

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

Study ID	Study Design/ Quality	Characteristics of Study Population	Intervention	Outcomes					
Buchner DM, 1997 ID#617	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 7-18 months 60%				
				N entering:	30				
				N completing:	29				
				Setting:	n/d				
				Provider:	n/d				
				Arm 2: Endurance training	% who had at least one fall in 7-18 months 42%				
				N entering:	25				
				N completing:	21				
				Setting:	n/d				
				Provider:	n/d				
				Arm 3: Strength training					
				N entering:	25				
N completing:	22								
Setting:	n/d								
Provider:	n/d								
Arm 4: Strength training Endurance training									
N entering:	25								
N completing:	24								
Setting:	n/d								
Provider:	n/d								
Campbell AJ, 1997 ID#483	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	Arm 1: Control	% who had at least one fall in 12 months 54%				
				N entering:	117				
				N completing:	110				
				Setting:	Physician's office Patient's home				
				Provider:	Physical therapist Nurses				
				Arm 2: Balance Gait General physical activity Strength training	% who had at least one fall in 12 months 46%				
				N entering:	116				
				N completing:	103				
				Setting:	Physician's office Patient's home				
				Provider:	Physical therapist Nurses				
				Robertson, 2001b ID# 3601	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	Arm 1: Control	% who had at least one fall in 12 months 54%
								N entering:	117
N completing:	110								
Setting:	Physician's office Patient's home								
Provider:	Physical therapist Nurses								
Arm 2: Balance Gait General physical activity Strength training	% who had at least one fall in 12 months 46%								
N entering:	116								
N completing:	103								
Setting:	Physician's office Patient's home								
Provider:	Physical therapist Nurses								

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

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Campbell AJ, 1999a ID#1504	Study Design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 2 Yes n/d n/d Yes	Comorbidities: Fall history	Arm 1: Control	# of falls in 12 months	152
				N entering: N analysis: N completing: Setting: Provider:	117 110 62 Patient's home n/d	
Gardner, 1998 ID#1297	Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	Yes n/d n/d Yes	Comorbidities: Fall history	Arm 2: Balance	# of falls in 12 months	88
				General physical activity Strength Reminders N entering: N analysis: N completing: Setting: Provider:	116 103 41 Patient's home Physical therapist	
Campbell AJ, 1999b ID#1593	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 Psychotropic medication	Arm 1: Usual care	# of falls in 8.7 months	35
				N entering: N completing: Setting: Provider:	24 22 Patient's home Nurses	
				Arm 2: Medication/medication review		
				N entering: N completing: Setting: Provider:	24 18 Patient's home Nurses	
Campbell AJ, 1999b ID#1593	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 Psychotropic medication	Arm 3: Balance	# of falls in 8.7 months	22
				Individual counseling Strength training N entering: N completing: Setting: Provider:	21 17 Patient's home Physical therapist Nurses	
				Arm 4: Medication/medication review		
				Balance Individual counseling Strength training N entering: N completing: Setting: Provider:	24 15 Patient's home Physical therapist Nurses	

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

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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	
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 n/d No	Comorbidities: n/d	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	
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 6 months	23%
				N entering: N completing: Setting: Provider:	13 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 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
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 2: Environmental modification Falls risk factor identification Individual counseling	% who had at least one fall in 12 months	32%
				N entering: N completing: Setting: Provider:	184 141 Patient's home Day hospital Physicians Therapists	# of falls in 12 months

Fall Prevention Evidence Report
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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: N analysis: N completing: Setting: Provider:	73 50 49 n/d n/d	
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 2: Medication/medication review Individual counseling Group counseling Staff training	% who had at least one fall in 12 months	44%
				N entering: N analysis: N completing: Setting: Provider:	96 52 78 Physicians office Physicians Nurses Pharmacists Social workers	
Cromie 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: N completing: Setting: Provider:	38 27 Falls clinic n/a	
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 2: Balance General physical activity Individual counseling	# of falls in 6 months	122
				N entering: N completing: Setting: Provider:	40 29 Falls clinic 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: N completing: Setting: Provider:	266 190 n/d n/d	
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 2: Environmental modification Falls risk factor identification Reminders	% who had at least one fall in 12 months	36%
				N entering: N completing: Setting: Provider:	264 198 Patient's home Physical therapist	

Fall Prevention Evidence Report
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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%

Fall Prevention Evidence Report
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Study ID	Study Design/ Quality	Characteristics of Study Population	Intervention	Outcomes
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
			N entering:	26
			N completing:	26
			Setting:	Nursing Home
			Provider:	Research Staff
			Arm 2: Strength Training	# of falls in 18 months
			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
			N entering:	50
			N completing:	50
			Setting:	n/d
			Provider:	Nurses
			Arm 2: Falls risk factor	# of falls in 6 months
			Individual counseling	
			Feedback	
			Behavior modification	
			N entering:	50
			N completing:	50
			Setting:	n/d
			Provider:	Nurses

Fall Prevention Evidence Report
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Study ID	Study Design/ Quality	Characteristics of Study Population	Intervention	Outcomes
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	

