



TITLE: Fall Prevention Strategies for Adults in Outpatient Programs: Clinical Evidence and Guidelines

DATE: 5 May 2014

RESEARCH QUESTIONS

1. What is the clinical evidence regarding fall prevention strategies for adults in outpatient programs?
2. What are the evidence-based guidelines regarding fall prevention strategies for adults in outpatient programs?

KEY MESSAGE

Three non-randomized studies were identified regarding fall prevention strategies for adults in outpatient programs.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library (2014, Issue 4), University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2009 and April 24, 2014. Internet links were provided, where available.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.

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RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

Three non-randomized studies were identified regarding fall prevention strategies for adults in outpatient programs. No relevant health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

OVERALL SUMMARY OF FINDINGS

Two non-randomized studies were identified examining the use of Tai Chi for fall prevention in patients with type 2 diabetes¹ and chronic stroke.² For patients with type 2 diabetes, symptom scores, balance, and quality of life were significantly improved in the intervention group.¹ For patients recovering from stroke, no falls or other adverse events were reported for those attending Tai Chi classes.² Patient satisfaction and adherence were high. A third non-randomized study³ compared home-based and supervised rehabilitation programs for patients with chronic dizziness. More patients in the supervised program showed clinically significant improvements in balance and other outcomes.

REFERENCES SUMMARIZED

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses

No literature identified.

Randomized Controlled Trials

No literature identified.

Non-Randomized Studies

1. Ahn S, Song R. Effects of Tai Chi Exercise on glucose control, neuropathy scores, balance, and quality of life in patients with type 2 diabetes and neuropathy. *J Altern Complement Med* [Internet]. 2012 Dec [cited 2014 May 1];18(12):1172-8. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3513979>
[PubMed: PM22985218](#)
2. Taylor-Piliae RE, Coull BM. Community-based Yang-style Tai Chi is safe and feasible in chronic stroke: a pilot study. *Clin Rehabil*. 2012 Feb;26(2):121-31.
[PubMed: PM21937523](#)
3. Kao CL, Chen LK, Chern CM, Hsu LC, Chen CC, Hwang SJ. Rehabilitation outcome in home-based versus supervised exercise programs for chronically dizzy patients. *Arch Gerontol Geriatr*. 2010 Nov;51(3):264-7.
[PubMed: PM20022390](#)

Guidelines and Recommendations

No literature identified.

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APPENDIX – FURTHER INFORMATION:

Environmental Scans

4. Loorand-Stiver, L. Falls prevention strategies in adult outpatient or community-based mental health and/or addiction programs [Internet]. [Environmental Scan issue 34]. Ottawa (ON): Canadian Agency for Drugs and Technologies in Health; 2012. [cited 2014 May 1]. Available from: <http://www.cadth.ca/en/products/environmental-scanning/environmental-scans/environmental-scan-35>

Review Articles

5. Canadian Agency for Drugs and Technologies in Health. Fall prevention in adults with mental health and substance use needs: a review of the clinical evidence and guidelines [Internet]. Ottawa: The Agency; 2012 Jan 11[cited 2014 May 1]. Available from: www.cadth.ca/media/pdf/htis/jan-2012/RC0311%20Fall%20Prevention%20MH%20and%20SU%20Final.pdf