

Fall Prevention Evidence Report
Evidence Table 1. RCTs included in Meta-analysis

| Study ID | Study Design/ Quality | Characteristics of Study Population | Intervention | Outcomes |
|-------------------------------|---------------------------------|-------------------------------------|-------------------------------------|--------------------------|
| Campbell AJ, 1999a ID#1504 | Study Design: | RCT | Arm 1: Control | # of falls in 12 months |
| | Total Jadad score: | 2 | N entering: | 117 |
| Gardner, 1998 ID#1297 | Randomized: | Yes | N analysis: | 110 |
| | Randomization appropriate: | n/d | N completing: | 62 |
| | Double-blind: | n/d | Setting: | Patient's home |
| | Blinding appropriate: | n/d | Provider: | n/d |
| | Withdrawals/dropouts described: | Yes | ----- | |
| | | | Arm 2: Balance | # of falls in 12 months |
| | | General physical activity | | |
| | | Strength | | |
| | | Reminders | | |
| | | N entering: | 116 | |
| | | N analysis: | 103 | |
| | | N completing: | 41 | |
| | | Setting: | Patient's home | |
| | | Provider: | Physical therapist | |
| Campbell AJ, 1999b ID#1593 | Study Design: | RCT | Arm 1: Usual care | # of falls in 8.7 months |
| | Total Jadad score: | 3 | N entering: | 24 |
| | Randomized: | Yes | N completing: | 22 |
| | Randomization appropriate: | Yes | Setting: | Patient's home |
| | Double-blind: | No | Provider: | Nurses |
| | Blinding appropriate: | n/a | ----- | |
| | Withdrawals/dropouts described: | Yes | Arm 2: Medication/medication review | |
| | | | N entering: | 24 |
| | | | N completing: | 18 |
| | | | Setting: | Patient's home |
| | | | Provider: | Nurses |
| | | ----- | | |
| | | Arm 3: Balance | # of falls in 8.7 months | 22 |
| | | Individual counseling | | |
| | | Strength training | | |
| | | N entering: | 21 | |
| | | N completing: | 17 | |
| | | Setting: | Patient's home | |
| | | Provider: | Physical therapist | |
| | | ----- | | |
| | | Arm 4: Medication/medication review | | |
| | | Balance | | |
| | | Individual counseling | | |
| | | Strength training | | |
| | | N entering: | 24 | |
| | | N completing: | 15 | |
| | | Setting: | Patient's home | |
| | | Provider: | Physical therapist | |
| | | ----- | | |
| | | | Nurses | |

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| Carpenter GI, 1990 ID#443 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes n/d n/d Yes | Comorbidities: Disability score | Arm 1: Usual care | # of falls in 1 months | 36 |
| | | | | N entering: N completing: Setting: Provider: | 267 186 Patient's home Volunteers | |
| | | | | Arm 2: Falls risk factor identification Referral to general practitioner | # of falls in 1 months | 12 |
| | | | | N entering: N completing: Setting: Provider: | 272 181 Patient's home Volunteers | |
| Cerny K, 1998 ID#717 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 1 Yes n/d n/d No | Comorbidities: n/d | Arm 1: Usual care | % who had at least one fall in 6 months | 23% |
| | | | | N entering: N completing: Setting: Provider: | 13 Not reported n/d n/d | |
| | | | | Arm 2: Balance General physical activity Strength | % who had at least one fall in 6 months | 20% |
| | | | | N entering: N completing: Setting: Provider: | 15 Not reported n/d n/d | |
| Close J, 1999 ID#1524 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes n/d n/d Yes | Comorbidities: Fall history | Arm 1: Usual care | % who had at least one fall in 12 months | 52% |
| | | | | N entering: N completing: Setting: Provider: | 213 163 n/d n/d | # of falls in 12 months |
| | | | | Arm 2: Environmental modification Falls risk factor identification Individual counseling | % who had at least one fall in 12 months # of falls in 12 months | 32% 183 |
| | | | | N entering: N completing: Setting: Provider: | 184 141 Patient's home Day hospital Physicians Therapists | |

