Ontario Falls Prevention
Community of Practice Newsletter, Winter 2014

Exchange ideas. Share resources. Make a difference!

The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders including front line health care workers, health system planners, researchers, policy makers, and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, Marguerite Thomas.

In this newsletter, you will find the following sections:

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Section 1: Message from our Co-Chair

Will winter ever end? That question is on the minds of people all over Ontario, and indeed, all over Canada. We have learned more about the polar vortex than we ever wanted to know. On the one hand, experiencing winter is a big part of what makes us Canadian and it certainly...
helped us to win medals at the Sochi Olympics. Congratulations to all our athletes, all the people who worked with them and all those who cheered them on. It takes a great team to be successful and you are our team for falls prevention. As we undergo sponsorship changes and make the transition from the Seniors Health Knowledge Network to the Ontario Neurotrauma Foundation, we will keep you informed of what you need to know.

We look forward to providing the same level of service to you in the future, as we go through this transition. Please keep visiting our website for announcements. Please also register for Watch Your Step and continue your excellent work to prevent falls.

Monica Marquis, BScHE CHES

Section 2: Message from our Coordinator

Exciting times are happening! Things are really shaping up for Watch Your Step: 2014 National Fall Prevention Conference to be held in Toronto, Ontario, Canada on May 27 and 28 at the Eaton Chelsea Hotel. We hope to see as many of you there as possible during the lunch hour on the second day of the conference. We are going to be holding a "meet and greet" which is be part of our general membership needs assessment. Your coordinator was involved in the abstracts review and promises that there will high quality concurrent sessions. Keynote speakers include Dr. Marla Shapiro, Canada AM's health and medical expert and host of CTVs Dr. Marla and friends as well as Dr. Dean Fixsen, National Implementation Research Network, Senior Scientist from the University of North Carolina and Chapel Hill and Dr. Stephen Rabinowich, Professor at the Simon Fraser University Injury Prevention and Mobility Laboratory Technology for Injury Prevention in Seniors. All delegates are invited to a special tour and reception at the Toronto Research Institute on May 27. You can find out how they help people overcome the challenges of disabling injury, illness or age-related health conditions to live active, healthier and more independent lives.

Also being featured at the conference, is the Canadian Falls Prevention Curriculum. You are invited to take advantage of this special professional development opportunity taking place right before the conference!

**In-person**: The Canadian Falls Prevention Curriculum will be offered May 25 & 26 in Toronto at the Toronto Rehabilitation Institute. Please contact Claude Meureh for more information and to register. You can also view more information [here](#).

**Online**: The Canadian Falls Prevention Curriculum (CFPC) E-Learning Course will also be offered before the conference from April 11 to May 16. Visit the [website](#) for more information and to register.

Please note that the Canadian Falls Prevention Curriculum is now part of the McMaster University's Geriatric Certificate Program. Please visit their [website](#) for more information!

Marguerite Thomas, RN., BScN., Coordinator, SHKN Falls Prevention Community of Practice

Section 3: What is Happening in Communities

**Ontario Falls Prevention Community of Practice**

Your Community of Practice recently sent out a survey and held a town hall meeting webinar to determine the needs of you, the members. We are looking at what you want from us and how we can deliver it to you.
We are taking your requests and suggestions very seriously and will be making every attempt to apply in the near future. You can access the executive summary from the needs assessment [here](#). Below are two links to help the members keen on those topics:

- Newly published [fall prevention toolkit](#) from the Centers for Disease Control and Prevention (CDC): A toolkit for health care providers: STEADI (Stopping Elderly Accidents, Deaths & Injuries) focused mainly on the primary care setting. It is a free publication.
- New [preventing falls in hospitals toolkit](#) from the Agency for Healthcare Research and Quality 2013. It is a free publication as well.

**What Another (Global) Community is Doing: International MS Falls Prevention Research Network**

By Rhonda Lovell, RN, BNSc

The first week of March marked a milestone in the field of falls prevention research. Over 30 stakeholders and key informants were brought together for the inaugural meeting of the International Multiple Sclerosis (MS) Falls Prevention Research Network. With support from a CIHR Planning Grant, and led by Principal Investigator Marcia Finlayson of Queen's University, the group met over 2.5 days in Kingston, Ontario. Dr. Finlayson and six co-investigators from Ireland, Italy and the USA were joined by a diverse group of contributors including other researchers, clinicians and members of the Kingston community living with MS.

