style-type: none"> <li>1. To promote the independence and quality of life for home support service clients by reducing their risk of falling and sustaining an injury; and</li> <li>2. To integrate a comprehensive approach to fall prevention into regular practice.</li> </ol> <p><b>Certificate:</b> Yes</p>	<p>FREE in BC</p> <p>FEE outside BC</p>	<p><a href="#">Access SAIL, free in BC</a></p> <p><a href="#">Access SAIL, for fee outside BC</a></p>

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<p><b>Technology for Injury Prevention in Seniors (TIPS) Fall Videos</b></p> <p>Simon Fraser University,</p> <p>BRITISH COLUMBIA</p>	<p><b>Audience:</b> Researchers, Academia</p> <p><b>Time Commitment:</b> N/A</p> <p><b>Course Overview:</b> TIPS is a unique university-community partnership for developing new technologies to prevent falls and fall-related injuries in older adults. TIPS uses innovative approaches (such as video capture and wearable sensors) to determine the causes and circumstances of falls of older adults. We also develop and test the effectiveness of engineering interventions such as protective clothing and compliant flooring in reducing fall-related injuries.</p> <p>In September 2018, the IPML began sharing a unique collection of videos and related information from falls in two long term care facilities in the Vancouver area on <a href="#">Databrary</a>, an NYU based data sharing network.</p> <p>Interested members can request join the network and gain access to this collection for their research and education purposes.</p> <p><b>Certificate:</b> No</p>	<p>FREE</p>	<p><a href="#">Access TIPS Fall Videos</a></p>
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