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| Coleman EA, 1999 ID#1510 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d No n/a Yes | Comorbidities: Fall history | Arm 1: Usual care | % who had at least one fall in 12 months | 38% |
| | | | | N entering: | 73 | |
| | | | | N analysis: | 50 | |
| | | | | N completing: | 49 | |
| | | | | Setting: | n/d | |
| | | | | Provider: | n/d | |
| | | | | ----- | | |
| | | | | Arm 2: Medication/medication review Individual counseling Group counseling Staff training | % who had at least one fall in 12 months | 44% |
| | | | | N entering: | 96 | |
| | | | | N analysis: | 52 | |
| | | | | N completing: | 78 | |
| | | | | Setting: | Physicians office | |
| | | | | Provider: | Physicians Nurses Pharmacists Social workers | |
| Crome P, 2000 ID# 3633 | Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 1 Yes n/d No n/a No | Comorbidities: Fall history | Arm 1: Usual care | # of falls in 6 months | 127 |
| | | | | N entering: | 38 | |
| | | | | N completing: | 27 | |
| | | | | Setting: | Falls clinic | |
| | | | | Provider: | n/a | |
| | | | | ----- | | |
| | | | | Arm 2: Balance General physical activity Individual counseling | # of falls in 6 months | 122 |
| | | | | N entering: | 40 | |
| | | | | N completing: | 29 | |
| | | | | Setting: | Falls clinic | |
| | | | | Provider: | Nurses | |
| Cumming RG, 1999 ID#1699 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes No n/a Yes | Comorbidities: Vision Stroke Fall history | Arm 1: Usual care | % who had at least one fall in 12 months | 45% |
| | | | | N entering: | 266 | |
| | | | | N completing: | 190 | |
| | | | | Setting: | n/d | |
| | | | | Provider: | n/d | |
| | | | | ----- | | |
| | | | | Arm 2: Environmental modification Falls risk factor identification Reminders | % who had at least one fall in 12 months | 36% |
| | | | | N entering: | 264 | |
| | | | | N completing: | 198 | |
| | | | | Setting: | Patient's home | |
| | | | | Provider: | Physical therapist | |

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|----------------------------|---|---|---|---|--|
| Ebrahim S, 1997 ID#1204 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes No n/a Yes | Comorbidities: Fall history | Arm 1: Control Individual counseling N entering: 84 N completing: 50 Setting: n/d Provider: Nurses | % who had at least one fall in 12 months 36% # of falls in 24 months 54 |
| | | | | Arm 2: General physical activity Individual counseling N entering: 81 N completing: 52 Setting: n/d Provider: Nurses | % who had at least one fall in 12 months 42% # of falls in 24 months 71 |
| El-Faizy, 1994 ID#583 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d n/d n/d Yes | Comorbidities: Fall History Focus population: Hispanic Low-income Same population as Reinsch, 1992 | Arm 1: Control N entering: 14 N completing: 11 Setting: Patient's Home Provider: Researcher Student assistant | # of falls in 9 months 5 |
| | | | | Arm 2: Falls risk factor identification Individual Counseling N entering: 14 N completing: 13 Setting: Patient's Home Provider: Researcher Student assistant | # of falls in 9 months 8 |
| Fabacher D, 1994 ID#444 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes n/d n/d Yes | Comorbidities: Stroke Fall history Focus population: Veterans | Arm 1: Usual care N entering: 123 N completing: 95 Setting: Patient's home Provider: n/d | % who had at least one fall in 12 months 23% |
| | | | | Arm 2: Environmental modification Medication/medication review Individual counseling Feedback Physical exam/geriatric assessment N entering: 131 N completing: 100 Setting: Patient's home Provider: Nurses Social workers Volunteers Physician assistants | % who had at least one fall in 12 months 14% |