Fall Prevention Evidence Report
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Jensen J, 2002 ID# 3654	Study design: Total Jadad score: Randomized: Randomization appropriate: Double-blind: Blinding appropriate: Withdrawals/dropouts described:	RCT 3 Yes Yes No n/a Yes	Comorbidities: Gait Vision Stroke Fall history Parkinson's Disease Previous fracture	Arm 1: Usual care	% who had at least one fall in 8.5 months	56%
				N entering: 208 N completing: 167 Setting: Residential care facility Provider: n/a	# of falls in 7.1 months	346
Lord SR, 1995 ID#446	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 Medical condition Drugs Interactions	Arm 2: Assistive device Balance Environmental modification Falls risk factor identification Gait General physical activity Medication/medication review Strength training Hip protectors Staff education and guidance	% who had at least one fall in 8.5 months	44%
				N entering: 194 N analysis: 188 N completing: 157 Setting: Residential care facility Provider: Physicians Therapists Nurses	# of falls in 7.1 months	273
Mayo NE, 1994 ID#448	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: Stroke Fall history	Arm 1: Usual care	% who had at least one fall in 12 months	35%
				N entering: 97 N analysis: 94 N completing: 76 Setting: n/d Provider: n/d	# of falls in 12 months	59
				Arm 2: Balance General physical activity Strength Relaxation	% who had at least one fall in 12 months	35%
				N entering: 100 N analysis: 75 N completing: 75 Setting: Community center Provider: n/d	# of falls in 12 months	40
				Arm 1: Usual care	% who had at least one fall in 12 months	30%
				N entering: 69 N completing: 69 Setting: Rehabilitation hospital Provider: Nurses		
				Arm 2: Reminder bracelet	% who had at least one fall in 12 months	42%
				N entering: 65 N completing: 65 Setting: Rehabilitation hospital Provider: Nurses		

Fall Prevention Evidence Report
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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	# of falls in 24 months	31
				N entering: N completing: Setting: Provider:	60 48 n/d n/d	
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	% who had at least one fall in a 7-12 month period following a 6 month intervention	58%
				N entering: N completing: Setting: Provider:	56 38 n/d n/d	67
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 2: Balance Falls risk factor identification Medication/medication review Vision improvement screening	% who had at least one fall in a 7-12 month period following a 6 month intervention # of falls in 5.2 months	43% 68
				N entering: N completing: Setting: Provider:	77 52 n/d Clinician	
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	% who had at least one fall in 12 months	45%
				N entering: N completing: Setting: Provider:	38 31 Community center Instructors Assistants	
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 2: Balance General physical activity Group counseling Strength training	% who had at least one fall in 12 months	36%
				N entering: N completing: Setting: Provider:	42 28 Community center Exercise instructors Assistants	

Fall Prevention Evidence Report
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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

Fall Prevention Evidence Report
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Pereira MA, 1998 ID#1533	Study Design:	RCT	Comorbidities: Healthy elderly	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		-----		
	Withdrawals/dropouts described:	Yes		Arm 2: General physical activity	% who had at least one fall in 12 months	27%
			N entering:	114		
			N completing:	96		
			Setting:	n/d		
			Provider:	n/d		
Reinsch S, 1992 ID#491	Study Design:	RCT	Comorbidities: Fall history	Arm 1: Control	% who had at least one fall in 12 months	40%
	Total Jadad score:	2		N entering:	50	
	Randomized:	Yes		N completing:	42	
	Randomization appropriate:	n/d	Focus population:	Setting:	Community center	
	Double-blind:	n/d	Hispanic	Provider:	n/d	
	Blinding appropriate:	n/d	Low-income	-----		
	Withdrawals/dropouts described:	Yes	Same population as El-Faizy, 1994	Arm 2: Balance	% who had at least one fall in 12 months	50%
				General physical activity		
				Strength		
				N entering:	57	
				N completing:	44	
				Setting:	Community center	
				Provider:	n/d	

			Arm 3: Falls risk factor identification	% who had at least one fall in 12 months	46%	
			Group counseling			
			Relaxation techniques			
			Video game playing			
			N entering:	51		
			N completing:	37		
			Setting:	Community center		
			Provider:	n/d		

			Arm 4: Falls risk factor identification	% who had at least one fall in 12 months	54%	
			General physical activity			
			Group counseling			
			Relaxation technique			
			Video game playing			
			N entering:	72		
			N completing:	61		
			Setting:	Community center		
			Provider:	n/d		

Fall Prevention Evidence Report
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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	

Fall Prevention Evidence Report
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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	-----	
			Arm 2: Group counseling	# of falls in 3 months
			N entering:	15 (arms 2 and 3 combined)
			N completing:	16
			Setting:	n/d
			Provider:	Nurses

			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	-----	
			Arm 2: Environmental modification	# of falls in 12 months
			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
			Strength training	42
			N entering:	9
			N completing:	9
			Setting:	Nursing home
			Provider:	n/d

Fall Prevention Evidence Report
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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