Multiple sclerosis is a chronic and often progressive disease of the central nervous system that causes a wide range of variable and disabling symptoms. People living with MS are challenged to find ways to manage the functional consequences of the disease. One commonly experienced consequence is an unintentional fall. With fall rates much higher than the general population, people living with MS are a priority population for clinicians and researchers working in the field of fall prevention. Falls are experienced by up to 60% of people with MS. While outcomes are variable, roughly half of those falls result in an injury requiring medical attention. Other common outcomes of falls include reduced activity, fear of falling and social isolation. Despite the efforts of several research teams around the world, success in reducing the number, severity and consequences of falls experienced by people with MS has been limited. Many teams are engaged in overlapping or complimentary studies rather than working in a coordinated fashion to accelerate progress.

Dr. Finlayson and her colleagues recognized that international collaboration and partnership would enable the group to pool their unique areas of expertise to produce evidence about the best ways to reduce fall frequency, severity and consequences for people with MS. Believing that their collective capacity would be greater than that of any individual team working alone, the group sought funding to establish the Network and systematically plan for collaboration. Clearly defined objectives and a streamlined strategic agenda paved the way to achieve the primary aims of the inaugural meeting: to develop a sustainable infrastructure, to build and nurture collaborative partnerships and to design a research protocol for a MS fall prevention intervention trial.

Founding members of the International MS Falls Prevention Research Network and recipients of the CIHR Planning Grant are: Marcia Finlayson (Principal Investigator, Queen's University, Kingston, Canada), Michelle Cameron (Veteran's Affairs Health Care, Portland Oregon), Davide Cattaneo (Don C. Gnocchi Foundation, Milan Italy), Susan Coote (University of Limerick, Ireland), Patricia Matsuda (University of Washington at Seattle),
Section 4: A Look at What One Program is Doing—An Opportunity!

Seniors Community Grant Program

The Seniors Community Grant Program will provide seniors with the opportunity to connect, contribute, learn and lead active lives. Funding is dedicated exclusively to help seniors across Ontario and will support projects that encourage greater social involvement, volunteerism and community engagement for seniors across the province. Projects can support seniors at a local community level, a regional level, or have a broader provincial scope.

The program has five key priorities:

1. Foster initiatives and ideas that provide opportunities for seniors to network and be part of the social fabric of their communities.
2. Encourage and support activities, events and programs that promote learning opportunities and the sharing of information as it relates to seniors’ issues.
3. Encourage and support activities, events and programs that promote seniors as volunteers.
4. Develop plans and programs that can be shared across communities.
5. Develop plans and programs that allow organizations to sustain seniors’ programs over a longer term.

Applications are now available and will be accepted until June 30, 2014. Grants will be awarded from $500 up to a maximum of $10,000 for projects that end March 31, 2015. More information, including application forms, can be found on their website.

Eligible groups include not-for-profit incorporated organizations, Local Services Boards, municipalities and Aboriginal groups. Small community organizations that represent seniors groups are also eligible to apply for smaller grants between $500 and $3,000. Multiple organizations are encouraged to work together on a project application.

Please direct inquires about this grant to the Older Adults Centres Association of Ontario.

Section 5: From Research to Practice

By Rhonda Lovell, RN, BNSc

I was recently honoured to be invited to participate in the first day of the inaugural meeting of

the International Multiple Sclerosis (MS) Falls Prevention Research Network. I was delighted to receive the request from Marcia Finlayson (Principal Investigator, Queen's University) on behalf of the Network's founding members, seven researchers representing five countries actively engaged in research on MS and falls prevention. With collaboration and knowledge translation at the core of the meeting, I was more than excited to participate (if you read the last newsletter you already know my newfound enthusiasm for implementation science and knowledge translation ... hey we all get our kicks in different ways right?).

As excited as I was, I couldn't have been prepared for the enthusiasm that would meet me as the diverse 30 plus group assembled at the Donald Gordon Conference Centre at 830 on a Monday morning. The energy was palpable and I swear you could smell brilliance in the air although that may have been the coffee and generous morning treats in the foyer. Reading through the bios of the founding Network members had been humbling- I was essentially starstruck. As the day progressed it was clear their enthusiasm and intelligence was matched by their excellence in taking a strategic approach to knowledge translation and to the planning day itself. I couldn't have been more pleased. In my years of experience in the field of public health and beyond I've witnessed projects and programs die painful deaths without the calm clear guidance of strategy. While I agree with EM Forster that "One man with a passion is better than forty people merely interested", I believe that a collaborative group of passionate people with a clearly defined strategic direction is a force to be reckoned with. The International MS Falls Prevention Research Network is one such group. Here are a few points I took away from my first encounter with them led me to me think so.

