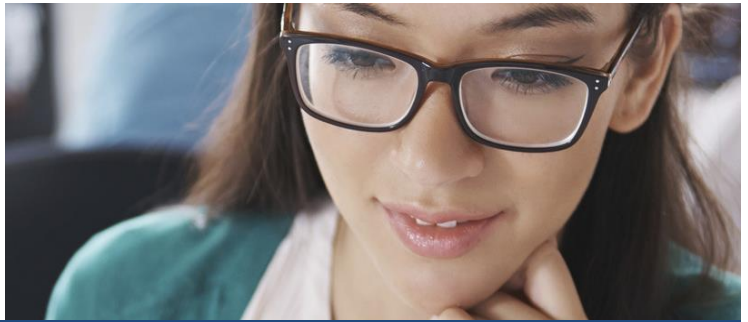


# Fall Prevention Community of Practice



## Loop Second Year Report - September 2017

### Background

The Fall Prevention Community of Practice (CoP) is a community of practitioners, program planners, researchers, policy planners, and others who have an interest, and work, in the area of fall prevention for older adults.

#### CoP facts

- In October 2010, the CoP was first established through the Seniors Health Knowledge Network and was initially funded by the Ministry of Health and Long-Term Care and sponsored by the Ontario Neurotrauma Foundation (ONF).
- The ONF provides ongoing sponsorship of the CoP and manages its operation.

#### Loop facts

- In September 2015, Loop was launched, the bilingual online communication platform of the CoP.
- Loop is freely available nationally and beyond at [www.fallsloop.com](http://www.fallsloop.com).

#### About this report

This report provides a snapshot of Loop's members as of September 30, 2017 and their use of Loop's services.

*"The CoP has provided me with the connections and tools I need to support evidence informed practice that has the potential to impact older adults across our region."*

- Loop member

### Acknowledgments

The Fall Prevention Community of Practice (CoP) would like to thank its Core Team, a passionate group who advises on the strategic direction of the CoP. The Core Team members come from different sectors, roles and geographic locations. Their expertise in fall prevention, large professional networks, and their own ongoing practice help to shape the CoP's growth and activities.

### Sponsor



Ontario Neurotrauma Foundation  
Fondation ontarienne de neurotraumatologie

The CoP and Loop are sponsored by the Ontario Neurotrauma Foundation (ONF). ONF is a non-profit organization funded by the Ontario government that works to prevent neurotrauma, and ensure Ontarians with spinal cord and brain injuries lead full, productive lives. ONF is the leader in moving research evidence into practice to improve quality of life and health outcomes.

Through collaborations and partnerships, ONF connects healthcare practitioners, researchers, policy planners and stakeholders including those living with neurotrauma to the information they need to make positive changes in health practices, outcomes and policies.

## Loop features

Loop members find answers, network and work together by accessing:

- ✓ **Webinars/mini newsletters:** Members can update their knowledge and skills on various fall prevention topics.
- ✓ **The discussion board:** Members share resources, write articles and ask questions on topics related to fall prevention.
- ✓ **Events:** Members can find professional education opportunities and advertise their own organization's events.
- ✓ **The member search function:** Members can find an expert, mentor or collaborator by searching members by area of expertise, location or name, and contacting them directly.
- ✓ **Private groups:** Members can use private groups to create networks, committees and project teams for their own ongoing discussions, planning and project work. Members can also store group and meeting documents.
- ✓ **The library service:** Members can access free evidence-based information through a skilled Information Specialist.