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|--|---------------------------------|-------------------------------------|-------------------------|----------|
| Fiatarone MA, 1993 ID#528 | Study Design: | RCT | Comorbidities: | |
| | Total Jadad score: | 3 | Frailty | |
| | Randomized: | Yes | | |
| | Randomization appropriate: | Yes | | |
| | Double-blind: | No | | |
| | Blinding appropriate: | n/a | | |
| | Withdrawals/dropouts described: | Yes | | |
| | Arm 1: Control | | # of falls in 18 months | 72 |
| | N entering: | 26 | | |
| | N completing: | 26 | | |
| Setting: | Nursing Home | | | |
| Provider: | Research Staff | | | |
| Arm 2: Strength Training | | # of falls in 18 months | 58 | |
| N entering: | 25 | | | |
| N completing: | 25 | | | |
| Setting: | Nursing Home | | | |
| Provider: | n/d | | | |
| Arm 3 : Nutritional Supplement | | | | |
| N entering: | 24 | | | |
| N completing: | 22 | | | |
| Setting: | Nursing Home | | | |
| Provider: | Nurses | | | |
| Arm 4: Strength Training Nutritional Supplement | | | | |
| N entering: | 25 | | | |
| N completing: | 25 | | | |
| Setting: | Nursing Home | | | |
| Provider: | Nurses | | | |
| Gallagher EM, 1996 ID#578 | Study Design: | RCT | Comorbidities: | |
| | Total Jadad score: | 2 | Fall history | |
| | Randomized: | Yes | | |
| | Randomization appropriate: | n/d | | |
| | Double-blind: | No | | |
| | Blinding appropriate: | n/a | | |
| | Withdrawals/dropouts described: | Yes | | |
| | Arm 1: Control | | # of falls in 6 months | 105 |
| | N entering: | 50 | | |
| | N completing: | 50 | | |
| Setting: | n/d | | | |
| Provider: | Nurses | | | |
| Arm 2: Falls risk factor | | # of falls in 6 months | 85 | |
| Individual counseling | | | | |
| Feedback | | | | |
| Behavior modification | | | | |
| N entering: | 50 | | | |
| N completing: | 50 | | | |
| Setting: | n/d | | | |
| Provider: | Nurses | | | |

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| Hornbrook MC, 1994 ID#445 | Study Design: | RCT | Arm 1: Falls risk factor Individual counseling | # of falls in 22.8 months |
| | Total Jadad score: | 2 | N entering: 1571 N completing: Not reported | 2084 |
| | Randomized: | Yes | Setting: Patient's home | |
| | Randomization appropriate: | n/d | Provider: Project staff member | |
| | Double-blind: | No | ----- | |
| | Blinding appropriate: | n/a | Arm 2: Environmental modification | # of falls in 22 months |
| | Withdrawals/dropouts described: | Yes | Falls risk factor identification General physical activity Individual counseling Group counseling Strength training Financial assistance | 1730 |
| | | | N entering: 1611 N completing: 1455 | |
| | | | Setting: Patient's home HMO research center | |
| | | | Provider: Physical therapist Health behaviorist | |

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| Jensen J, 2002 ID# 3654 | Study design: | RCT | Comorbidities: | Arm 1: Usual care | % who had at least one fall in 8.5 months | 56% |
| | Total Jadad score: | 3 | Gait | N entering: | 208 | # of falls in 7.1 months |
| | Randomized: | Yes | Vision | N completing: | 167 | |
| | Randomization appropriate: | Yes | Stroke | Setting: | Residential care facility | |
| | Double-blind: | No | Fall history | Provider: | n/a | |
| | Blinding appropriate: | n/a | Parkinson's Disease | | | |
| | Withdrawals/dropouts described: | Yes | Previous fracture | Arm 2: Assistive device | % who had at least one fall in 8.5 months | 44% |
| | | | | Balance | # of falls in 7.1 months | 273 |
| | | | | Environmental modification | | |
| | | | | Falls risk factor identification | | |
| | | | | Gait | | |
| | | | | General physical activity | | |
| | | | | Medication/medication review | | |
| | | | | Strength training | | |
| | | | | Hip protectors | | |
| | | | | Staff education and guidance | | |
| | | | | N entering: | 194 | |
| | | | | N analysis: | 188 | |
| | | | | N completing: | 157 | |
| | | | | Setting: | Residential care facility | |
| | | | | Provider: | Physicians | |
| | | | | | Therapists | |
| | | | | | Nurses | |
| Lord SR, 1995 ID#446 | Study Design: | RCT | Comorbidities: | Arm 1: Usual care | % who had at least one fall in 12 months | 35% |
| | Total Jadad score: | 2 | Fall history | N entering: | 97 | # of falls in 12 months |
| | Randomized: | Yes | Medical condition | N analysis: | 94 | |
| | Randomization appropriate: | n/d | Drugs Interactions | N completing: | 76 | |
| | Double-blind: | No | | Setting: | n/d | |
| | Blinding appropriate: | n/a | | Provider: | n/d | |
| | Withdrawals/dropouts described: | Yes | | Arm 2: Balance | % who had at least one fall in 12 months | 35% |
| | | | | General physical activity | # of falls in 12 months | 40 |
| | | | | Strength | | |
| | | | | Relaxation | | |
| | | | | N entering: | 100 | |
| | | | | N analysis: | 75 | |
| | | | | N completing: | 75 | |
| | | | | Setting: | Community center | |
| | | | | Provider: | n/d | |
| Mayo NE, 1994 ID#448 | Study Design: | RCT | Comorbidities: | Arm 1: Usual care | % who had at least one fall in 12 months | 30% |
| | Total Jadad score: | 2 | Stroke | N entering: | 69 | |
| | Randomized: | Yes | Fall history | N completing: | 69 | |
| | Randomization appropriate: | n/d | | Setting: | Rehabilitation hospital | |
| | Double-blind: | n/d | | Provider: | Nurses | |
| | Blinding appropriate: | n/d | | Arm 2: Reminder bracelet | % who had at least one fall in 12 months | 42% |
| | Withdrawals/dropouts described: | Yes | | N entering: | 65 | |
| | | | | N completing: | 65 | |
| | | | | Setting: | Rehabilitation hospital | |
| | | | | Provider: | Nurses | |