**Provision of foundational knowledge**
A preparatory package was provided in advance of the meeting to allow the invitees to prepare for active participation. Ensuring common knowledge and basic familiarity with what is currently known about the issue allowed us to take maximum advantage of the time we would have together. With eager anticipation I had read through the package of materials - my knowledge of the research specific to MS and falls prevention was limited and so I was thankful for the material that would provide this foundational knowledge. In light of the diversity of invitees, this was critical in ensuring a common basic knowledge of the magnitude of the issue and other relevant information.

**Strategic selection & inclusion of stakeholders & key informants**
Given the complexity of the issue, the desire to learn from complimentary research and a commitment to ensuring the development and dissemination of clinically relevant knowledge, over 30 stakeholders and key informants were invited to participate in the first day of meetings. The founding members of the Network recognized the significant value of seeking input from relevant others including members of the community living with MS. On the first day of the 2.5 day meeting the group was consulted about key protocol decisions related to outcomes, priority populations, and how to make the intervention and resulting knowledge relevant and translatable to the clinical or community setting. The group included:

- researchers actively engaged in MS fall prevention research;
- researchers actively engaged in other research that can inform MS fall prevention research (ie fall prevention among older adults, exercise among people with disability);
- health care providers who work with people with MS or who have expertise in fall prevention;
- people with MS and their families;
- representatives from professional and consumer organizations (Canadian Association of Occupational Therapists, Canadian Physiotherapy Association, MS Society of Canada)

**Clearly defined aims & objectives for the meeting**
As I read through the preparatory package I had marvelled at the ambitious agenda we would take on together. As I continued to read and certainly as the day advanced, it became increasingly clear how well the planning team had prepared to help us meet this challenge. Clearly defined aims and objectives helped to ensure effective and efficient use of time. The overarching aims of the 2.5 days were:

1. Build collaborative partnerships among researchers, clinicians, consumers and other
key stakeholders committed to strengthening evidence for MS falls prevention

2. Begin work on a protocol for a MS falls prevention intervention trial that could be replicated by each co-applicant on the research team in his/her own jurisdiction

3. Create an infrastructure (mission, goals, core principles) that will support the long-term sustainability of the Network, including multi-site studies and data harmonization

Objectives were further defined for each of the 2.5 days.

**Use of an evidence-based framework for knowledge translation**

It was obvious from the beginning that the meeting planners had a strong grounding in the principles of knowledge translation. This was further confirmed with the introduction of the RE-AIM framework to guide our discussion and decision making. The goal of RE-AIM is to encourage program planners, evaluators, funders, policy-makers - anyone who reads and intends to use research - to shift their focus more heavily toward critical program elements that can improve the sustainable adoption and implementation of effective, scalable, evidence-based interventions. Essentially the RE-AIM framework functions to enhance the quality, speed, and impact of efforts to translate research into practice. The framework is centred around five steps: Reach, Efficacy, Adoption, Implementation and Maintenance. (The [RE-AIM website](https://www.niams.nih.gov/health-information/clinical-guidance-and-resources/clinical-guidelines-re-aim) provides an explanation of and tools & resources for those wanting to apply the framework.)

![RE-AIM Image](https://example.com/reaim.png)

Reach

Reach the target population

*I.e. How do I reach the target population with the intervention?*

Effectiveness or efficacy

*Efficacy or how do I know my intervention is effective?*

Adoption by target staff, settings or institutions

*I.e. How do I develop organizational support to deliver my intervention?*

Implementation consistency, costs and adaptations made during delivery

*I.e. How do I ensure the intervention is delivered properly?*

Maintenance of intervention effects in individuals and settings over time

*I.e. How do I incorporate the intervention so that it is delivered over the long term?*

Visit the [Reach Effectiveness Adoption Implementation Maintenance webpage](https://www.niams.nih.gov/health-information/clinical-guidance-and-resources/clinical-guidelines-re-aim) for more information about the model.


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**Section 6: Meet a Core Team Member**

Marjorie Salmon
My name is Marjorie Salmon, I have lived in Kingston since 1992, and I became a volunteer the following year.

I am interested in falls prevention because I am a vulnerable senior myself and I work with other seniors, some of whom have mobility problems.

I joined the Seniors Association because they offered an exercise class. I soon became a leader and then a trainer of new leaders. This was under the auspices of the Red Cross, where I ran their Link to Health program for 12 years until it transitioned to the the VON. I have also done some training with the Canadian Centre for Activity and Aging.

I have been a volunteer for the Osteoporosis Society, North Kingston Community Health Centre and Queen's Institute for Lifelong Learning, and I remain a volunteer for the Seniors Association.