*“I believe that being a part of a Community of Practice gives credibility and shows that I am participating on a larger scale and gleaning as much knowledge as possible from all sources.”*

- Loop member

## Loop members find answers, network and work together



FINDING ANSWERS



NETWORKING



WORKING TOGETHER



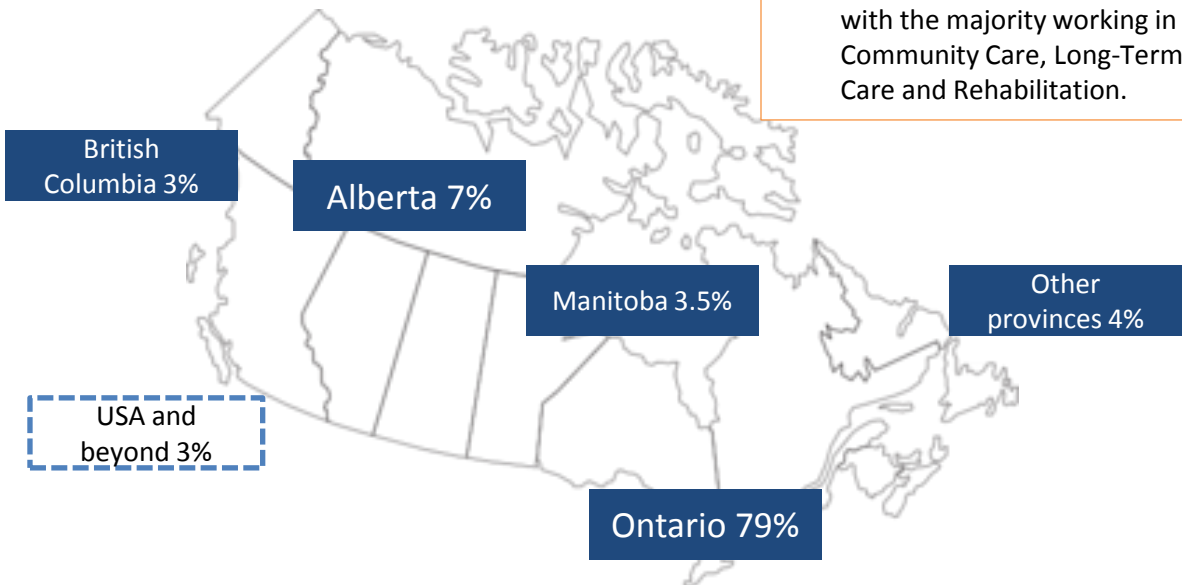
## About Loop members

### Where members live

The majority of Loop members are from Ontario, but we continue to expand our reach nationally and beyond.

#### Quick member stats:

- As of September 30 2017, there are **1765 Loop members, an increase of 50% since last year.**
- Loop members work across Canada and in various settings, with the majority working in Community Care, Long-Term Care and Rehabilitation.



### Where members work\*



- Community Care 32%
- Long-Term Care 25%
- Rehabilitation 19%
- Public Health 16%
- Acute care 14%
- Primary Health 11%
- Non-governmental organization 9%
- Research 8%
- Retirement 6%
- Government agencies 6%
- Other 13%

\*Members can report working in one or more practice setting.



## About Loop members

Loop members have various roles and responsibilities within their practice, with the majority providing direct care to older adults, working in program development and support, and working in middle management.

### Quick member stats:

- 95% practice in English
- <1% practice in French
- 5% practice in both languages

## What members do\*



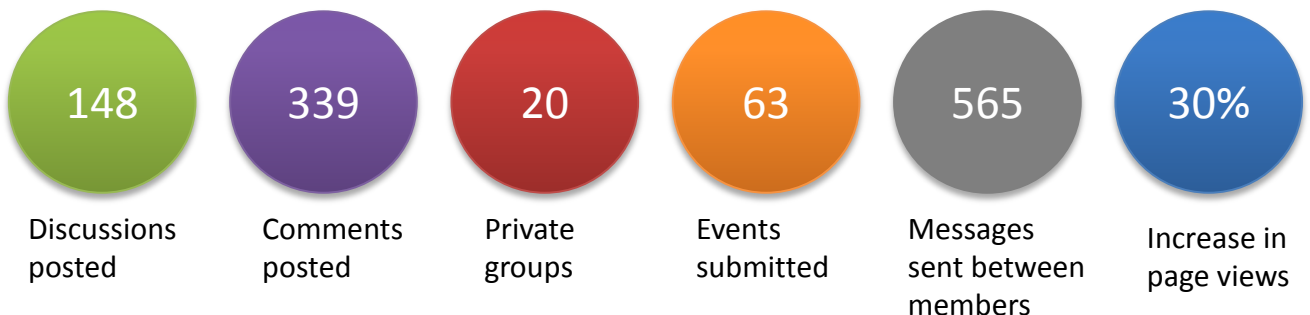
- Direct older adult care 28%
- Program development and support 24%
- Middle management 16%
- Policy development 12%
- Research or evaluation 12%
- Advocacy 9%
- Upper management 3%

\*Members can report working in more than one role.

