Delivering evidence-based curricular to ensure best practice: Falls prevention education and the SAIL programme

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Presentation Overview

- Canadian Falls Prevention Curriculum (CFPC)
- CFPC development and evaluation
- SAIL Program:
  - Strategies and Activities for Independent Living (SAIL) program
  - SAIL Adaptation for First Nations communities
- Key learning
Evidence for Staff Training

- Educational session by a trained research nurse targeting individual fall risk factors in patients at high risk of falling in acute medical wards achieved a significant reduction in risk of falling (Cameron et al., 2012).

- Home safety interventions appear to be more effective when delivered by an occupational therapist (Gillespie et al., 2012).

- In nursing care facilities, interventions targeting multiple risk factors were not clearly effective in preventing falls but may be so when these interventions are provided by a co-ordinated team of health workers (Cameron et al., 2010).

- Supervised exercise interventions showed a significant reduction in risk of falling (3 trials, 131 participants) (Cameron et al., 2010).

- Multidisciplinary interventions targeting multiple risk factors are effective in reducing the incidence of falls, as is muscle strengthening combined with balance retraining, when individually prescribed at home by a trained health professional (Gillespie et al., 2003).
Goal is to build on previous training and experience of health care providers in acute, long-term care and community settings to increase knowledge of how to:

- design,
- implement and
- evaluate

an evidence-based, multi-sectorial fall prevention program for older adults.
CFPC Development & Evaluation

• Staged, mixed methods:
Development & Evaluation highlights

- 91% of national survey (N=292) indicated need
- Systematic review of existing courses (N=29)
  - 0 for comprehensive, evidence-based course for health providers
- Development committee
  - Literature search: scope, theory, evidence, evaluation, etc.
  - Contacted technical support – major award received
  - Partnerships with universities for delivery
Development & Evaluation highlights

- Pilot testing (workshops and e-learning)
  - Pre/post tests (significant improvement), course rating
- Evaluation of impact on practice and course satisfaction
  - 6 and 18 month surveys showed significant changes to practice
  - Satisfaction survey (N=288) 88% Excellent to Good
Evaluation Research

Evaluation of an evidence-based education program for health professionals: The Canadian Falls Prevention Curriculum© (CFPC)

Vicky Scott, Elaine Gallagher, Anne Higginson, Sarah Metcalfe, Fahra Rajabali
CPFC Delivery

Delivered to over 3,000 participants since 2009 through:

• Workshops – licensing fees to UBC
• E-learning – cost recovery to University of Victoria; maintenance/revision cost
• Facilitator and master facilitator training – through cost recovery
Facilitator Training

With a focus on:

- adult learning principles
- instruction techniques
- teaching aids
- presentation skills
- time management
- course evaluation methods
Adult Learning Principles

Includes knowing learning styles
  – Auditory
  – Visual
  – Kinesthetic

I hear and I forget.
I see and I remember.
I do and I understand.
Best Practices, e.g., Education

- Link to video clip
CFPC Public Health Framework

1. Defining the Problem
2. Identifying Risk Factors
3. Examining Best Practices
4. Implementing the Program
5. Evaluation of the Program

Social and Policy Context
Interactive Fall Risk Model

Biological / intrinsic

Social / economic

Behavioural

Environmental
BEEEACH Prevention Model

- Equipment
- Education
- Environment
- Activity
- Clothing/Footwear
- Health Management

CFPC
Canadian Falls Prevention Curriculum®
Program Planning Worksheet

1. Problem Statement:

2. Goal:

3. Objective #1:

   **Risk Factors(s):** *(circle one or more risk factors that apply to the target group addressed in the objectives)*
   - Biological/Intrinsic
   - Behavioural
   - Social/Economic
   - Environmental

4. Intervention #1:

   **Best Practice Intervention(s):** *(circle two or more best practice categories to be addressed in the intervention(s))*
   - Education
   - Equipment
   - Environment
   - Activity
   - Clothing/Footwear
   - Health Management

5. Intervention #1 Action Plan:

<table>
<thead>
<tr>
<th>Activities</th>
<th>Specific Target Group</th>
<th>Time frame</th>
<th>Responsible Person(s)</th>
<th>Resources</th>
<th>Success Indicators and Methods</th>
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## Implementation Context

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<th></th>
<th>High</th>
<th>Med</th>
<th>Low</th>
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<tbody>
<tr>
<td>1. Need</td>
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<td>2. Fit</td>
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<td>3. Resources</td>
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<td>4. Evidence</td>
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<td>5. Readiness</td>
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<td>6. Capacity</td>
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<td>Total Score</td>
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http://implementation.fpg.unc.edu
Implementation takes time

Adapted from Fixsen, Blaise, Friedman, & Wallace, 2005
Summary & Future Directions

• The staged evaluation approach provided multiple opportunities for end user input.
• Positive results for tailoring the CFPC to the needs of the target audience.
• E-Learning rated well in all aspects.
• Revised CFPC launched in September 2012.
• Upcoming evaluation includes new CFPC materials, Fall Prevention Programming book, and website.
The SAIL Team

- Home Health Professional
- Home Health Worker
- Senior
- Family/Community
What are the tools?

- Staff Training
- Client Calendar
- Fall Report Form and Database
- Checklist and Action Plan
- Exercise-based Home Activity Program
- High-Risk Faller Prevention Plan
SAIL Home Activity Program

See: YouTube SAIL HAP Levels 1-3

- **Toe Taps**
- **Up on toes**
- **Small Squats**
- **Walking on the Spot**
- **Alternate Leg Out & In**
- **Alternate Leg Behind**
- **Sit to Stand**
“I probably shouldn’t wake him. He needs the exercise.”
SAIL Adaptation for First Nations
Key Learning for Course Development

• Conduct a needs assessment
• Build in sustainability
• Stay current
• Tailor to specific audiences and systems
• Use master trainers
• Conduct routine evaluation for improvements
Acknowledgements

Contributors:
- Elaine Gallagher
- Anne Higginson
- Fahra Rajabali
- Sarah Metcalfe
- Yasmin Yassin
- and regional / provincial partners

Funded by:
- Public Health Agency of Canada
- With contributions from the BC Ministry of Health and the University of Victoria and University of British Columbia
Thank you! Grazie! Gracias! 
Ευχαριστώ! Dank je! Kiitos! Merci! 
Obrigado! Danke! Tack! Hvala!

QUESTIONS?

For more information:
www.canadianfallprevention.ca