In 1998 I was asked to become a member of the Falls Prevention Coalition at the Kingston, Frontenac, Lennox and Addington Health Unit to answer their hot-line developed for people to report dangerous sidewalks. As a member of this coalition, I took part in the "Stay on your Feet" program sponsored by the Ontario Neurotrauma Foundation from 2003-2005. I was mainly involved in the exercise activities and training new leaders to set up more classes. Now that I have severe arthritis in my ankle I have had to cut back on a lot of activities and am currently concerned with the exercise classes for arthritis.

In my earlier career, I was as a teacher and a librarian. My hobbies are gardening, reading and crossword puzzles. I have been a widow for 45 years and live alone, but enjoy visiting my family - 4 children, 11 grandchildren and 2 great-grandchildren. I am happy to be involved once again in falls prevention as a core team member of the Falls Prevention CoP.

Section 8: Library Service

Library Service
If you are a professional seniors’ health care provider, our information specialists can help guide you to evidence-based resources and information - for free! Visit our website to join the Network and access this service.

Falls Prevention and Multiple Sclerosis- A Recommended Reading List
To complement the theme of falls prevention and multiple sclerosis, please see the link to our recommended reading list on this topic brought to you by the SHKN library service. You can access the reading list on falls prevention and multiple sclerosis by clicking here.

Request an Article
To ask for the full text of any of these articles simply email: isteam@seniorshealthknowledgenetwork.ca and make sure to state the corresponding number beside the article in the list. You can also request an article through our Library Services.

Section 9: Have you Read?

InfoRehab Bulletin
You can read the latest edition of the InfoRehab bulletin here. The bulletin is distributed by
In this edition you will find:

* Saying Farewell
* Welcome New Students
* Successful Thesis Defense
* Grants & Awards
* Looking Back: 2013 Presentations and Publications
* International Stage - Denmark, South Korea, and Belgium!
* SHARP Update
* Recipe: Slim Style Mashed Potatoes

Ask Listen Talk

After much consultation (ASK), a third party evaluation (LISTEN) and board approval (TALK), the Canadian Patient Safety Institute has a new 2013-2018 Business Plan. The National Integrated Patient Safety Strategy, is the overarching strategy, and will provide a framework for identifying priorities and aligning CPSI's work with the various players who are currently working separately to achieve patient safety gains in Canada. This will create the synergy and coordination required to accelerate improvement in patient safety in Canada. The program is called Patient Safety Forward with Four and more information can be found on their website.

Preventing Chronic Disease, Public Health Research, Practice and Policy: Volume 11 (2014)

The latest edition of Preventing Chronic Disease is available on their website. You will find downloadable articles and information on prevention chronic disease.

There is also a new mobile application for android phones and tablets. Visit the Google Play store for your free download for android, or the Apple Store for your free download for Apple.

In The Loop: Keeping You in the RNAO Loop

The Registered Nurses’ Association of Ontario provides opportunities and information in their newsletters. View their newsletter on their website.

Fear of Falling and Eye Movement Desensitization Reprocessing

While we always encourage you to go to the Finding Balance Ontario website, don't forget that Alberta continues to produce topics of interest in their newsletter. The latest edition features Fear of Falling and Eye Movement Desensitization Reprocessing (EMDR) - A Novel Treatment Approach.

Check it out at Finding Balance Alberta. Go to the professionals tab and then falls prevention network and then bulletins. - Winter 2014.

Section 10: Education and Events

Our BIG Event- The National Falls Prevention Conference
"Watch Your Step" is coming to the Eaton Chelsea May 27/28, 2014. Presented in partnership with the Falls & Mobility Network meeting, this conference is co-hosted by the Ontario Injury Prevention Resource Centre and the BC Injury Research and Prevention Unit. It is a follow-up to the highly successful, "sold out" First National Fall Prevention conference held in Vancouver, British Columbia in 2010. Your Core Team has been supporting the planning committee and Dr. Vicky Scott to bring the most up to date information and expert presenters on falls prevention. Register now!

Health Analytic and Big Data

This is a conference about complex data sets and database management designed to advance healthcare. Data is growing faster than healthcare organizations can utilize it. How will this valuable data be used? Putting it in the hands of clinicians is critical to research, improved care and enhanced outcomes. The conference will be held on March 25th in Toronto, Ontario. For more information, click here.

Teach Back: A Health Literacy Tool to Confirm Understanding

Health literacy affects the individual, the provider and the health care system as a whole. During this webinar they will explore the meaning of Health Literacy and the impact of low health literacy. They will review the Teach Back Method of confirming patient understanding and how to practically implement it in your daily practice. Space is limited so please register today!