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| McMurdo ME, 1997 ID#449 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d n/d Yes | Comorbidities: n/d | Arm 1: Calcium supplement N entering: 60 N completing: 48 Setting: n/d Provider: n/d | # of falls in 24 months 31 |
| | | | | Arm 2: General physical activity Calcium supplement N entering: 58 N completing: 44 Setting: University class Provider: n/d | # of falls in 24 months 15 |
| McMurdo ME, 2000 ID#1984 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d No n/a Yes | Comorbidities: n/d | Arm 1: Control N entering: 56 N completing: 38 Setting: n/d Provider: n/d | % who had at least one fall in a 7-12 month period following a 6 month intervention 58% # of falls in 5.2 months 67 |
| | | | | Arm 2: Balance Falls risk factor identification Medication/medication review Vision improvement screening N entering: 77 N completing: 52 Setting: n/d Provider: Clinician | % who had at least one fall in a 7-12 month period following a 6 month intervention 43% # of falls in 5.2 months 68 |
| McRae PG, 1994 ID#2027 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d No n/a Yes | Comorbidities: Fall history | Arm 1: Control Group Counseling N entering: 38 N completing: 31 Setting: Community center Provider: Instructors Assistants | % who had at least one fall in 12 months 45% |
| | | | | Arm 2: Balance General physical activity Group counseling Strength training N entering: 42 N completing: 28 Setting: Community center Provider: Exercise instructors Assistants | % who had at least one fall in 12 months 36% |

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|-----------------------------|---|--|--|---|
| Means KM, 1996 ID#450 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes n/d n/d Yes Comorbidities: Balance Fall history Other medical condition Focus population: Veterans | Arm 1: Balance Falls risk factor identification Group counseling N entering: 52 N completing: 34 Setting: n/d Provider: Physicians Therapists | # of falls in 6 months 65 |
| | | | Arm 2: Balance Falls risk factor identification Group counseling Practice in obstacle course N entering: 47 N completing: 30 Setting: n/d Provider: Physicians Therapists | # of falls in 6 months 45 |
| Millar AM, 1999 ID# 3617 | Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d n/d n/d Yes Comorbidities: n/d | Arm 1: Control N entering: Not reported N completing: 38 Setting: Patient's home Provider: n/d | % who had at least one fall in 12 months 44% |
| | | | Arm 2: Environmental modification Fall risk factor identification General physical activity Medication/medication review Vision Medical risk factors identification Orthostatic blood pressure N entering: Not reported N completing: 46 Setting: Patient's home Provider: n/d | % who had at least one fall in 12 months 57% |
| Mulrow CD, 1994 ID#451 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d No n/a Yes Comorbidities: Vision Stroke Focus population: Nursing home | Arm 1: Control N entering: 97 N completing: 88 Setting: Nursing home Provider: n/d | # of falls in 4 months 60 |
| | | | Arm 2: Assistive device Balance Gait General physical activity Strength training Tailored physical therapy N entering: 97 N completing: 92 Setting: Nursing home Provider: Physical therapist | # of falls in 4 months 79 |

