

KNOWLEDGE PRODUCT



ISSUE #1 – May 2019 (revised March 2020)

E-Learning Opportunities in Fall Prevention

The following table provides an overview of e-learning opportunities for fall prevention in Canada, including courses, modules, and education series. 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 and/or profession.

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
Canadian Fall Prevention Curriculum® (CFPC)	Offered through Continuing Studies at the University of Victoria CANADA	<p>Audience: Those working with older adults in long-term, acute, home, community, primary care & public health.</p> <p>Time Commitment: Five weeks, self-paced 25 hours of instruction</p> <p>Course Overview: 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 and learn how to design, implement and evaluate a fall prevention program. The revised 2017 version of the CFPC 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"> • Develop strategies and interventions • Apply current programs • Understand the reliability and validity of existing resources and tools for screening and assessing fall risk <p>Upon successful course completion participants earn a Certificate of Completion, and should be able to:</p> <ul style="list-style-type: none"> • Define the scope and nature of the problem of falls 	FEE	Access the CFPC course

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
		<ul style="list-style-type: none"> • Provide falls risk identification and assessment • Provide a selection of prevention interventions reflecting evidence-based strategies • Understand social and policy context • Provide application of a program planning model • Evaluate the effectiveness of a fall prevention program <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"> • 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 • Build on your knowledge of fall risk identification and assessment and the application of this knowledge to select appropriate interventions • Build on your knowledge of fall prevention interventions to reflect the practical application of evidence-based strategies • 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 <p>Certificate: Yes. The CFPC online course is also an optional elective as part of the Geriatric Certificate Program offered through McMaster University.</p>		
Community Care Slips, Trips and Falls	Offered by the Public Services Health & Safety Association (PSHSA) CANADA	<p>Audience: Community Care/Home Care Workers</p> <p>Time Commitment: 10 minutes</p> <p>Course Overview: 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. The online tutorials outline the various hazards faced by community care/home care workers, and provide suggested controls at the worker, service provider and Community Care Access level. The modules were originally developed by PSHSA in partnership with the Ontario Community Support Association and St. Clair West Services for Seniors, with funding from HealthForce Ontario of the Ministry of Health and Long-Term Care.</p> <p>Certificate: No</p>	FREE	Access the Community Care Slips, Trips and Falls course

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
Community Care Slips, Trips and Fall Prevention E-Learning	Offered by the Public Services Health & Safety Association (PSHSA) CANADA	<p>Audience: General- for workplace safety</p> <p>Time Commitment: 1 hour</p> <p>Course Overview: Slips, trips and falls are common workplace occurrences that can result in serious injuries and disabilities. 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, or from heights. The purpose is to provide awareness and information on generic slips, trips and falls legislation, duties, responsibilities, hazard awareness and controls.</p> <p>Appropriate for all sectors, this training is designed for workers as an introduction and awareness module to slips trips and fall hazards and prevention strategies.</p> <p>Course objectives include:</p> <ul style="list-style-type: none"> • Describe the prevalence and impact of slips, trips and falls in the workplace and the need for prevention • Describe the legislative requirements for supporting slips, trips and falls prevention in your workplace • Describe the duties and responsibilities of workplace parties (worker, supervisor, employer) in preventing slips trips and falls • Explain how to recognize, assess and control slip, trip and fall hazards and evaluate controls • Describe the goals and components of a slips, trips and falls prevention program and how to implement it in your workplace to prevent injuries <p>Certificate: Yes</p>	FREE	Access the Community Care Slips, Trips and Fall Prevention E-Learning
Falls & Older Adults	Centre for Studies in Aging & Health (CSAH) at Providence Care - CSAH Continuing Education: Gerontological Online Learning & Development [GOLD] 2017-18 ONTARIO	<p>Audience: Health care providers, personal support workers, and family care providers. These courses are open to the public with no registration required.</p> <p>Time Commitment: Self-paced, approximately 4 hours to completion</p> <p>Course overview: The Falls for Older Adults [HCP] online educational course is designed for health care providers' continuing education and professional development. The course aims to improve knowledge about fall prevention, screening for risk, assessment and interventions for fall prevention.</p>	FREE	Access Overview Falls & Mobility in Older Adults

