

Fall Prevention Evidence Report

Evidence Table 3. RCTs not reporting falls outcomes or not based on falls prevention as primary intervention

aStudy ID	Study Design/ Quality	Characteristics of Study Population		Intervention	Outcomes
Armstrong AL, 1996b ID#442	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 Calcium supplement N entering: 59 N completing: Not reported Setting: n/d Provider: n/d ----- Arm 2: Medication/medication review Calcium supplement N entering: 57 N completing: Not reported Setting: n/d Provider: n/d	
Bowling A, 1992 ID#513	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 1 Yes n/d n/d n/d No	Comorbidities: Stroke Other functional problems Focus population: Nursing home	Arm 1: Hospital care N entering: 61 N completing: 28 Setting: Hospital (inpatient) Provider: n/d ----- Arm 2: Nursing home care N entering: 61 N completing: 32 Setting: Nursing home Provider: n/d	
Buchner DM, 1997 ID#616	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: Balance Fall history	Arm 1: Usual care N entering: 30 N completing: 30 Setting: n/d Provider: n/d ----- Arm 2: Endurance training - cycling N entering: 24 N completing: 20 Setting: n/d Provider: n/d ----- Arm 3: Endurance training - walking N entering: 26 N completing: 22 Setting: n/d Provider: n/d ----- Arm 4: Endurance training - aerobic movements N entering: 26 N completing: 22 Setting: n/d Provider: n/d	

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Cameron ID, 2000 ID#2518	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: Stroke Fall history	Arm 1: Usual care N entering: 75 N completing: 70 Setting: n/d Provider: Nurses ----- Arm 2: Hip protectors N entering: 69 N completing: 61 Setting: Patient's home Provider: Nurses
Caplan, 1999 ID# 3608	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 Requiring hospital admittance Focus population: Nursing home	Arm 1: Usual care N entering: 49 N completing: Not reported Setting: Hospital (inpatient) Provider: n/a ----- Arm 2: Geriatric care Home visit N entering: 51 N completing: Not reported Setting: Nursing home Provider: Physicians Therapists Nurses
Chandler JM, 1998 ID#1622	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: 50 N completing: 43 Setting: n/d Provider: n/d ----- Arm 2: Strength training N entering: 50 N completing: 44 Setting: Patient's home Provider: Physical therapist
Chapuy MC, 1992 ID#1686	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: Nursing home	Arm 1: Control # of fractures in 18 months 97 N entering: 1636 N completing: 888 Setting: Nursing home Apartment houses for elders Provider: Nurses ----- Arm 2: Vitamin D + calcium # of fractures in 18 months 66 N entering: 1634 N completing: 877 Setting: Nursing home Apartment houses for elders Provider: Nurses

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Crilly RG, 1989 ID#522	Study design: RCT Total Jadad score: 3 Randomized: Yes Randomization appropriate: Yes Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: Yes	Comorbidities: Balance and fall history Focus population: Nursing home	Arm 1: Usual care N entering: 25 N completing: 24 Setting: n/d Provider: n/a ----- Arm 2: Balance Strength training Flexibility Relaxation N entering: 25 N completing: 23 Setting: Nursing home Residential institutions Provider: Physical therapist	
Coogler CE, 1994 ID#1355	Study Design: RCT Total Jadad score: 1 Randomized: Yes Randomization appropriate: n/d Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: No	Comorbidities: n/d	Arm 1: Usual care N entering: 28 N completing: Not reported Setting: n/d Provider: n/d ----- Arm 2: Balance training N entering: 37 N completing: Not reported Setting: n/d Provider: n/d	
Cutson TM, 1997 ID#1557	Study Design: RCT Total Jadad score: 3 Randomized: Yes Randomization appropriate: n/d Double-blind: Yes Blinding appropriate: N Withdrawals/dropouts described: Yes	Comorbidities: Healthy elderly	Arm 1: Control N entering: Not reported N completing: Not reported Setting: n/d Provider: n/d ----- Arm 2: Medication/medication review N entering: Not reported N completing: Not reported Setting: n/d Provider: n/d	
Dawson-Hughes, 1997 ID# 3602	Study design: RCT Total Jadad score: 3 Randomized: Yes Randomization appropriate: n/d Double-blind: Yes Blinding appropriate: N Withdrawals/dropouts described: Yes	Comorbidities: Healthy elderly	Arm 1: Control N entering: 202 N completing: 170 Setting: n/d Provider: n/a ----- Arm 2: Calcium supplement Vitamin D N entering: 187 N completing: 148 Setting: n/d Provider: n/d	