South West Self Management Program Workshops

Are you living with heart disease, diabetes, high blood pressure, arthritis, osteoporosis or other chronic conditions? Are you caring for someone with chronic conditions? Join the South West Self Management Program for this free program developed and tested at Stanford University and used around the world. To view the upcoming workshops in March and April, click here.

Health Evidence: Selected Presentations at Upcoming Conferences

The Ontario Public Health Convention: Knowledge to Action
March 31- April 2, Toronto, Ontario

- Workshop: Making friends with systematic reviews: Be comfortable with assessing the quality of reviews and interpreting forest plot. Monday March 31, Curated Session 1 (3:30 pm - 5:00 pm).

Chronic Disease Prevention Alliance of Canada: New Partnerships and New Approaches for Chronic Disease Prevention
April 8-11, Ottawa, Ontario

- Oral Presentation: Identifying organizational contexts needed to foster evidence-informed public health. Friday April 11 (9:00 am - 10:30 am)

Canadian Public Health Association: Public Health 2014
May 26-29, Toronto, Ontario
Oral Presentation: Making systematic review evidence on healthy aging available to seniors, caregivers, health care practitioners, and researchers: Health Evidence & the McMaster Optimal Aging Portal integration. Date and time TBD.

Oral Presentation: A quantitative analysis of partnerships with Canadian public health departments to study knowledge translation and exchange. Date and time TBD.

Oral Presentation: Partnering with Canadian public health departments to study knowledge translation and exchange: A qualitative analysis. Date and time TBD.

Community Health Nurses of Canada: Blueprint for Action
June 2-4, Ottawa, Ontario

Oral Presentation: Developing capacity for evidence-informed decision making in public health. Tuesday June 3 (11:00 am - 11:30 am)

PechaKucha Presentation: The importance of context in developing and supporting evidence-informed decision making: A partnership with Canadian public health departments. Wednesday June 4 (2:00 pm - 2:15 pm)

McMaster University Optimal Aging Initiative

In January, Dr. Stephen Katz presented on Neuroculture, Memory & the Aging Brain, an event supported by the McMaster University Labarge Optimal Aging Initiative and organized by the McMaster Health Forum. An informative presentation on memory and the aging brain, Dr. Katz traced the history of how we think about and study the brain, focusing on the impact of sociology on both our beliefs about aging and the research on cognitive health.

The McMaster Optimal Aging Portal is set to launch in April 2014. This website will consolidate and synthesize evidence from the scientific literature, targeting clinicians, public policy officials and citizens. Health Evidence and our online registry of public health relevant systematic reviews, along with fellow research groups at McMaster University, will contribute to this new portal. More information coming soon!

Canadian Centre for Evidence-Based Nursing Workshops

Two exciting workshops are being offered by the Canadian Centre for Evidence-Based Nursing (CCEBN) at McMaster University (Hamilton, ON) this spring:

1. Introduction to Social Network Analysis Workshop | April 24-25, 2014
   This two-day workshop will provide an introduction to the essentials of social network analysis, including the importance of social influence and relationships, an overview of network theories, and the implications for health research. Click here for more information or contact Reza Yousefi Nooraie.

2. Evidence-Informed Decision Making Workshop | May 5-9, 2014 Through small and large group sessions, participants in this one-week intensive course will learn strategies for implementing evidence-informed decisions, including searching for, appraising, interpreting, and applying research evidence in practice. This workshop is open to participants of all skill levels including health professionals, administrators, librarians, managers, and policy makers. Click here for more information and to register or contact Jennifer Yost.

Section 10: Opportunities to Engage with the Falls CoP

Past Falls Prevention CoP Webinars

Did you know our past Falls Prevention webinars were recorded and are posted on our Youtube channel?

Here are some you might enjoy:

- Falls Prevention, Nutrition and Hydration
Participate in Our Online Forum

Once you become a member of the Seniors Health Knowledge Network and the Falls Prevention CoP, you can join in the discussion on our online forums. The Falls CoP has a dedicated forum to share resources and discuss falls issues. Please join the conversation by becoming a member and then signing in to post and reply in the forum.

If you have any questions about the forum, please contact Lindsay Toth.

About the Seniors Health Knowledge Network

Forums
Forums are online message boards where members can debate hot topics, share information and find answers to clinical, research and policy questions. Chime in!

Library Services
If you are a professional seniors’ health care provider, our Information Specialists can help guide you to evidence-based resources and information - for free! Message an Information Specialist.

Upcoming Events
Our events calendar covers a wide range of learning opportunities related to seniors’ health care and well being in Ontario, across Canada and abroad. Attend an event!

Become a Member

Stay Connected