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
		<p>The second course on Falls for Older Adults – for PSWs and Family Caregivers has similar goals.</p> <p>Certificate: Yes. To access a Course Completion Certificate, requires enrollment as a student by contacting info@sageducation.ca.</p>		
<p>Fall Prevention Education Series, 12 modules</p>	<p>Upper Grand Family Health Team & VON Canada</p> <p>ONTARIO</p>	<p>Audience: Older adults and others with a vested interest in fall prevention in Wellington County</p> <p>Time Commitment: 12 videos, most are 1 hour in length</p> <p>Course Overview: A YouTube playlist. Presentations are created by allied health professionals from the Upper Grand Family Health Team & Wellington County area. Filming and editing are done by Adam Olivero on behalf of Wightman Telecom (last updated on Nov 28, 2016).</p> <p>Certificate: No</p>	<p>FREE</p>	<p>Access Fall Prevention Education Series, 12 modules</p>
<p>Fall Prevention Module Accredited CME</p>	<p>University of Ottawa and the Regional Geriatric Program of Eastern Ontario, in Partnership with the Champlain Local Health Integration Network</p> <p>Available in English and French</p> <p>ONTARIO</p>	<p>Audience: Physicians and health care professionals</p> <p>Time Commitment: 1 – 1.5 hours</p> <p>Course Overview: Learning objectives</p> <ul style="list-style-type: none"> • 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 • Screen for and clinically assess patients for the three P’s (Postural Hypotension, Pain and Pills) • Use the Champlain Fall Prevention Algorithm assessment of falls • Assess beyond the 3 three P’s • Describe Public Health and Osteoporosis Canada Bone Health recommendations • Explain when, where and how to refer to Geriatric Services <p>First time users will need to create a profile as per instructions on the website by selecting Sign in.</p> <p>Certificate: Yes</p>	<p>FREE</p>	<p>Access Fall Prevention Module Accredited CME</p> <p>Accès Université d'Ottawa Apprendre à la Faculté de médecine - Prévention des chutes in French</p> <p>Also available through the RGPEO Courses and E-Learning</p>

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
Learn how to prevent falls – online course	Developed by Ottawa Public Health and Champlain Local Health Integration Network Available in English and French ONTARIO	<p>Audience: Personal Support Workers and caregivers</p> <p>Time Commitment: Self-paced, approximately 45 minutes to completion</p> <p>Course Overview: 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"> • Personal support workers • Volunteers • Friends and family • Older adults who support others close to them <p>By the end of this course, you will be able to:</p> <ul style="list-style-type: none"> • Understand why falls are a health problem for older adults • Identify what puts an older adult at risk for a fall • Include fall prevention into your daily work • Talk about fall prevention with clients and families <p>This training is based on current literature, the Canadian Fall Prevention Curriculum and best practices in fall prevention.</p> <p>Certificate: Yes</p>	FREE	Access Learn How to Prevent Falls-Online Course in English Accès Prévention des chutes chez les personnes âgées in French
Positive Steps Work	Durham Region Health Department ONTARIO	<p>Audience: Care providers working with older adults in their home</p> <p>Time commitment: Self-paced (can be completed in 2 hours)</p> <p>Course Overview: 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 of view and the importance of fall prevention. Finally, it helps to identify community resources to help prevent falls.</p> <p>Certificate: Yes</p>	FREE	Access Positive Steps Work
Step Ahead to Fall Prevention Training	Developed in partnership between York Region Public Health and	<p>Audience: Professional and family caregivers</p> <p>Time Commitment: Self Paced (Can be competed in 4 hours)</p>	FREE	Access Step Ahead to Fall

COURSE	SPONSORING ORGANIZATION & REGION	COURSE DETAILS	COURSE COST	COURSE LINK
	Toronto Public Health ONTARIO	<p>Course Overview: 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. It enables caregivers to incorporate fall prevention strategies when working with older adults.</p> <p>Once completed, you have the option to register for Module 2: Tiered Exercise Program ©, facilitated by Flemingdon Health Centre. Certificates of participation are provided following completion of each module.</p> <p>Certificate: Yes</p>		Prevention Training
Technology for Injury Prevention in Seniors (TIPS) Fall Videos	Simon Fraser University BRITISH COLUMBIA	<p>Audience: Researchers, academia, health care providers, injury prevention practitioners</p> <p>Time Commitment: N/A</p> <p>Course Overview: 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. They 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 Injury Prevention and Mobility Laboratory began sharing a unique collection of videos and related information from falls in two long term care facilities in the Vancouver area on Databrary, a New York University based data sharing network. Interested members can request join the network and gain access to this collection for their research and education purposes.</p> <p>Certificate: No</p>	FREE	Access TIPS Fall Videos

Suggested citation: Stirling, A. Knowledge Product: E-learning opportunities in fall prevention. [Report for Loop Fall Prevention Community of Practice]. Toronto: Ontario Neurotrauma Foundation; 2020. <https://www.fallsloop.com/knowledge-products/1003/e-learning-opportunities-in-fall-prevention>