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Donald, 2000 ID# 3621	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: Stroke Fall history Focus population: Rehabilitating elders	Arm 1: Usual care N entering: 12 N completing: 7 Setting: Hospital (inpatient) Provider: n/a ----- Arm 2: Strength training N entering: 14 N completing: 9 Setting: Hospital (inpatient) Provider: Physical therapist ----- Arm 3: Environmental modification N entering: 12 N completing: 6 Setting: Hospital (inpatient) Provider: Physical therapist ----- Arm 4: Environmental modification Strength training N entering: 16 N completing: 10 Setting: Hospital (inpatient) Provider: Physical therapist
Gray-Donald, 1995 ID# 3603	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: Frailty Nutritional risk	Arm 1: Usual care N entering: 25 N completing: 24 Setting: Nursing home Provider: n/a ----- Arm 2: Nutritional supplement N entering: 25 N completing: 22 Setting: Patient's home Provider: Dietician
Hopman-Rock, 1999 ID# 3611	Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	CCT 1 Yes No n/d n/d Yes	Comorbidities: n/d	Arm 1: Usual care N entering: 62 N completing: 47 Setting: Elderly home Provider: n/a ----- Arm 2: General physical activity Psychomotor activity program N entering: 72 N completing: 45 Setting: Home for the elderly Provider: Active leader Caregiver

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Hu MH, 1994a ID#541	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 1 Yes n/d n/d n/d No	Comorbidities: Healthy elderly Balance Gait Vision Fall history	Arm 1: Usual care N entering: 12 N completing: 10 Setting: n/d Provider: n/a ----- Arm 2: Balance training N entering: 12 N completing: 10 Setting: n/d Provider: n/d
Hu MH, 1994b ID#540	Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 1 Yes n/d n/d n/d No	Comorbidities: Healthy elderly, balance, vision	Arm 1: Usual care N entering: 12 N completing: Not reported Setting: n/d Provider: n/a ----- Arm 2: Balance training N entering: 12 N completing: Not reported Setting: n/d Provider: n/d
Jones CJ, 1992 ID#1878	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	CCT 1 Yes No No n/a Yes	Comorbidities: n/d	Arm 1: Usual care N entering: 17 N completing: 15 Setting: n/d Provider: n/a ----- Arm 2: Balance General physical activity Strength N entering: 33 N completing: 33 Setting: Community center Provider: Exercise leader Assistants

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Judge JO, 1993 ID#543	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 2 Yes n/d n/d Yes	Comorbidities: Healthy elderly	Arm 1: Control Balance training Flexibility N entering: Not reported N completing: 9 Setting: n/d Provider: Physician Therapist Exercise scientist ----- Arm 2: Balance General physical activity Strength Flexibility Tai chi N entering: Not reported N completing: 12 Setting: n/d Provider: Physician Therapist Exercise scientist
169 Judge JO, 1994 ID#478	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: Healthy elderly Fall history	Arm 1: Control Group counseling N entering: 27 N completing: Not reported Setting: Laboratory Provider: n/d ----- Arm 2: Balance Gait Individual counseling Group counseling N entering: 28 N completing: Not reported Setting: Laboratory Provider: Exercise leader ----- Arm 3: Strength training N entering: 28 N completing: Not reported Setting: Laboratory Provider: Exercise leader ----- Arm 4 : Balance Gait Individual counseling Group counseling Strength training N entering: 27 N completing: Not reported Setting: Laboratory Provider: Exercise leader