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| Pereira MA, 1998 ID#1533 | Study Design: | RCT | Arm 1: Usual care | % who had at least one fall in 12 months 33% |
| | Total Jadad score: | 2 | N entering: | 115 |
| Pereira MA, 1996 ID# 3618 | Randomized: | Yes | N completing: | 100 |
| | Randomization appropriate: | n/d | Setting: | n/d |
| | Double-blind: | No | Provider: | n/d |
| | Blinding appropriate: | n/a | Arm 2: General physical activity | % who had at least one fall in 12 months 27% |
| | Withdrawals/dropouts described: | Yes | N entering: | 114 |
| Reinsch S, 1992 ID#491 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d n/d n/d Yes Comorbidities: Fall history Focus population: Hispanic Low-income Same population as El-Faizy, 1994 | Arm 1: Control | % who had at least one fall in 12 months 40% |
| | | | N entering: | 50 |
| | | | N completing: | 42 |
| | | | Setting: | Community center |
| | | | Provider: | n/d |
| | | | Arm 2: Balance General physical activity Strength | % who had at least one fall in 12 months 50% |
| | | | N entering: | 57 |
| | | | N completing: | 44 |
| | | | Setting: | Community center |
| | | | Provider: | n/d |
| | | | Arm 3: Falls risk factor identification Group counseling Relaxation techniques Video game playing | % who had at least one fall in 12 months 46% |
| | | | N entering: | 51 |
| | | | N completing: | 37 |
| | | | Setting: | Community center |
| | | | Provider: | n/d |
| Arm 4: Falls risk factor identification General physical activity Group counseling Relaxation technique Video game playing | % who had at least one fall in 12 months 54% | | | |
| N entering: | 72 | | | |
| N completing: | 61 | | | |
| Setting: | Community center | | | |
| Provider: | n/d | | | |

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|--------------------------------|---|--|--|--|--|-----|
| Robertson MC, 2001a ID#3260 | Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes No n/a Yes | Comorbidities: Stroke Fall history Parkinson's Disease | Arm 1 : Usual care | # of falls in 12 months | 109 |
| | | | | N entering: N completing: Setting: Provider: | 119 98 n/d n/a | |
| | | | | Arm 2 : Balance General physical activity Individual counseling Strength training | # of falls in 12 months | 80 |
| | | | | N entering: N completing: Setting: Provider: | 121 113 Patient's home Nurses | |
| Rubenstein LZ, 1990 ID#492 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes Yes n/d n/d No | Comorbidities: Balance Vision Fall history Focus population: Nursing home | Arm 1: Usual care | % who had at least one fall in 12 months | 75% |
| | | | | N entering: N completing: Setting: Provider: | 81 81 Nursing home Nurses | |
| | | | | Arm 2: Falls risk factor identification | % who had at least one fall in 12 months | 71% |
| | | | | N entering: N completing: Setting: Provider: | 79 79 Nursing home Nurses | |
| Rubenstein LZ, 2000 ID#1988 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes No n/a Yes | Comorbidities: Balance Gait Stroke Fall history Focus population: Veterans | Arm 1: Usual care Strength training | # of falls in 3 months | 14 |
| | | | | N entering: N completing: Setting: Provider: | 28 27 n/d n/d | |
| | | | | Arm 2: Balance General physical activity Strength | # of falls in 3 months | 13 |
| | | | | N entering: N completing: Setting: Provider: | 31 28 n/d Graduate student | |