**Members' job titles include:** nurses, physiotherapists, occupational therapists, kinesiologists, physical therapists, exercise specialists, program/project coordinators, managers and directors, educators, policy planners, professors, practice leaders, regional leads, health promoters, personal support workers, researchers, dietitians, optometrists, students and more.

## Member engagement on Loop

Members continue to be active on the Loop platform via their contributions, collaborations and engagement\*.



\*Statistics reflect engagement over the previous 12 months.

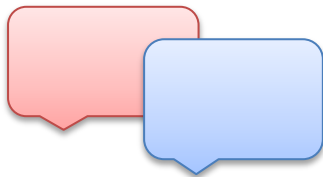


## Member engagement on Loop

### What members are talking about

Below are the top 10 discussions that were posted on Loop in the last 12 months that garnered the highest number of comments from Loop members.

1. Medication management and advocating for de-prescribing
2. South East Regional Communication - Reaching out to members in the South East Local Health Integration Network (LHIN) Region
3. Accurate data on injuries and deaths from falls in dwellings
4. Smartphone apps for fall prevention
5. Fall prevention videos you can use for Fall Prevention Month
6. The gift of helping seniors in need - registry connects generosity with necessity
7. Looking for older adult winter safety tips
8. News article: Falls take a rising toll on elderly brains
9. What if falls risk were treated like a chronic illness?
10. Check your stats: Are 95% of falls really predictable and preventable?



*“It is nice to know that others are working on some of the same aspects of fall prevention and that there is a place to connect with like-minded individuals.”*

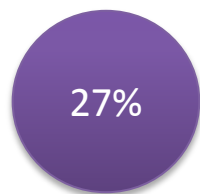
- Loop member

## Newsletter

### What members read

Below are the top 10 newsletter articles that had the highest click through\*\* rates in the last 12 months.

1. Smartphone apps for fall prevention
2. Check your stats: Are 95% of falls really predictable and preventable?
3. Listing of e-learning opportunities in fall prevention
4. Free e-learning training on fall prevention research and best practices
5. Resources for caregivers
6. “End Falls this Fall” Conference information
7. Predicting balance control in response to a trip
8. Launch of Fall Prevention Month
9. Loop’s First Year Report, 2016
10. Update your Loop profile for a chance to win



\*Percentage of members who open the Loop newsletter.

\*\*Percentage of the number of times links are clicked in a Loop newsletter that go to the Loop site.

## Webinars

### Webinar topics

Over the past 12 months, Loop has facilitated 13 FREE webinars on a variety of topics. Upcoming webinars are promoted to Loop members via email and are posted on the Loop events calendar.

1. Leveraging Partnerships for a Community-Based Fall Prevention Strategy
2. Advancing the Concept of Universal Design
3. Navigating Balance: A Compass to Prevent Falls
4. Nutrition and Frailty Screening
5. The Role of the Chiropractic Profession in Fall Prevention
6. Resources for Low-Income Older Adults
7. Practical Advice for Caring Safely: The Ergonomics of Providing Care for a Frail Older Adult
8. Inter-LHIN Collaboration in Fall Prevention Planning: Beyond the Provincial Framework
9. Naturopathic Approaches to Fall Prevention
10. Models, Theories and Frameworks for Mobilizing Community Partners in Injury Prevention
11. Strategies and Actions for Independent Living (SAIL) Fall Prevention Program for First Nations

#### En français

12. Programme de prévention des chutes dans une communauté minoritaire francophone
13. Prédiction des chutes chez les personnes âgées

Loop facilitates additional webinars in partnership with other organizations throughout the year.