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aStudy ID	Study Design/ Quality	Characteristics of Study Population	Intervention	Outcomes
Lichtenstein MJ, 1989 ID#553	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: Vision Fall history	Arm 1: Usual care N entering: N completing: Setting: Provider: ----- Arm 2: Balance Gait General physical activity Flexibility N entering: N completing: Setting: Apartment building activity room Provider:	26 21 n/d n/a 24 22 n/d n/d
Lindmark B, 1999 ID#1283	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 3 Yes n/d Yes N Yes Comorbidities: n/d	Arm 1: Control N entering: N completing: Setting: Provider: ----- Arm 2: Medication/medication review N entering: N completing: Setting: Provider:	50 44 n/d n/d 50 42 n/d n/d
Lips P, 1996 ID#1677	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 4 Yes Yes Yes N Yes Comorbidities: Healthy elderly	Arm 1: Control N entering: N completing: Setting: Provider: ----- Arm 2: Individual counseling Vitamin D N entering: N completing: Setting: Provider:	1287 792 n/d n/d 1291 834 n/d n/d

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Lord S R , 1996a ID#555	Study design: RCT Total Jadad score: 2 Randomized: Yes Randomization appropriate: n/d Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: Yes	Comorbidities: Fall history and med conds, drug use	Arm 1: Usual care N entering: 80 N completing: 64 Setting: n/d Provider: n/a ----- Arm 2: Balance General physical activity Strength Relaxation Stretching N entering: 80 N completing: 68 Setting: Community center Provider: n/d	
Lord SR, 1996b ID#556	Study Design: RCT Total Jadad score: 2 Randomized: Yes Randomization appropriate: n/d Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: Yes	Comorbidities: n/d	Arm 1: Usual care N entering: 47 N completing: 39 Setting: n/d Provider: n/a ----- Arm 2: General physical activity N entering: 65 N completing: 48 Setting: n/d Provider: n/d	
Mills EM, 1994 ID#562	Study Design: RCT Total Jadad score: 2 Randomized: Yes Randomization appropriate: n/d Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: Yes	Comorbidities: n/d	Arm 1: Usual care N entering: 30 N completing: 27 Setting: n/d Provider: n/a ----- Arm 2: Strength training N entering: 26 N completing: 20 Setting: n/d Provider: n/d	
Nichols JF, 1995 ID#2495	Study Design: RCT Total Jadad score: 2 Randomized: Yes Randomization appropriate: n/d Double-blind: n/d Blinding appropriate: n/d Withdrawals/dropouts described: Yes	Comorbidities: Healthy elderly	Arm 1: Usual care N entering: 20 N completing: 19 Setting: n/d Provider: n/a ----- Arm 2: Strength training N entering: 40 N completing: 38 Setting: n/d Provider: n/d	

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Ploeg J, 1994 ID#572	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT Comorbidities: n/d Yes n/d No n/a Yes	Arm 1: Control Individual counseling N entering: 211 N completing: 197 Setting: Patient's home Provider: Nurses ----- Arm 2: Environmental modification Falls risk factor identification Individual counseling Check list for safety N entering: 148 N completing: 146 Setting: Nursing home Provider: Nurses	
Pomeroy VM, 1999 ID#1595	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT Comorbidities: Balance Cognitive impairment Yes n/d No n/a Yes	Arm 1: Non-physiotherapy activity N entering: 38 N completing: Not reported Setting: Hospital (inpatient) Provider: Physical therapist ----- Arm 2: Balance Gait Strength training N entering: 43 N completing: Not reported Setting: Hospital (inpatient) Provider: Physical therapist	
Roberts BL, 1983 ID#2509	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT Comorbidities: n/d Yes n/d n/d n/d No	Arm 1: Control N entering: Not reported N completing: Not reported Setting: n/d Provider: Investigator ----- Arm 2: Rocking in chair N entering: Not reported N completing: Not reported Setting: n/d Provider: Investigator	
Rooks DS, 1997 ID#1558	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT Comorbidities: Chronic diseases 2 Yes n/d n/d n/d Yes	Arm 1: Strength training N entering: 11 N completing: 9 Setting: n/d Provider: n/d ----- Arm 2: General physical activity N entering: 11 N completing: 9 Setting: n/d Provider: n/d	