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| Ryan JW, 1996 ID#681 | Study Design: | RCT | Arm 1: Control | # of falls in 3 months |
| | Total Jadad score: | 1 | Group counseling | 6 |
| | Randomized: | Yes | N entering: | 15 |
| | Randomization appropriate: | n/d | N completing: | 15 |
| | Double-blind: | n/d | Setting: | n/d |
| | Blinding appropriate: | n/d | Provider: | n/d |
| | Withdrawals/dropouts described: | No | ----- | |
| | | Comorbidities: | Arm 2: Group counseling | # of falls in 3 months |
| | | Vision | N entering: | 15 (arms 2 and 3 combined) |
| | | Fall history | N completing: | 16 |
| | | Focus population: | Setting: | n/d |
| | | African-Americans | Provider: | Nurses |
| | | Low-income | ----- | |
| | | | Arm 3: Individual counseling | |
| | | | N entering: | 15 |
| | | | N completing: | 14 |
| | | | Setting: | n/d |
| | | | Provider: | Nurses |
| Salkeld G, 2000 ID#3094 | Study Design: | RCT | Arm 1: Usual care | # of falls in 12 months |
| | Total Jadad score: | 1 | N entering: | 266 |
| | Randomized: | Yes | N analysis: | 258 |
| | Randomization appropriate: | n/d | N completing: | 266 |
| | Double-blind: | n/d | Setting: | n/d |
| | Blinding appropriate: | n/d | Provider: | n/a |
| | Withdrawals/dropouts described: | No | ----- | |
| | | Comorbidities: | Arm 2: Environmental modification | # of falls in 12 months |
| | | Fall history | Falls risk factor identification | 226 |
| | | | N entering: | 264 |
| | | | N analysis: | 257 |
| | | | N completing: | 264 |
| | | | Setting: | Patient's home |
| | | | Provider: | Physical therapist |
| Schoenfelder, 2000 ID# 3624 | Study design: | RCT | Arm 1: Usual care | # of falls in 6 months |
| | Total Jadad score: | 2 | N entering: | 7 |
| | Randomized: | Yes | N completing: | 7 |
| | Randomization appropriate: | n/d | Setting: | Nursing home |
| | Double-blind: | n/d | Provider: | n/a |
| | Blinding appropriate: | n/d | ----- | |
| | Withdrawals/dropouts described: | Yes | Arm 2: General physical activity | # of falls in 6 months |
| | | Focus population: | Strength training | 42 |
| | | Nursing home | N entering: | 9 |
| | | | N completing: | 9 |
| | | | Setting: | Nursing home |
| | | | Provider: | n/d |

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| Steinberg M, 2000 ID#2523 | Study Design: | RCT | Arm 1: Group counseling Increased risk awareness | Incidence rate (persons) | 4.00/100pm |
| | Total Jadad score: | 2 | | # of falls in 12 months | 75.5 |
| Peel N, 2000 ID# 3607 | Randomized: | Yes | N entering: | 63 | pm=person months of observation |
| | Randomization appropriate: | n/d | N completing: | 63 | |
| | Double-blind: | n/d | Setting: | n/d | |
| | Blinding appropriate: | n/d | Provider: | n/d | |
| | Withdrawals/dropouts described: | Yes | ----- | | |
| | | | Arm 2: General physical activity Group counseling Increased risk awareness | Incidence rate (persons) | |
| | | | # of falls in 12 months | 74.7 | |
| | | | pm=person months of observation | | |
| | | | N entering: | 69 | |
| | | | N completing: | 69 | |
| | | | Setting: | n/d | |
| | | | Provider: | n/d | |
| | | | ----- | | |
| | | | Arm 3: Environmental modification Falls risk factor identification General physical activity Group counseling Increased risk awareness | Incidence rate (persons) | 3.62/100pm |
| | | | | pm=person months of observation | |
| | | | N entering: | 61 | |
| | | | N completing: | 60 | |
| | | | Setting: | n/d | |
| | | | Provider: | n/d | |
| | | | ----- | | |
| | | | Arm 4: Environmental modification Falls risk factor identification General physical activity Individual counseling Group counseling Increased risk awareness | Incidence rate (persons) | 3.88/100pm |
| | | | | pm=person months of observation | |
| | | | N entering: | 59 | |
| | | | N completing: | 57 | |
| | | | Setting: | n/d | |
| | | | Provider: | n/d | |