### Webinar: Advancing the concept of universal design

1987

Total number of participants attending live and viewing archived webinars via YouTube

152

Average number of participants per webinar

4/5

Participants' average rating for overall webinar quality

*"This was great and I really appreciate the relationships that the presenter has established and the insights and initiatives she was able to share from her work. Inspiring!"*

- Webinar participant <sup>6</sup>



## Library service

*“What a great service the Fall Prevention CoP/Loop provides! Thanks again for your help!”*

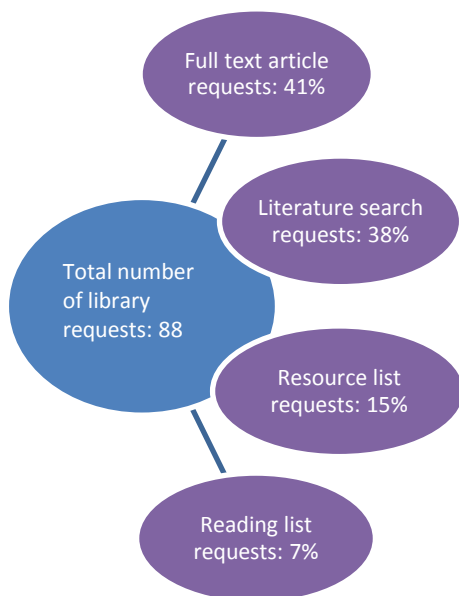
- Loop member

## Library requests

Loop provides a FREE Library Service to members who do not otherwise have access to librarian support through their hospitals, universities or colleges. Services include:

- **Access to full-text academic articles**
- **Literature searches** (exhaustive lists of academic articles on a topic)
- **Reading lists** (shorter lists of recommended academic articles on a topic)
- **Resource lists** (selection of grey literature and evidence-based tools and resources)
- **Critical appraisal** (help determining the quality of a source)

The service is provided by an Information Specialist who supports you to find the evidence you are looking for.

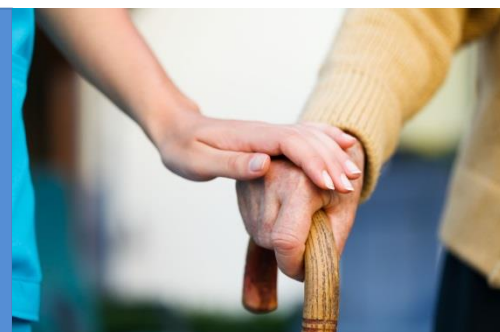


Below are some examples of **literature search topics** requested by Loop members over the past year:

- What fall risk assessments and algorithms are used for individuals with dementia in community settings?
- How effective are bed and wheelchair alarms at preventing falls in older adults living in Long-Term Care?
- What program content and instructor competencies are effective for fall prevention exercise classes?
- Does obesity increase the risk of falls in older adults?
- Are outpatient rehabilitation services more efficient than in-home services for older adults after a fall?
- What evidence-based public health fall prevention frameworks/models are available?



Library requests have more than doubled since last year.





## Summary

As of September 30 2017, Loop membership is 1765 strong, an increase of 50% since last year.

Health practitioners often share that they lack time and resources, and have competing priorities.

Being a member of a Community of Practice is an efficient way not only to access current information, evidence, and resources, but also valuable professional development and networking opportunities.

These, in turn, have the potential to make positive and meaningful changes to practice.



## How to use this report

### Share this report!

Please feel free to share this report to spread the word about the value of being a member of Loop. Consider sharing this report:

- At relevant meetings within and outside your organization.
- Via your organization's communication channels (website, newsletter, intranet, social media etc.).
- With fall prevention stakeholders who are not yet familiar with Loop.

#### For questions about this report, contact:

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Encourage your  
colleagues  
to join Loop at  
[www.fallsloop.com](http://www.fallsloop.com)