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Sauvage Jr LR, 1992 ID#453	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 Focus population: Nursing home Veterans	Arm 1: Usual care N entering: 6 N completing: 6 Setting: Nursing home Provider: n/d ----- Arm 2: General physical activity Strength training N entering: 10 N completing: 8 Setting: Rehabilitation hospital Nursing home Provider: n/d
Sherrington C, 1997 ID#457	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 Gait Stroke Fall history	Arm 1: Usual care Falls risk factor identification N entering: 22 N completing: 20 Setting: Nursing home Patient's home Hostel Provider: n/d ----- Arm 2: Falls risk factor identification Strength training N entering: 22 N completing: 20 Setting: Nursing home Patient's home Hostel Provider: Physical therapist

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Taaffe DR, 1999 ID#1506	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 2 Yes n/d n/d Yes	Comorbidities: Healthy elderly	Arm 1: Usual care N entering: 14 N completing: 12 Setting: Exercise facility Provider: n/d ----- Arm 2: Strength training N entering: 14 N completing: 11 Setting: Exercise facility Provider: n/d ----- Arm 3: Strength training N entering: 14 N completing: 12 Setting: Exercise facility Provider: n/d ----- Arm 4: Strength training N entering: 11 N completing: 11 Setting: Exercise facility Provider: n/d
Topp R, 1993 ID#467	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: Control N entering: 32 N completing: 30 Setting: n/d Provider: Project staff ----- Arm 2: Group counseling Strength training N entering: 31 N completing: 25 Setting: Patient's home Provider: Project staff
Verfaillie DF, 1997 ID#1551	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: Healthy elderly	Arm 1: Strength training Stress reduction Relaxation N entering: 18 N completing: 15 Setting: Community college Provider: n/d ----- Arm 2: Balance Gait Strength training N entering: 21 N completing: 18 Setting: Community college Provider: n/d

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Wallace JI, 1998 ID#1767	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: Usual care N entering: 47 N completing: 45 Setting: n/d Provider: n/a ----- Arm 2: Balance Falls risk factor identification General physical activity Individual counseling Strength training Flexibility Smoking cessation Nutrition N entering: 53 N completing: 45 Setting: Community center Provider: Nurses Exercise instructor
Wolf SL, 1997 ID#701	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 Fall history	Arm 1: Control Medication/medication review Group counseling N entering: 24 N completing: 19 Setting: n/d Provider: Nurses Researcher ----- Arm 2: Tai chi N entering: 24 N completing: 19 Setting: n/d Provider: n/d ----- Arm 3: Balance training N entering: 24 N completing: 16 Setting: n/d Provider: n/d

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Wolfson L, 1996 ID#477	Study design: RCT Total Jadad score: 2 Randomized: Yes Randomization appropriate: n/d Double-blind: No Blinding appropriate: n/a Withdrawals/dropouts described: Yes	Comorbidities: Healthy elderly, fall history	Arm 1: Control Group Counseling Tai chi N entering: 27 N completing: 26 Setting: Laboratory Provider: n/d ----- Arm 2: Balance Gait Individual counseling Group counseling Tai chi N entering: 28 N completing: 27 Setting: Laboratory Provider: Exercise leader ----- Arm 3: Strength training Tai chi N entering: 28 N completing: 26 Setting: Laboratory Provider: Exercise leader ----- Arm 4 : Balance Gait Individual counseling Group counseling, Strength training Tai chi N entering: 27 N completing: 27 Setting: Laboratory Provider: Exercise leader	