Fall Prevention Evidence Report
Evidence Table 1. RCTs included in Meta-analysis

| Study ID | Study Design/ Quality | Characteristics of Study Population | Intervention | Outcomes | |
|---|---|---|---|--|--|
| Tinetti ME, 1994 ID#494 Rizzo JA, 1996 ID# 418 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 2 Yes n/d No n/a Yes | Comorbidities: Balance Gait Vision Fall history Chronic conditions | Arm 1: Control | % who had at least one fall in 12 months 47% |
| | | | | Falls risk factor identification | # of falls in 12 months 164 |
| Tinetti ME, 1996 ID#497 | | | | N entering: 148 | |
| | | | | N completing: 144 | |
| | | | | Setting: Patient's home | |
| | | | | Provider: Therapists Nurses Social workers | |
| ----- | | | | | |
| | | | | Arm 2: Balance | % who had at least one fall in 12 months 35% |
| | | | | Environmental modification | # of falls in 12 months 94 |
| | | | | Falls risk factor identification | |
| | | | | Gait | |
| | | | | Medication/medication review | |
| | | | | Individual counseling | |
| | | | | Strength training | |
| | | | | Behavioral interventions | |
| | | | | N entering: 153 | |
| | | | | N completing: 147 | |
| | | | | Setting: Patient's home | |
| | | | | Provider: Physical therapist Nurses | |
| ----- | | | | | |
| 156 van Haastregt J, 2000 ID#3091 | Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described: | RCT 3 Yes Yes n/d n/d Yes | Comorbidities: Gait Fall history Focus population: Low-income | Arm 1: Usual care | % who had at least one fall in 12 months 44% |
| | | | | N entering: 157 | |
| | | | | N analysis: 123 | |
| | | | | N completing: 115 | |
| | | | | Setting: n/d | |
| | | | | Provider: n/a | |
| | | | | Arm 2: Environmental modification | % who had at least one fall in 12 months 50% |
| | | | | Falls risk factor identification | |
| | | | | Medication/medication review | |
| | | | | Individual counseling | |
| | | | | N entering: 159 | |
| | | | | N analysis: 129 | |
| | | | | N completing: 120 | |
| | | | | Setting: Patient's home | |
| | | | | Provider: Nurses | |

Fall Prevention Evidence Report
Evidence Table 1. RCTs included in Meta-analysis

| Study ID | Study Design/ Quality | Characteristics of Study Population | Intervention | Outcomes | |
|---------------------------|---------------------------------|-------------------------------------|----------------------|-----------------------------------|--|
| Wagner EH, 1994 ID#502 | Study Design: | RCT | Comorbidities: | | |
| | Total Jadad score: | 2 | Vision | Arm 1: Usual care | % who had at least one fall in 12 months |
| | Randomized: | Yes | Fall history | N entering: | 37% |
| | Randomization appropriate: | n/d | Alcohol | N completing: | 607 |
| | Double-blind: | n/d | Restrictive activity | Setting: | Not reported |
| | Blinding appropriate: | n/d | | Provider: | n/d |
| | Withdrawals/dropouts described: | Yes | | Arm 2: Environmental modification | % who had at least one fall in 12 months |
| | | | | Falls risk factor identification | 28% |
| | | | | General physical activity | |
| | | | | Medication/medication review | |
| | | | | Individual counseling | |
| | | | | Vision | |
| | | | | Alcohol use/treatment | |
| | | | | Hearing evaluation | |
| | | | | Behavioral intervention | |
| | | | | N entering: | 635 |
| | | | | N completing: | Not reported |
| | | | | Setting: | n/d |
| | | | | Provider: | Nurses |
| | | | | | Family |
| | | | | | Educator |
| | | | | | Volunteer |
| | | | | Arm 3: Individual counseling | % who had at least one fall in 12 months |
| | | | | Preventive services | 30% |
| | | | | N entering: | 317 |
| | | | | N completing: | Not reported |
| | | | | Setting: | n/d |
| | | | | Provider: | Nurses |
| Wolf SL, 1996 ID#503 | Study Design: | RCT | Comorbidities: | Arm 1: Control | # of falls in 5.39 months |
| | Total Jadad score: | 3 | Vision | Medication/medication review | 77 |
| | Randomized: | Yes | Fall history | Group counseling | |
| | Randomization appropriate: | Yes | | N entering: | 64 |
| | Double-blind: | No | | N completing: | 61 |
| | Blinding appropriate: | n/a | | Setting: | n/d |
| | Withdrawals/dropouts described: | Yes | | Provider: | Nurses |
| | | | | | Researcher |
| | | | | Arm 2: Balance training | # of falls in 5.39 months |
| | | | | N entering: | 64 |
| | | | | N completing: | 60 |
| | | | | Setting: | n/d |
| | | | | Provider: | n/d |
| | | | | Arm 3: Tai chi | # of falls in 5.62 months |
| | | | | N entering: | 72 |
| | | | | N completing: | 66 |
| | | | | Setting: | n/d |
| | | | | Provider: | n/d |